

THE BOOK
OF
LIFE SKILLS

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Blessings and Greetings to you all,

Creating Miracles

Day to day issues occur. People tend to repeat repetitive patterns and limited growth occurs when, as the saying goes, when all you have is a hammer you see every problem as a nail!

By changing perspective and learning to come from Love, not coming from Ego, miracles in daily life can occur. More importantly you can create your own miracles! By coming from Love, from respect, from trust, from vulnerability, from compassion, from understanding, from empathy "in essence" coming from Love, you can create your own miracles.

After all you are Part of God and you currently believe all miracles come from God. Now use the Part of God that you are, your Soul, the Love inside of You, to come from that Love and watch the miracles occur in your life.

MIRACLE - May I Recognize A Conscious Light Evolving

This section of Life Skills is to illustrate to you how you can come from Love in day to day issues by thinking, acting, doing and saying "What Would Love Do Now?"

The topics are not in any order and will be added to from time to time. If you have created the foundation by reading through:

a) Acronyms

-
- b) Universal Spirit Laws
 - c) The Book of Evolving Relationships
 - d) The Book of Inner Peace

on this website, GuideSpeak.com, then the Life Skills should be easier to implement.

With Blessings and Greetings

In Light and in Love

Namaste

May your life be enriched as you learn to come from Love always and all ways.

Amen and Amen

Rejection Or Acceptance Of Love

To be rejected is to feel the loss of love. Love, which you correctly took for granted as your right to have, was taken away from you.

At the time of feeling the loss of that love you felt unworthy, empty, helpless, adrift, lonely, afraid, alone.

You felt rejected. How can you do this to me? What did I ever do to you for you to treat me so badly? What's so wrong with me that nobody loves me? Why? Why? Why do I feel so bad?

Well, after a while, your self-preservation instinct sets in. I am going to make sure no one ever hurts me like this again. I am not going to let anyone reject me ever again. I don't deserve to be rejected, what did I ever do wrong?

So you set about erecting emotional barriers to protect yourself from letting anyone hurt you

again. You decided that trusting people to love you was a big risk so you became determined not to allow yourself to be hurt again, therefore, I won't allow myself to be really loved again. They can like me but I won't allow myself to be really loved again. They can like me but I won't allow them into my vulnerable inner sacred space. Thus far but no further became your unwritten motto. Plenty of I like you but no I love you.

So, if you do not allow them to love you what about your feelings towards them? Well, I like them but I don't love them. So you lived in a world of I like / I don't like but love, your essence of Who You Really Are, is not allowed to enter your life.

You do not give love and you do not receive love.

You live behind your protective barriers to prevent love from entering, in case you suffer the loss of that love again and experienced rejection again. That feeling of loss of that love, that feeling of unworthiness, empty, helpless, adrift, lonely, afraid, alone.

No thanks! I never want to feel like that again, thank you very much!

How do you treat people who want to attempt to show you love?

You hold them at arm's length without allowing them to truly embrace you in love. You use them for your purposes and then cast them aside when it suits you. You become caustic, sarcastic, scathing, sometimes downright nasty as you insult those who dare to breach your protective emotional barrier.

You develop a sharp tongue to protect you. You develop other protective shells around you. You worship other Gods in your obsession and desire to avoid rejection but to gain acceptance.

Your desire to achieve becomes disproportionate to your needs. You have to be a perfectionist, you have to get top marks, to be the best, the cleverest, the fastest, the wealthiest, the sexiest, etc., etc.!

You feed your obsession to be acceptable to people so they will accept your achievements and so praise you for what you do. This is a substitute for what you really want. You really want people to love you for Who You Really Are.

But, wait a minute. If I let you love me for who I am and you find out that I really feel unworthy, empty, helpless, adrift, lonely, afraid, alone then you might reject me.

So, I will stick to my resolve. Praise me, like me, try and even love me but I am not letting you past my protective emotional barrier.

I really want to be loved but I am so scared of being rejected and having that love taken away from me again that I am not prepared to risk it. So let me perform and achieve and be admired, respected, liked and even feared but no love. I'm too afraid of being hurt. I am, in reality, a beautiful bird in a gilded cage. Look, but don't touch!

So how have I trained myself not to be rejected again? It's simple, I will allow you into my outer space. I will be your friend but if, and when, you desire to cross into my inner space, I will use my well-developed powers of control and manipulation to protect me.

I will create circumstances that allow and enable me to reject you first before you can reject me. You may very well want to love me but I see that love as the first step, which eventuates, as rejection of that love when that love is taken away. Why not, it happened to me before. I have created a self-fulfilling prophecy. You are going to reject me and withdraw your love. I know this because my father/mother/brother/sister/friend/lover/spouse

etc. did it to me before and it still hurts me very much.

So before you hurt me by withdrawing your love, I will protect myself by being selfish and self-centred. I will create circumstances to reject you. You don't really love me anyway because deep down I feel unworthy of being loved. So how can you love me? You must want something from me and then you will dump me like all the rest I know your type!

Don't love me rather admire me, praise me, respect me but love no thanks it's too painful when it is taken away from me.

If this resonates with you while you stand in your integrity and you really want to learn how to move from this fear of rejection to the love of acceptance that you really want, then, take a few deep breaths, calm yourself down and be ready to open your heart to love.

Let Us go back to the beginning of Who You Really Are. You are a Spirit in a physical body on this place of existence you know as earth. As a Spirit you come from another plane of existence you may call heaven. It's an acceptable term for now.

As a Spirit, you are part of Spirit/God/All That Is. Being part of God there is, inside of the body you perceive to be Who You Are, a part of God. For simplicity sake, let US call this part of God your Soul. This Soul, which comes from Spirit, is part of Spirit/God/ All That Is.

Therefore, taking a leap of faith and believing Us that you are a part of God, your perception of God will determine your perception of Who You Really Are. Is your perception of God, a God of Love or a God of Fear or a God of Control and Manipulation or a God of Rejection of Love?

If Spirit/God/All That Is is exactly that, All That Is, what kind of world would you like to live in?

A world of Love or a world of Fear?

You choose your perception of God. Is your God a God of Love or is your God a God of Fear?

If you choose Fear, as you have to date, how well has that Fear served you? Are you truly happy? Do you have everything you want and need from your life? Do you want to continue living in Fear, never knowing Love?

It's your choice, your perception, your life, your free will. Love or Fear? A God of Love or a God of Fear. All There Is is Love or All There Is is Fear. It's

up to you choose!

If Fear has not served you all that well how about giving Love a try? After all what do you have to lose but your fear-based existence!

So, for this present moment of Now take a leap of faith and believe, truly believe, that God is Love. That Love is All There Is.

If you now believe that God is Love and that you are a Part of God - then you must be Love.

If you are Love then you no longer have to fear rejection from others of Who You Really Are - always and all ways.

If you truly are Love and you become vulnerable allowing your love to be shared and grow stronger what happens upon acceptance of that love? Well, you will find that Love is not something or something but rather something and something. Love expands and grows synergistically when it is shared. When Love is given, when Love is accepted and when Love is shared it is God creating the bond of synergy. Now when you share Love, you share God and you recognize, and remember that you are a part of God.

So, you are a part of God in your Love, the other person is a part of God in their Love and God, who is Love, is part of all of you. No wonder Love is the greatest feeling! After all, feelings are the language of your Soul!

Your acceptance of Love as being Who You Really Are will open up new vistas of hope for you.

But what about your fear of rejection?

Now that you are Love what happens when you no longer have those protective emotional barriers around you. At long last, you invite someone in who you feel wants to love you. It's great for a while, Love is flowing but wait rejection is coming.

Oh no! Not again, I thought I would never again experience rejection! I don't want that feeling of loss of love, feeling unworthy, empty, helpless, adrift, lonely, afraid, alone.

But wait! Who is rejecting whom? In the past, I did the rejecting now I am being rejected.

But wait! I am part of God, God is Love, I am Love.

If I am Love I cannot also be Fear. If I am not Fear then I can't be rejected by me any-more.

I no longer reject myself and project that anticipation of rejection onto others.

I am Love. If you, the other person, want to reject my essence, which is Love, then it's no longer my issue, it's your issue.

I am Love, I cannot suffer rejection any-more. Rejection is fear-based, I am love-based.

If you reject me Love then its time you woke up out of your unconsciousness and realized you are acting out of fear, as I once did. The rejection that I once felt was my rejection of me protected onto you. You are now rejecting yourself and projecting it onto me.

This feeling of rejection is not mine, its yours! I am Love, Love can only be accepted, rejection is fear-based. I am Love and being Love I can help you, if you want, to understand the acceptance of Love rather than the rejection based on Fear.

Fear-based rejection no longer serves me, it's not mine, it's yours! I am Love accept that now!

Your Journey This Lifetime - A Victim Or A Victor?

It is time for you to remember.

You are a Soul in a physical body on this plane you know as earth.

As a Soul you are part of Spirit. Spirit, or God, if you prefer, is All There Is. You are part of Spirit, Part of God, as a Soul you came from a plane some of you call Heaven. That is an acceptable term for the purpose of this lesson.

When you were in Spirit, you, and others in Spirit, your Soul Group, got together and decided that for your growth and their growth, you all needed to return to earth as Souls in physical bodies. Each of you needed to experience various growth spurts. Initially, growth spurts are not always pleasant experiences. Sometimes they are extremely unpleasant, initially and for quite a while afterwards.

The pain of natural childbirth can be used as an analogy here. Sometimes it is very unpleasant and extremely painful. Sometimes it is even life threatening. Sometimes, instead of giving life, life is lost. However, in the vast majority of natural childbirths the pain and unpleasantness is soon followed by the exhilaration of motherhood. The joy, the bliss, the feeling is indescribable as the mother bonds with the baby at her breast. Oh, what a feeling!

To experience this amazing feeling, a major growth spurt was required.

As a Soul you need to experience growth spurts to enable you, your Soul Group and ultimately Spirit, to experience growth. Ultimately, Spirit, God, needs to experience everything to be Spirit, God, All There Is.

The growth that is required is to enable your Soul and your Soul Group to be elevated towards Perfection, the Light, Spirit, God, whatever term resonates with you. This increasing enlightenment, moving upwards towards Perfection/Light/Spirit/God, can only occur via growth or growth spurts.

This growth can occur through prayer, meditation and other avenues towards

enlightenment, however, the karmic nature of The Law of Cause and Effect and consequential action resulting therefrom is where the growth spurts emanate.

These karmic events come from past/parallel lives as well as consequences of thought, words, deeds and action in this lifetime.

Your Spirit-based decision to return as a Soul in a physical body in this lifetime was based on your electing to return to the physical plane you know as earth to encounter an experience, or experiences, to balance your Soul, and your Soul Groups, karmic journey towards enlightenment.

You, and the members of your Soul Group, are all pure Spirit, unblemished in your spiritual purity. You are all enacting a play in the physical, acting out your pre-arranged roles so that the physical bodies you have chosen to inhabit can experience certain pre-arranged events and experience the feelings attached to these events and experiences. Yes, you are experiencing the experience via your feelings because feelings are the language of your Soul.

Wow, that remembrance must have been a bit earth shattering for you!

It probably shattered your perception of earth,

Soul contracts, growth, growth spurts, karma, life, death and many other aspects.

However, it is time for you to remember. We have always said, We do not judge. If you could see The Bigger Picture We can see you will see you are being given everything you need (not want!) exactly when you need it. However, you also have free will. If you choose not to accept the opportunity to grow now there will be other opportunities in this, and other, lifetimes.

What you are being given is what you need for your growth and preparing you for your growth spurt and ultimately your increasing enlightenment.

There is no such thing as good and bad when looked at from the viewpoint of The Bigger Picture but more of that in a subsequent lesson.

You and others in your Soul Group elected to wear different masks and costumes in enacting this play in the physical. Some wear the unpopular physical roles of murderers, rapists, criminals, paedophiles, robbers, abusers, intolerant dictators, etc., etc., etc. Some chose the more popular roles of famous singers, dancers, actors, sports heroes, famous political leaders, nice teachers, good moms, wonderful

children, etc., etc., etc. Some chose the roles requiring pity, sympathy, empathy such as victims, injured, maimed, crippled, mentally handicapped, beggars, impoverished, homeless, destitute, pathetic, etc., etc., etc.

None of this is real. All is an illusion. This physical plane you know as earth is simply a large area full of play theatres where Soul Groups are enacting out, in the physical, agreed to roles to enable Souls and Soul Groups to experience growth and growth spurts to attain greater enlightenment by experiencing karmic balancing.

And you thought this life was tough. It's all a game! Lighten up, enjoy yourself, laugh more, have more fun, make more friends, love more.

The real world is in Spirit, the earth plane is an illusion, it's a playground. If you can now realize that you chose everyone and everything in your environment, for your growth, you will then realize that you chose your difficult parent, your loving parent, your quarrelling siblings, your wonderful sibling, your spouse, your children, your friends, your school, your work, your play, your neighbourhood, your life.

Now it is time to accept and surrender to the fact that you have been, and are being given, everything you need in every present moment of

Now for your growth towards enlightenment. Do not judge it good or bad rather look at everything that occurs as an opportunity for the growth of your Soul towards enlightenment.

Ask yourself How can I grow from this experience right now?

Some formulae for growth include an attitude of gratitude for what occurs. To say What Would Love Do Now?, to learn to Trust the Process to unfold as it should, to stay in the Now, to be Love in every present moment of Now.

As events unfold from this moment on you can now be conscious of the opportunities being presented to you for your Souls growth towards enlightenment.

Trust the Process, Stay in the Now and Be Love (Lessons 46, 47 and 48 of The Book of Evolving Relationships from Guidespeak.com)

Now decide if you wish to remain a Victim in your unconscious or to become a Victor in the conscious knowledge of your lifers true journey towards the Light/Spirit/God.

Enjoy your journey this lifetime now that you start to remember what you are doing here.

Grow towards the Light in enlightenment of your Soul.

Enjoy your journey by Being Love always and all ways.

First Your Needs Then Theirs

How many people spend their lives habitually caught by doing things for others while leaving their own needs and requirements unfulfilled? The basis of looking after others first is based on feelings of unworthiness and guilt coming from fear of loss.

If I don't do what they want me to do then they won't like/love me any-more. They make me feel guilty that I don't care for them if I don't put their needs and desires first. My worthiness is bound up in their acceptance of me as their friend, or whatever.

I feel unworthy and guilty if I say no to them.

I don't want to lose their like/love so I will put my needs second and put their needs first.

Well, over time, you will build sizeable resentment at being a doormat that others use to wipe their feet on. Want to take a guess at

who will feel that resentment? Probably some poor unsuspecting person or people that you feel comfortable bullying as you have been bullied. Children, poor unsuspecting youth, generally get this resentment thrust at them.

What are you really afraid of? What is your innermost fear about saying no I do not intend doing that for your first? First, I want to help myself then I will help you. What will they do or say?

Okay, so role-play a bit here. Let's assume they act out your worst nightmare, then what? So, they withdraw their conditional love, their conditional emotional support, their conditional financial support and any other type of conditional response.

Are you going to collapse into a heap and fall apart? Not likely!

You are most likely to, initially, stumble a bit as you find your new footing. Thereafter you will feel a release from your fear-based existence. After a short while, you will feel exhilarated as your freedom returns. You are no longer enslaved in Fear, you can start to move towards Love love of yourself in your new-found empowerment.

When you state, this is not acceptable to me,

you release yourself from your self-imposed imprisonment as a victim.

It may surprise you to find the other person, the abuser, be taken aback, and then crumble, as your resistance to no longer being a victim is stronger in resolve than their ability to bully you.

Your love of yourself, as you stand in your integrity, is stronger than the fear they have over you. You have shown that that fear cannot bind you in imprisonment any-more.

You have moved from Fear of loss to Love of yourself.

You can now come first in your life. Thereafter, you can assist others but first you must be well balanced in your life.

Relationship Responsibility

Many people who follow a spiritual and/or religious path lose sight of an important fact. Although you are conscious that you are part of Spirit, as a Soul, in a physical body on this plane you call earth, you are in the physical for a reason.

When you are in Spirit you are there for eternity with occasional visits to the earth plane to experience being in the physical. When you are in the physical, you are here for a finite time, for a specific reason. The specific reason is the Soul Contract you made, with others in Spirit, to balance your Souls karmic journey and to assist in balancing the karmic journeys of other Souls. (*See The Book of Life Skills Your Journey in this Lifetime A Victim or a Victor*).

You all agreed, in Spirit, to reincarnate, once again, in the physical, to act out certain roles to experience physical, emotional, mental, and yes, spiritual growth. These growth paths are required

to experience certain experiences to balance your Souls karmic journey towards Perfection/The Light/ God/Spirit/All That Is or whatever term resonates with you. In essence to enable your Soul to become more enlightened.

In Spirit, you learn the theory, in the physical you experience the practical.

Perhaps an analogy will help you here. A tortoise in its shell cannot move forward unless it sticks its neck out. If it does stick its neck out it can move forward and, possibly get its neck bitten off by a predator. Yes, experience comes by taking risk, but growth requires risk to be taken to achieve reward.

Many tortoises live between 50 and 100 years. These creatures learn to trust their instincts, their inner voices, to let them know when it is safe to stick their necks out and when it is safer to hide within their protective shells.

Back to you as a conscious Soul in a physical body on earth. You are not here to live a totally spiritual life. You are that in Spirit, for eternity.

You are here to live a physical life, to experience the growth in the physical while remaining spiritual in your approach to life.

Of course it is important to spend time, and invest time, in daily observance and connection to a Higher Power through prayer, meditation, ritual and observance. This increase in consciousness is vital to your continual well-being.

However, the purpose of this lesson Relationship Responsibility - is to explain to those of you who prefer to be very spiritual and or very religious in your day-to-day living, that your obsession with prayer, meditation, ritual, observance could be out of balance with your chosen karmic journey.

You are here to experience growth by relating to others in the physical. These Soul contracts are played out in the rough and tumble of the physical world. You have come here to grow by confronting, risking, relating, growing, experiencing, learning, bumping your head, knowing happiness, sadness, exhilaration, despair. You have come to the physical to grow through relationships.

You have a responsibility to your relationships that you agreed to in Spirit, your Soul contracts. You are here to experience life in the physical by relating and growing. You relate to others, as a mirror to your own Souls growth path.

So why do you, who feel very spiritual and/or very religious, obsessively hide yourselves away behind your protective shell of prayer, meditation, ritual, observance, avoiding your responsibility of relationships?

The person you have chosen to have a personal relationship with, as your meaningful other, cannot be avoided, ignored, and dismissed as you hide behind your protective shell of obsessive spirituality and/or religious observance.

Those meaningful others are part of your Soul Contract. They are in your face as a mirror to remind you that you are here in the physical to deal with physical relationship issues not to hide away in your protective shells of spiritual/religious observance.

However, if you spend one extra hour in your meditative state, religious observance, in essence, in isolation as you connect to Spirit, what growth do you experience for your Soul?

Now, if you spend that same extra hour being spiritual in physical relationship action as opposed to being spiritual in isolation through prayer, meditation, ritual, observance, how would your Soul grow towards enlightenment?

One extra hour spent relating to your meaningful other in your relationship by coming from Love, by Being Love, by giving love and attention, by perhaps even making love while being in love. One extra hour playing with your children what they want to play instead of I'm sorry I need more time to pray, meditate, do a ritual, observe some law.

One extra hour helping out a neighbour, a friend, a stranger, a beggar, by coming from Love, by Being Love, by giving love and attention, by relating in love.

If you are staying in your protective shell to be spiritual and/or religious so you can be a better person then perhaps you need to look at it from Spirit/God/All That Is perspective.

Do you imagine Spirit/God/All That Is requires another extra hour's worth of praise through prayer, meditation, ritual and observance?

Is your perception of Spirit/God/All That Is such a needy Entity that It requires constant reassurance of your praise? Or do you require constant reassurance that you are Part of Spirit that you have to remind yourself by continual obsessive prayer, mediation, ritual, observation

such as the extra hour a day We are discussing here?

Do you keep checking your body parts continually to reassure yourself you are a body in the physical? So why are you doing it obsessively with your spiritual body?

Perhaps it is time to Let Go and Let God. Perhaps it's time to learn to **TRUST To Render Unto Spirit Totally** and then **To Rely Unto Spirit Totally**. Know that you are Part of Spirit but also know that you are in the physical to relate to others so you can experience the experience of your Souls growth via physical relationship growth experiences.

It's time to stick your neck out of your protective spiritual and/or religious shell, trust your inner voice and move forward on your Souls growth path by experiencing relationships in the physical.

It's time to expose yourself, to get your hands dirty, to tackle issues, to confront situations, to laugh, to play, to have fun, to experience all emotions.

There is eternity in Spirit when you will long to experience things in the physical. You are here

now, in the physical. It's time to leave the apron strings of your perception of the protection of Spirit/God/All That Is. It's time to **TRUST** and to spend your time productively uplifting others in the physical, through physical experiences, so that you, as a Soul, can be uplifted as well.

You have a responsibility to relate to others in the physical. It will go well with you if you can remember to come from Love, to Be Love, to experience Being Love in every action as you relate to others.

God can only be God by experiencing everything. You, as a Part of God, experience emotions. By using the extra hour in physical relationship terms you can experience Being Love. God can then also experience Being Love, through you, as well as those you uplift with your Love.

When next you want to devote an extra hour a day to meditation, prayer, ritual and observation in praise of Spirit/God/All That Is rather look to uplift and enlighten someone else by Being Love as you relate to them in the physical by all of you experiencing Love.

Then Spirit/God/All That Is is truly being praised as you all grow through this experience of Being Love in physical terms.

God is Love, you are a Part of God. You are Love.

Experience Being Love Who You Really Are in the physical. Then your Soul will grow towards enlightenment.

Enjoy the responsibility of your relationships in the physical for God's sake!

Change Your Perspective To Improve Your Life

You are traveling on a train. It is nighttime. You look out the window. It is dark. You feel protected as you sit in the carriage. Daylight comes and still sitting in your railway carriage, you look out the window. You see fields of green, the occasional cow, sheep or goat. Your view outside has changed but you are still sitting in the same carriage.

What changed? You were affected by the light outside and this changed your perspective; everything else remained the same, you, the carriage and your life.

How would you feel if you could change the light inside of you and therefore change your perspective of your life for the better?

Let Us put you back on the train. Your compartment seats six and when you boarded

the train you found an empty compartment and you had it all to yourself. What bliss!

Suddenly the train's brakes are applied, and the train slows down and stops at the next station. A middle-aged woman and three out of control young boys invade your compartment. These boys are jumping on the seats, pushing each other around, bumping into you without any apology. Your peaceful carriage ride has turned into a nightmare. You stare at the mother who simply stares into space oblivious of her children's behaviour and your obvious annoyance.

Eventually you have had enough. You firmly state, Madam your children are out of control and are annoying me!

The middle-aged woman looks at you, blankly, without really seeing your discomfort, and says, absent-mindedly, Yes, we have just come from the hospital where their brother died an hour ago.

Suddenly you say: I'm sorry, is there anything I can do?

How your perspective has changed. Your first impression of a mother unable to control her

children and the poorly behaved children has now changed to one of empathy and understanding a completely different perspective.

What has changed? The circumstances in the carriage remain the same. The only thing that has changed is your attitude towards them as you integrate this new knowledge into your understanding. You are still being annoyed by the children, however, all you really want to do now is give comfort to the mother and her rowdy sons as they deal with their new loss in different ways.

Your inner light of awareness has changed your perspective.

With that understanding are you ready to deal with your life's perspective now?

Let us assume you are in a meaningful loving relationship with someone, a spouse, a fiancé, a boyfriend/girlfriend. This is not your first meaningful relationship nor your partners. You both have had other meaningful relationships in the past. However, it is the meaningful relationship you are involved with now, and hopefully, forever.

Your partners previous spouse, fiancé, boyfriend/girlfriend reappears into your life. This

is irritating as it obviously makes it uncomfortable for you, and possibly, for your partner.

It may be a phone call, a message, a present, a visit. Your harmony has been disturbed and your music has stopped playing.

Suddenly everything is annoying you. What was acceptable before may have become an irritation now.

You are feeling insecure, as the fear of loss, at any level, has arisen in you. That insecurity does not necessarily come from this relationship. It could come from your experience of past relationships, from your childhood or even from other lifetimes when you knew rejection and loss.

Your perspective of your current relationship has changed, for the worse. Your attitude has worsened as you integrate the fear that has arisen inside of you as your new knowledge.

You were living happily in the Now of your relationship, however, you allowed a memory, or memories, of the past to shatter your happiness now as you projected your fear of loss into the future of your current relationship.

Back to the beginning of this lesson. You are in the railway carriage in the daylight looking out of the window at the green fields and at contented cows however, in your mind, you have enabled a swarm of locusts to darken the light and devastate the green fields and the contented cows.

You open your eyes and see how you allowed your fears to change your perspective from real to unreal. The green fields and the cows are real; the swarming locusts are not real.

So it is with your partners Ex. Your partner has moved on to your new relationship. You are both in love now with each other. Whomever you or your partner liked, or even loved, in the past is part of the tapestry of your relationship now.

Feelings are the language of your Soul. Your feelings come from your emotions. You must learn to trust yourself by trusting your true feelings of love in your current relationship now. If your current relationship has trust implicit in it then, when coupled with respect and kindness, love can grow.

Providing you come from love and trust your partner with your truth in your vulnerability then you can express your true emotions without fear of expressing them. Your partners understanding,

empathy and love will become imminently evident.

By trusting your partner to deal with their Ex, by respecting your partner by saying I love you and know that you have to deal with this issue from your past, however I am here for you. By treating your partner with kindness, respect, support and love you remain in the Now, the only place where your current relationship is real. Not in the fear of the past or in fear of the future.

You do not have to fear the Ex. If you changed your perspective, you could see the Ex as an Angel not as the enemy.

Let Us paint a scenario for you.

Both you and your current partner came from previous relationships. Metaphorically speaking, you both came away from these previous relationships in need of hospital care. When you and your current partner met you were both ready to commence your current relationship.

Well, if your current partners Ex had not done what they did in terms of that past relationship your current partner would have probably still been in that relationship!

So, for you to enjoy the bliss of your current love relationship you both needed your Exs to behave the way they did so you two could be together now in bliss, in love, now and, hopefully forever.

So is your current partners Ex an Angel or the enemy?

Providing your love is real, then by respecting, trusting, being kind and supportive to your current partner is what is required, by coming from love, while dealing with the intrusion of the reappearance of your partners Ex.

By integrating the reality of your partners Ex as an Angel enabling your current love relationship to blossom changes your perspective of your new reality.

Thank you for reappearing in our lives by providing a mirror for us to see our respect, trust, kindness and supportiveness creating our love for each other.

By changing your perspective by coming from love in the Now rather than fear of the past projected into the future will empower your life considerably.

Trust your love, trust your partners love for you now, be kind, supportive, and respectful as you

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show your appreciation of your partners love for you now. Be thankful for the mirror of your partners Ex as you see the correct perspective of your love for each other in the mirror now.

Stand Tall And Proud

To Stand Tall And Proud means to recognize that you are now living in the Now.

In the now, you acknowledge that you are Part of God, that God is Love and that you are Love.

By standing tall and proud, you are acknowledging that the Part of God inside of you deserves to be recognized by you.

God is unlimited. God knows that everything is possible. God knows that the only time you feel that you can't do something is the time that you forget that you are a Part of God.

When you remember that you are a Part of God then you can stand tall and proud at the top of a mountain. You will then know that you can achieve whatever your thoughts create. If you can visualize it, if you are serious in your intentions to prepare and train to achieve it, if you are prepared to execute your plan you have

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visualized, then you can achieve it, providing you stand in your integrity throughout the entire process of visualization, planning, preparation and execution.

Throughout the entire process you must stand in your integrity of yourself, you must stand tall and proud remembering all the time that you are Part of God, God is Love and that you are Love.

In this process, you will not know fear, you will know love by being love in every present moment of Now.

There are unlimited opportunities going to be presented to you. Stand tall and proud in your integrity of yourself as you remember and acknowledge the Part of God inside of you.

Are You Reacting Or Responding

The desire to move from Fear to Love is the reason you are reading, or listening, to this right now.

Oh, to replace the unconscious grip that Fear has in determining your thought processes with the conscious abundance of Love colouring every thought and consciously determining every reality in every moment of Now. Oh, what bliss!

Imagine that! No more Fear, only knowing Love in every thought, word, deed and action. To replace the fear-based life you live with an altered consciousness of Love surrounding you Now and in every successive moment of Now.

Do you think this is attainable? Do you really want to Be Love rather than continue to experience Fear? Do you know now that **FEAR** False Evidence Appearing Real is not your

natural state? Do you know that your natural state is Love?

You are part of God, God is Love, you are Love!

Love is your natural state. You come from God, you come from Love. You were conceived as an act of lovemaking. You were greeted in love upon your arrival as a Soul inhabiting a body, you were treated in love as a body. You were, and are, always Love.

So how come you live in Fear?

Events in your life unfolded and the love that surrounded you as a baby was replaced by a new reality. The fear of those around you in the physical world, influencing you, becomes your new reality as you learnt to cope with the physical world. Fear becomes your protector as people and events negatively affect and threaten your existence. Lovers, parents, siblings and others no longer always give you love. Their fear-based lives impact on you, influencing you to adopt a fear-based life. You learn the knee-jerk reaction to changing circumstances based on survival instincts fight or flight.

Fear is your protector as you struggle to survive. You learn to react to changing circumstances

based upon a fear response which becomes unconsciously automatic. Are you a friend or foe. Do I fight or flight away. I can't trust you, you are going to hurt me, I will protect myself, I will remain vigilantly fearful of everything and everyone until I learn to start trusting.

In the meantime I will protect my continual feeling of possible loss by reacting, by coming from Fear, from suspicion. I will react to everything and everyone initially from fear of loss until I have learnt to trust them, or it, however I will always keep Fear close to protect me in case my instincts of trust prove incorrect. I choose Fear to protect me and will react unconsciously based on it.

So here we have it react unconsciously based on ingrained fear of loss can you now begin to understand why Love, your natural state, feels so foreign to you?

Think about your life now. In the past when Love presented itself in so many ways how did you react fearfully or accepting of that Love.

Any regrets?

Anything you can do about the past?

The past is tense!

Anything you can do now about learning to replace Fear with Love your natural state?

Instead of reacting unconsciously from Fear you can train yourself to learn to respond coming from Love.

The choice to respond is a consciously learnt one.

The ability to respond is your response ability your responsibility!

By being responsible to change your state of Fear unconsciously to one of coming from Love always, and all ways, in a conscious act.

Initially, it requires conscious effort and striving to remind yourself to respond by coming from Love.

You learnt to walk by consciously attempting to keep your balance. Now it's an automatic process.

Initially, you consciously choose to replace the unconscious reaction of Fear with the conscious choice of coming from Love. In time, practice makes perfect! If not in this lifetime, you have

many others! We say this so you attain a realistic perspective.

Consciously choose Love rather than Fear. Your determination to apply this alternative thought process will determine your success. It takes conscious effort and application. Keep persisting, expect a miracle and remember the rainbow comes after the rain.

Be patient but persistent in choosing love thoughts in conscious response rather than unconscious fear-based thoughts of reaction protecting you from possible loss.

So what is the magic formula of responding coming from Love consciously rather than unconsciously reacting from Fear.

This may sound like goody goody platitudes so please do not reject its simplicity without giving it conscious effort and persistence first. If done sincerely it will be a life changing moment for you.

So here goes!

Greet every person, or circumstance, that confronts you with a smile and say, to yourself, I am sorry I love you. Say it repeatedly keeping a smile in your heart, on your lips and reflected in

your eyes.

Do not say it out aloud, as yet, simply say it to yourself about the other person/people/events I am sorry I love you.

Can you picture this scene? Someone is screaming at you, as they come from fear-based reaction to an event or circumstance. They are losing their balance, their equilibrium and taking out their fear-based frustration at you. You consciously do not react from fear but rather choose to stand, or sit, there as this abuse is hurled at you while you choose to consciously come from Love.

The tirade continues and you simply smile at them, and say to yourself about them I am sorry I love you. Your smile is genuine and sincere. You feel that Love in your heart and it is reflected in your smile and shines through your eyes. You imagine that you are holding them in a loving embrace, as you would hold a child having a tantrum, and you imagine that you are whispering into their ear I am sorry I love you, its ok, I really love you as genuinely and sincerely as you can.

Their fear-based reaction hurling abuse at you comes all the way from their childhood when

they experienced loss and used Fear to protect themselves from experiencing this loss again.

By responding consciously coming from Love, by saying to yourself about them I am sorry I love you and imagining holding them in a loving embrace will, eventually, be picked up by them at a level not consciously aware of by you, or them.

This unconscious level of awareness will eventually substitute their fear-based unconsciousness with a love-based unconsciousness. Their tough fear-based exterior will eventually crumble as the healing power of **LOVE Let Our Vibrations Evolve** -, and, - **Let Our Vulnerabilities Emerge** replace the fear-based protectiveness of what, in reality, is a scared little child. No matter how old the person is chronologically who you are dealing with Love is a scared little child using fear as a protection to avoid feeling loss, vulnerability, hurt and abuse.

By responding with conscious Love you are healing them and healing your own inner child.

So the next time you have a choice of coming from Fear in reaction or coming from Love in response choose the healing power of Love by consciously saying:

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I consciously choose to no longer react in Fear
but to respond in Love

What would Love do now?

I am sorry I love you and embrace you in the
healing power of Love in love of myself and in
love of you.

I am Love, it is my natural state.

I am Part of God, God is Love, I am Love.

I love you.

I heal you in Love.

I am sorry I love you.

Where Do Your Feelings Go

You are happy, life is going great for you. You have met someone special, a Soul-mate, you think. In your euphoria you both fall in love, get married, settle down in happiness and you feel the happiest you have ever felt.

One day, one very emotionally dark day, infidelity strikes and your marriage is over.

Now you feel angry, bitter, resentful.

Where did your happy feelings go?

Did they simply evaporate into thin air? Did they transmute from happiness into sadness? Are they still around somewhere? Are they gone for now or forever?

Where did your feelings go?

Firstly, We have to differentiate between a

feeling and an emotion at Soul level. You sense a feeling but you experience an emotion.

If as you have been told by Us on numerous occasions, including on this website, Guidespeak.com, that Feelings are the Language of the Soul then feelings can only relate to one thing that is Love at Soul level.

If We are All One, if God is All there is, if God is Love, then there is only One anything God/Love/Spirit/Soul.

So, if feelings are the language of the Soul, and if the Soul is part of God, and if God is Love, then Soul can only be Love. If the language that Soul speaks is Love, then feelings must only be Love.

Well if the only thing that feelings are, is Love, because Love is all there is, then what about all those other feelings?

The feelings of hate, joy, hope, despair, courage, anger, etc., etc.

If Love is the only true feeling, at Soul level, then all the other so-called feelings must be emotions, at Soul level.

If, as We said earlier, a feeling must be sensed

and an emotion experienced, then the feeling of hate, joy, hope, despair, courage, anger, etc., etc. cannot, at Soul level, be a feeling but must be rather considered an emotion.

If We go back to the beginning of this lesson, to the example of a couple experiencing happiness, love and marriage then infidelity, despair and divorce and We asked Where did the feeling go?

This may sound difficult to believe but if the true feeling of unconditional love was present, rather than the emotion of happiness, fulfilment, contentment, security, physical warmth, emotional security then that true feeling of unconditional love would not have allowed despair and divorce to follow infidelity.

The true feeling of unconditional Love would have been one of total empathy, compassion, understanding, forgiving, forgetting and healing. If unconditional Love was truly present in both parties, the infidelity could never have occurred in the first place (See Lesson 17 The Book of Evolving Relationships I'll Never Find Another Love Like That!

So, the question needs to be repeated now: Where did your emotions go? because your true feelings of unconditional Love cannot disappear.

Emotions bloom, fade, explode, intensify, and so much more. Emotions are experienced then they go. The true feeling of unconditional Love cannot go away, only emotions can come and go.

If you have feelings for someone, or something, that feeling can only be unconditional Love if it is a true feeling. Unconditional Love is everything, including complete forgiveness.

If your feelings are not Love then they are not true feelings, at Soul level, but emotions and emotions cover everything but unconditional Love.

Whilst unconditional Love is a utopian state We want to encourage you to stretch yourself towards reaching it. The magic formula is, as always, What would Love do now?

Being Out Of Your Mind Successfully

Your mind is controlled by your Ego. Your Ego can only survive by reminding you of your past and projecting hope or despair into the future.

Your Ego controls and manipulates you through your mind. Conversely, accessing your Soul, the part of God that you are, can only be achieved in the Now.

God is Love, you are part of God, you are Love. The Love that you are is mirrored by your Soul. Your Soul is Love and your Ego is Fear.

You can only access your Soul, the Love that you are, when you stay in the Now. That is because there is only Now, no other time exists. Your mind-controlled Ego keeps you away from the Now and can only exist in the fear of the past and of the future. Your mind-controlled Ego is very clever, and manipulative. It fuels your hope and/or despair when dealing with your possible

future.

The million-dollar question is, of course, how to stay in the Now. Most animals do it instinctively. To survive, they have to keep focussed in the Now to ensure they are not eaten and to ensure that they can eat and survive. The animal food chain is very predatory and staying in the Now is essential for survival.

To learn to be more conscious of staying in the Now, be conscious of your own heartbeat. Right now, with your right hand, place your fingers over your heart and feel your own heartbeat.

The only heartbeat that has any consequences is your current heartbeat. The heartbeat that you felt a second ago does not exist any-more. The heartbeat that you are going to feel in a few seconds time may never occur!

The only heartbeat that has any importance right now is your current heartbeat.

By being aware of your current heartbeat is the starting point to being in the Now.

When you are conscious of being in the Now, you can be conscious of your Soul and of coming from Love. You may even say that in the Now you

are a human being, being conscious of being part of God.

Conversely, when your mind controller, Fear manipulated Ego, is driving you by taking your focus away from the Now, into the past and into the future then you are a human doing, doing unconsciously, what fear-based Ego wants you to do.

To be consciously in your current heartbeat of Now you have to know that God/Love/Soul only exists in the Now, not in the past and not in the future.

If God/Love/Soul only exists in the Now, then when you are in the Now know that God is with you, you are coming from Love and Soul has taken over from Ego.

In this current heartbeat of Now, know that God will give you everything you need (not want!) for the continual growth of your Soul. You may want a new car but you may need to have an accident to learn a lesson for your Souls growth in terms of The Bigger Picture of your life.

Conversely, you may want to feel despair after a relationship breakup but you may need a pet to learn to love something again. You will get what you need when you need it. Gods timing is

always perfect if you learn to **TRUST To Release Unto Spirit Totally** and **To Rely Unto Spirit Totally**.

With this knowledge, belief and trust that God will give you what you need, when you need it, you can now willingly stay in the current heartbeat of Now without fear of what will show up.

Only your mind-controlled Ego can introduce Fear to you by reminding you of the past and projecting this Fear into the future.

To stay in the current heartbeat of Now, to trust that God will give you whatever you need in every present moment of Now is to accept this ultimate truth into your life. How peaceful you can become now knowing all you have to do is to stay consciously in the current heartbeat of Now, fully accept that God will give you everything you need for your higher spiritual growth and simply surrender to being in Gods Light and Gods Love in this present moment of Now.

By accepting this Ultimate Truth and surrendering to Gods will for you, in Love, you can comfortably be Out of Your Mind!

With your mind-controlled Ego creating Fear it is

far more preferable to stay consciously in the current heartbeat of Now, accepting that God is with you Now, in Love, and surrendering to the knowledge that God will give you what you need Now for your higher spiritual growth.

By letting go and letting God into your life Now you can comfortably be Out of Your Mind because your mind-controlled Ego only knows Fear not Love.

By being Out of Your Mind you learn to Trust the Process, Stay in the Now and Be Love (Lessons 46, 47 and 48 in the Book of Evolving Relationships).

By Being Out of Your Mind you consciously allow yourself to flow unhindered into where you need to be. Your mind is not limiting you, by being Out of Your Mind anything, and everything, is now possible.

Now you can expect a **MIRACLE** May I **Recognize A Conscious Light Evolving.**

To successfully Be Out of Your Mind, stay in your current heartbeat of Now, accept that God is Love and will give you what you need Now for the highest growth of your Soul and surrender to Gods will for you by letting go and letting God.

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By Trusting the Process, Staying in the Now and Being Love you can be a human being, the part of God you really are and you can successfully stay Out of Your Mind.

Now watch your life flow successfully lovingly.

The Day Of Inter-Dependence - July 4

Firstly, there is dependence, then independence, followed by interdependence.

When you are born, you are wholly dependent on your mother to feed you, clean you, clothe you and protect you.

As you enter your teenage years, you strive for independence from your mother, and father. You still need them to provide for you but you want to be your own person. The more you were made to be dependent on them the more determined you will be to be your own person, to seek your independence.

If you are fortunate, sometime in your life, you may feel truly whole within yourself. You may feel that you do not need someone else, or something else, to complete you. You will not be

dependent on someone, or something, to complete you. You will not feel half waiting for your better half to complete you. You will be whole, wholly independent on your own. You will be complete within yourself. You will now be independent, not only of your parents, but of everyone and everything.

When you are truly self-sufficient, truly not dependent on anyone or anything to complete you, you evolve to true independence.

Independence is a lonely place to be, but it's very important to be alone so you can eventually proceed to be All One, however We are getting ahead of ourselves here.

When you have become independent, alone and perhaps even lonely, you have marshalled all of your strengths inside of you. You can now go within to discover Who You Really Are.

When you go within you can Be Silent and Know That I am God (Lesson 14 The Book of Evolving Relationships)

At this time you can start to realize you are never alone. We are always with you. We are also Part of God. God is Love and We are Love. If you truly know We are always, and all ways, with you, you

no longer have to live in fear. Allow Us to guide you, We are, after all, your Guides!

If you **TRUST To Release Unto Spirit Totally** and then **To Rely Unto Spirit Totally** and you can be in the Present Moment of Now, then you will feel Our Love and you can Become Love. You can stay in the Now by thinking, saying and doing What Would Love Do Now?

If you are Being Love how long do you think you will be alone for? People will flock to you as you radiate Being Love. They will remember, at Soul level, that they are also Love. You will remind them by your loving presence that they are also Love, Part of God, Who is Love.

Now you remain independent but never lonely, no longer alone, but you start to remember We Are All One, in the physical and in the Spiritual planes.

You move from independent to All One.

Now you can attract someone into your life who is equally independent and, hopefully, someone who has also experienced being All One.

Your independence and their independence creates two complete circles of independence side by side. When these two circles intertwine

as they come together, the areas of overlapping creates a synergistic energy whereby $1+1=3$.

This synergistic energy is called Interdependence.

You can both separate from each other, each remaining whole, and you can come together, at any time, creating the synergistic interdependence, at will.

By moving from dependency, to independency, to interdependency you can experience that We, all of Us in Spirit and all of you in the physical are All One, all Part of God. As God is Love, so We are all Love, so all of you are Love, so you are Love and so is the person now sharing your sacred space, interdependently of, and with, you.

Now that you understand that at a personal level, We now explain to you that there are other animate, and inanimate, beings and objects that you share interdependence with.

The animals, plants, minerals, vegetables, insects, reptiles, structures, water, fire and all other forms of energy are your other partners in interdependence.

You interact, at an energy level, with everything

around you. Your oxygen is exchanged for trees carbon dioxide. The animals, vegetables and minerals you use and consume become part of you, and your waste products of carbon dioxide, perspiration, urine, etc., etc., go back into the earth feeding and supplying life energy to other animate and inanimate objects.

As it is with you and other animate and inanimate objects, so it is with countries. Countries are interdependent on each other. Adjoining countries share the same air, water, fire and other forms of energy. Countries at the opposite ends of the earth share plague, war, feast and famine. Today, with your advanced communications, the world is truly a small place. The ability to infect the internet with a hackers virus sweeps across continents like a plague. A dictator, or so-called responsible governments, collectively have their finger on a button that could subject a substantial number of countries to nuclear devastation.

Each country is either dependent, independent or interdependent on other countries for its survival, growth and evolvment.

As people grow and evolve spiritually through **AGE Always Growing Evolving**, so do countries.

May the 4th of July be a reminder to all those controlling the power of each country that is striving for independence to be aware of all the interconnectivity with everyone, and everything. May the 4th of July be a day of conscious awareness of the fragility, importance and vitality of life on the physical plane of existence you know as earth, the place you currently call home.

Each of you can now be consciously aware of your need to move from dependency, to independency, to interdependency while being consciously aware that We Are All One, in Spirit and in the physical.

We are all Part of God, God is Love, We are Love, You are Love.

Only fear harms us, only Love heals.

Be Love in every present moment of Now.

Be Love, be loving and be in love with Love it's Who You Really Are.

Release It In Love Of You

When someone, or something, has reached the end of its cycle of life with you, it is acceptable to let it go. It is more acceptable to bring closure to this cycle by correctly finishing it off. When people pass on their bodies are either buried or cremated. A finality is reached with those bodies. The cycle of life for those bodies is complete and finally dealt with.

How do you bury or cremate a relationship with someone, or something, that is not physically dead but is emotionally dead?

When the person, or thing, was acceptable in relationship to you, that is when you had a good relationship with them, or it. You had a commitment, an unwritten contract that you would both behave in a way acceptable to both of you when you made that contract.

This contract, or lease, was entered into formally,

as in the case of a marriage, a partnership, or informally as in the case of a friendship. This lease between the two, or more, of you was a contract to occupy each other's sacred space with the intent of enhancing this sacred space not polluting it.

If you, as a landlord, leased space to a tenant who damaged this space unnecessarily, disrespectfully, then you are entitled to give notice for restitution of your space as it was before. If this rectification and restitution is not forthcoming, in a realistic and reasonable time frame, you are entitled to cancel the lease and eject the tenant, suing them for damages.

So it is with your sacred emotional space if someone, or something, breaks your lease contract by their unacceptable behaviour in terms of the behaviour code you're both contracted for, then you can unilaterally cancel the lease agreement and release them, and yourself, from this contract.

You are entitled to protect yourself from further harm and release yourself from the now stranglehold that is negatively affecting you. The other person, people or thing, has to also learn that the Law of Cause and Effect causes ripples that must play themselves out in consequences

of actions.

In releasing yourself from this, now, bondage, you first release the other person, people, or thing, from your lease contract, by formal, or informal notice. They must consciously know that their actions caused this lease contract for your mutual sacred space to be broken and terminated. They are no longer permitted to continue poisoning your sacred space.

After formal, or informal notice, has been served on the other person, then you can release them in Love. Not necessarily the turn the other cheek type of Love, but rather release them in Love Of Yourself!

By releasing them in Love Of Yourself you are acknowledging the unconditional love you have for yourself. You are no longer going to allow others to harm you and thereby giving yourself permission to say of them Its okay, they don't really mean harm, they are not really abusing me they are simply troubled!

No longer is it acceptable for you, or others, to condition yourself with conditional love of yourself. You deserve the best Love there is, unconditional Love of Yourself, let Us repeat that. You deserve, and have earned, unconditional love of yourself by yourself. Nothing less than

that is acceptable to you now!

Release the other person, people, or thing, from your sacred space so that you are not poisoned any longer by their actions (see *The Ultimate and Complete Forgiveness You Seek The Book of Life Skills Guidespeak.com*)

Release the other person, people or things in Love, in Love of Yourself. You deserve the unconditional Love of Yourself by yourself. When you know that God is Love, that you are a Part of God, therefore you are Love, then you will know unconditional Love. You will know Gods love of you. You will know your love of you unconditionally.

Release yourself - in unconditional love of you.

Our Friendship

We have been fortunate, very fortunate indeed!
We met thirty years ago when we were lonely
and we knew fear.

Two lonely people struggling to survive in our
individual worlds, the connection was cautious,
yet strangely magnetic.

However, soon we sought each other out.

Somehow, our loneliness seemed to disappear
when we were near each other.

In desperate times, we found a strength and
solace in being together.

And so a friendship bond grew in unconditional
love and unconditional trust.

Personal intimacies were shared in our
vulnerability with each other.

There were no secrets between us.

There were no contracts binding us.

What was yours was mine and what was mine
was yours.

The voluntary friendship had developed into an
involuntary bond of unconditional love and trust.

Two Souls had connected in a long remembered way from many lifetimes together when friendship was always strong. We used to say, We would take a bullet for each other. Now I know we were comrades in arms many lifetimes ago, we protected each other's backs in battle as we have done once again in this lifetime.

Ours is a friendship that others have admired and some not understood. Our spouses were envious of our closeness, but our children understood.

Your children look to me for fatherly familiarity, guidance, love and friendship and my children sit and talk to you and you both appear to be like two branches intertwined in intimacy of love and friendship.

The strangest part of our 30 year friendship is that we were only really in each other's sacred space for a few short years, four to begin with and then another four years.

For over 20 years, oceans and continents have separated us.

In that time, we have seen each other probably five or six times and yet the bond is even stronger now than ever before.

As our marriages are dissolving after over 20 and 25 years apiece, we share the experiences in total honesty and vulnerability. We release our spouses in love, and in love of ourselves, for them to go on their journeys.

Why do we not have bitterness and anger as we find ourselves alone again? Because we knew fear when we first met thirty years ago. Now after our spiritual searchings and awakenings we know love.

We know that God is Love.

That we are Part of God.

That we are Love.

That Love that we have re-membered from our eternity together is the Love we are as we wave our spouses farewell in love, and in love of ourselves.

I proudly introduce you to the new love in my life.

My soul-mate that I have yearned for forever.

My soul-mate that I have earned, as a reward for my journey.

This soul-mate has travelled a similar road to find me her soul-mate.

I introduce her to you and a connection is instantaneous.

You both, at Soul level, recognize each other

from lifetimes before, and for the moment only I can see it.

Soon you both will start to re-member each other.

And so as our hair greys and thins, we start our new lives choosing new career paths.

Both of us prepared, willing and able to serve others in need.

We two have known unconditional love and trust for 30 years. We two have connected to the Source of unconditional love and trust. This Source, some know as God, has blessed us to share our bounty with others.

We two came together lonely and full of fear some 30 years ago.

Now we only know abundance of love and friendship.

The world is waiting for us.

You in your way and me in mine will open our hearts in love as we stand together now, as we have through eternity, in unconditional love and unconditional trust of true friendship.

Come the world is waiting for us to share this feeling with everyone.

The Love Of Us

God is Love, you are a Part of God, you are Love.

When you experience being in love, it is the part of you that is God, that is experienced as love.

When you act in love, everything is possible.

For God everything is possible.

For God is Love.

When your meaningful other in your loving relationship says that they love you, who is talking here?

It's the Part of God, Who is Love, inside of them talking.

When the complete circle that is you merges with the complete circle that is your loved one, an overlapping of the two circles takes place. That overlapping is synergy where $1+1=3$.

God is in the overlapping part of the merger of the two circles. God is the synergy where $1+1=3$.

When you fall in love with someone and you say I love you, would it astound you to hear a non-Ego response saying:

I'm not surprised that you love me!

It is not an egotistical, Ego-based, statement.

It's the Part of God inside of you being mirrored back to your meaningful other who is coming from the Part of God inside of them.

Who is actually expressing this Love?

If it is true Love, not conditional Love, then Who is expressing this sentiment of Love I love you!

It is the Part of God inside of you expressing this Love. When you say, I love you it is the Part of God inside of you, Who is Love, acknowledging Itself as Love.

God or Love is infinite, that is why you can love more than one person. You can love your meaningful other. You can love your parents, your siblings, your children, your family, your friends, your colleagues, and yes, even your enemies!

It is the Part of God inside of you that is saying, I love you. It is the Part of God inside of your beloved that is responding with I love you too!

Or, should that be I love you two!

Is it not God or Love that is really saying, I love you two?

The love that is God inside of both of you is mirroring and acknowledging its existence as Love. You look in a mirror and say, I love you, and the mirror reflects that exact message back to you.

So it is with your beloved. If real love exists, if you would appreciate each other, praise each other, if you would only want to give to your beloved without wanting anything in return, but knowing Love, knowing God inside of you, then you know Love is real.

So when your beloved says: I love you and you reply, I'm not surprised that you love me! it is not your **EGO** (**E**dging **G**od **O**ut) that is responding. It is the Part of God inside of you acknowledging the Part of God inside of them talking to Each Other, or Itself, if you prefer.

If it is true Love, God is acknowledging Itself in you and in your beloved because God is Love.

God, Who is Love, is acknowledging the mirror of Love inside of you and inside of your beloved.

Does that mean that it is not you who has fallen in love with your beloved? Does that mean that you don't have feelings, emotions, wants, desires, needs?

It is always, and all ways, you who has fallen in love with your beloved. However, by acknowledging to yourself that you are a Part of God and it is that part of you, that is God - that is Love -, which is mirroring that Love to your beloved, makes that Love real, makes that Love sacred, makes that Love eternal.

Perhaps, instead of saying I love you you might consider saying, I love US! In this instance US means United State!

I love our United State.

I love the fact that God is also part of our United State.

I now feel our Love is sacred, blessed, infinite and eternal.

I love US!

Resolving Conflict Via Soul Level Approach

Your conflict is a tug of war. You are in the trenches, amidst the mud that is being slung - it's ugly. You are pulling, they are pulling, and it's exhausting. All this negative energy to defend Egos.

What would you give to stop this endless tug of war?

At ego-level, this war, this conflict, will go on and on and on. You will all be drained of your energy, your resources long before someone capitulates from sheer exhaustion, emotional, physical, spiritual and financial. The price of winning or losing will be very expensive as it all takes its toll.

There is another way to resolve conflict. The way of love not of fear. The way of the Soul not of the Ego.

When you are in the trenches, in the mud, straining away at your tug of war with your adversary, how would you like to simply let go of the rope and escape this draining conflict.

Then do it!

Let go of the rope, stop creating resistance and guess what will happen? Your adversary will be straining so hard in pulling on the rope that they will fall backwards, flat on their back!

Now what do you do?

How about raising your arms heavenward in prayer?

If your serious intentions in your prayer are for genuine resolution of this conflict then you need to ensure love enters this scene.

You will have to pray for yourself AND your adversary. You will have to pray for both, or all, your well-being. You will have to extend love, in prayer, to your adversary, for their well-being, their happiness.

While your hands are lifted in prayer, no longer holding the tug of war rope, envisage a

helicopter above you trailing a rope down to you, over your head. You need to grasp that rope and pull you, and your loved ones if need be, up towards the helicopter.

The helicopter will lift you, and those holding your hands, and those holding their hands, to safety.

By the way, did you check to make sure your adversary/adversaries also held on to be lifted to safety.

A plateau is found where the helicopter drops all of you off, gently onto the ground.

Envisage that you both, or all, stand up and embrace each other in genuine love at Soul level. You are not dealing with their bodies, their Egos, only with their Souls.

Without talking at first, you all simply hug each other, at Soul level, listening to each other's breathing and heartbeats. Your Souls are pure, there is only love no fear at Soul level.

Then while still holding each other in genuine loving embrace, you say, I'm sorry for all the pain I have caused you. I love you.

Envisage your former adversary at Soul level

responding with No, I'm sorry for all I have put you through, I really love you.

With love replacing fear at Soul level you can both, individually or together, decide whether you want to stay together or go your separate ways, in love.

If you can genuinely give and receive love imagining your Souls communicating, rather than your Egos, then the conflict you had at ego-level will be seen to be so meaningless.

So now you have moved from fear of loss to love of **GAIN (God And I Now)**. Now let Us return you to the physical world where your conflict is still playing itself out. Has your attitude towards your adversary changed at all? If it has then your genuineness in intent in resolving this conflict at Soul level, with love, is in question. That is fine for now, you have simply made a choice, with its consequences still to follow, that you want to remain in conflict in the tug of war. You have free choice, free will.

If, however, your attitude has changed to surround your adversary with genuine intent of love then one of three things could happen:

1. Your adversary responds in love soon.

2. Your adversary eventually responds in love, after some extended time of unpleasantness.
3. Your adversary never responds in love.

In the first two scenarios, you resolve your conflict by using the Power of Love, by accessing your Souls love. In the third scenario, you must continue to come from love, while defending yourself. We do not ask you to be a martyr, or a victim. Firmly stand in your integrity, stand stall and proud, give **RESPECT (Recognize Each Soul Politely Ensuring Correct Tribute)**, by respecting yourself first and foremost, and state, This is not acceptable to me.

If your adversary remains resolute you must keep coming from love but harbour no anger or hatred. This anger and hatred belongs to your adversary it does not serve you to respond with their anger and hatred. Keep coming from love, standing tall and proud and allow Spirit the opportunity to open your adversary's eyes to love, self-worth and self-respect. Respond with Souls love not Egos fear. Trust Spirit to give you what you need when you need it to assist you in resolving this conflict.

Come from love and eventually your love will find a way. In this way you will lose nothing and gain everything.

Love will always find a way to resolve all conflicts. Fear cannot survive in the light of love.

TRUST

To **R**elease **U**nto **S**pirit **T**otally

To **R**ely **U**nto **S**pirit **T**otally

Trust the Process to unfold as it should

Stay in the Now

Be Love always and all ways

Giving And Receiving - The Bigger Picture

Once upon no time in Spirit some Souls were sitting around chewing the non-existent fat and talking.

One said: "I was looking at the records and I see that I have a hole in my Soul that needs repairing."

"What hole is that?" said another Soul.

"Experiencing how to give unconditionally," said the first Soul.

"Wow, you picked a tough assignment," said another Soul. "I should know, I've tried it numerous times and I can't seem to get it right on earth. Up here I see it clearly - nothing belongs to anyone. We go to earth with nothing and we come back here with nothing. While we are on earth we get amnesia - we forget. So that

what we have and what we build up on earth we guard jealously in case someone should want to share in our bountiful blessings."

Other Souls joined in the conversation and said the same message - "We also know that we have to fix a hole in our Soul - we also have to learn to acquire abundance and affluence and when asked to share it we have to learn to give unconditionally. But, this is a tough lesson to learn. I wonder who will help us learn this?"

From the back a Soul came forward. "I am prepared to go first," he said. "I'll go back to earth. I'll travel to the Middle East as a wanderer and I'll write a book of poetry and in it I'll give the life lesson of 'Giving and Receiving' so that the people on earth, Souls like all of you, can have a reference point to turn to when you need understanding. "

"But you are so perfect. You have filled all the holes in your Soul. You deserve to stay here and teach us younger Souls and not have to be courageous and go back down to earth. Stay here and enjoy the peace you have earned," said the one emphatic Soul.

"No," said the very wise Soul. "I have already picked out a name for my next journey to earth."

"And what is it? said another Soul.

"Kahlil," said the departing Soul as he went to prepare himself for his new journey.

As he walked off he was working on his poetry. "Then" said the rich man, "speak to us of giving" and he answered...

The other Souls sat around in awe as the wise old Soul departed.

"Well," said the first Soul to speak. "At least I'll have a road map, if I remember!" he chuckled. All the Souls smiled because they all knew that feeling of amnesia when you reach earth. Your memory cells are there but the battery leads have to be connected through prayer and meditation, and understanding comes slowly as there are countless battery leads that need to be connected and stay connected before you start to remember all of it.

"So I am prepared to go back to earth and give unconditional giving a go," said the first Soul. "I'll join you," said another Soul, and a few more plucked up the courage and soon there was a group of some 20 to 30 Souls all planning to go and fix this difficult hole in their Souls.

"Well, if we are all going to learn unconditional

giving, we need someone to give to, someone who wants to be a receiver of unconditional giving," said another thoughtful Soul.

"Wow, that's a brave and courageous step for someone to take," said a far-sighted Soul. "Why?" asked a more naive and inexperienced Soul.

"Well, someone has to go - choose parents who can provide a basis of wealth creation so they can build up wealth. They will have to experience meaningful loss at an early age - something traumatic like the loss of a parent - to see how they handle loss and to see if they are worthy of becoming receivers. Then, to further test themselves they will become prominent citizens, respected, admired, hard-working, charitable people. They will taste meaningful success and wealth and their pride and ego will grow. They will be blessed with a large family for whom they will be the hero, the bread winner, the provider, they will be respected and admired by their spouse, children, family and friends.

"And then they will choose to lose everything they have so they can experience the loss of earthly goods. This will be a great test to see if they deserve to be receivers.

"If they maintain their integrity, if they do not become angry, spiteful, resentful of others and their success, if they remain honest, loving, caring and giving of all the little they have then they can become worthy of being receivers.

"As receivers they will be at the mercy of others.

"They will become dependent on others to provide for them. They will be assessed by others to see if they are 'deserving of the largesse' others will favour them with. They will be rejected, they will be emotionally bruised and battered, they will face friends who talk giving but shy away when it's time to give. They will face others who give but have an accounting book open at all times. They will face others who will boast about giving to them and make them feel embarrassed.

"They will attempt to provide for themselves so they are not dependent on the charity of others. But their plans will be frustrated because they must stay as receivers so others can try and try and try to go from unwilling, conditional givers to eventually becoming willing, unconditional givers."

"Gee," said the naive and inexperienced Soul. "To be a receiver requires one to be very brave and courageous to take all that abuse willingly so

that others can learn how to give unconditionally. That is real love."

"So, who will go to earth to carry out this amazingly courageous life of being a receiver?" asked the first Soul who originally started the discussion.

A voice came from the back and said, "I'll go," and all the Spirits swivelled around to see who would be so courageous - who would be willing to go as a "whipping boy" so that others could ultimately learn unconditional giving.

As the Spirit came to the front of the group an enquiring Soul said: "And what name will you choose?" The Soul said "I will look for a name when the time is right."

"OK," said the first Soul. "Let's get our group of 20 to 30 Souls together to learn how to give unconditionally on earth."

The Recorder of Souls arrived with his Record Book -"Please write your Soul name in The Book and the earthly names you choose next to it," he said.

So, one by one the individual Souls wrote their names in the Record Book.

When it was time for the courageous receiver to write his earthly name in the book, he looked at the Souls' names and their chosen earthly names.

He smiled to himself when he recognized who had chosen to learn about unconditional giving with him, being the receiver, of their attempts at learning. He wrote his earthly name down.

The recorder of Souls took the book and said ".....(Name), it's time to get ready to go."

Now it's your turn to fill in the blanks. Who in your life is someone who has elected, or chosen, themselves to be the Receiver - so that others can learn to be Givers - then, hopefully, - Unconditional Givers.

Can you now start to see The Bigger Picture?

Simply Be

Whatever you would want to have in your life
Simply Be.

If you want to be loved

Simply Be love

And others will respond with love.

If you want to have friends

Simply Be friendly

And others will respond with friendship.

If you want to be healthy

Simply Be healthy

Think healthily, act healthily, talk healthily.

The health that is inside of you will come out.

If you want to be abundant

Simply Be abundant.

Think abundantly, act abundantly, talk
abundantly.

If you want to be affluent

Simply Be affluent.

Think affluence, act affluently, talk affluently.

Everything you want is inside of you.

Everything you desire you already have - inside

of you.

You simply have to open a door to let it out.
And to let it manifest itself into your reality.
By setting your intention as to what you desire -
you create the reality.

Your thoughts create your reality.

To Simply Be what you desire only has one rule.
No doubts - you have to fully commit yourself to
Simply Be.

You cannot have a sliver of doubt.

You must firmly Be-come what you want to Be.
Choose your desire - fully commit yourself -
Simply Become.

The Universe will deliver what you want to
Become.

Your part of the bargain is to fully commit to
Becoming it - without doubt.

Do you doubt this is possible?

Well let's look and see how it works in the
opposite.

When you feel unloved - are you unloved?

When you feel friendless - are you friendless?

When you feel sick - do you remain sick?

When you feel unworthy - do you feel unworthy?

When you have little money - do you remain
poor?

Everything you Become is inside of you.

THE BOOK OF LIFE SKILLS

Yours thoughts, your actions and your speech manifest what you Become.

It's easy to feel unloved, friendless, sick, unworthy and poor.

Conversely, it's easy to feel loved, friendly, healthy, abundant and affluent.

You simply Become what you want to be.

Become it - fully commit yourself - have no doubts.

Simply Be.

It Only Happens In The Now

Many people only use half their brain! The brain is known to have a left side and a right side. One is logical and the other emotional or intuitive.

The logical brain is scientific and requires physical proof of reality.

The intuitive brain is imagination, thought, unlimited, belief of all possibilities known and unknown.

The logical brain can also be called intellect trapped in its own prison of rigidity, proven, known facts.

The logical brain is like a beautiful bird trapped in a gilded cage. Its feathers are trimmed to prevent its wing growth. It is provided with its food, water and toys to amuse itself with in its cage. It is given attention by its owner but for all the benefits it has it is still trapped in its cage, its prison, denying it the opportunity to experience flight.

With its freedom to fly it knows exhilaration, however, in common with the duality that exists in the physical world, it also knows the fear of being damaged or killed by a predator.

The freedom of flying, experiencing ultimate joy and happiness, even for a short time, may be more than enough compensation for the possibility of loss, temporary or permanent.

By moving from the known security of imprisonment with its limited but stable diet, to the uncertainty and insecurity of flight with the possibility of exhilaration, bliss, and sufficient food counterbalanced by the possibility of loss, damage and death, is the choice you all make on the earth plane.

When your Inner Security, your IS, is dependent on a logical brain belief system of proven facts then you allow outside reference points to determine your Inner Security.

Like the bird in the gilded cage you are fed a diet of belief systems by others that imprison your intellect to believe certain facts.

These proven facts, handed down from generation to generation, become the total scope, or boundary, of your limits for growth.

For example, you believe you are your body.

If at the present time of an incident you may lose a limb, become paralysed, or lose a loved one,

then, at that moment of Now it appears that your life is over. The incident takes over your whole body and mind and total loss is all you see.

In time you realise that life does go on and, although you experience loss, it is not permanent but temporary.

Conversely, if you win the lottery or marry the person of your dreams or get your ideal job, you think you have gained the world - you are so exhilarated. In time, many lottery winners end up even poorer than before. One third of ideal marriages end in bitter divorces and ideal jobs sometimes require such compromise of a balanced lifestyle that families, integrity and health is jeopardised, to name a few by-products of so-called success.

What is perceived to be permanent is but temporary.

This Too Shall Pass.

The logical brain giving you known proven facts is short changing you!

By using your intuitive brain as well you allow your imagination, thought, creativity, all possibilities, to be unleashed and created.

You become the bird that knows the exhilaration of flight and all its endless possibilities.

When you allow your intuitive brain to work it enables your known concepts of Inner Security to be shattered and to be replaced with the

possibility of the unknown, the uncertainty, the insecurity of the unknown becomes limitless. The impossible becomes possible. The cage of limitation becomes the flight of all possibilities.

What you currently believe is that you are your body. Your Inner Security (IS) is based on how it affects what you perceive to be who you are. A body, your physical adornments, your physical health, wealth, status, security.

Your Inner Security (IS) has its reference points to your body and your intellectual mind. Any time something is added to your life you feel happier and any time something is taken away from you, you feel sadder.

Your Inner Security (IS) is determined by outside reference points of approval or disapproval of yourself, by yourself, and by others.

Now We ask you to use your intuitive brain and to take a leap of faith in three steps or jumps.

Firstly, you are not your body, you are a Soul.

Secondly, as a Soul you are Part of God.

Thirdly, God is Love.

Therefore you are Love. That is Who You Are!

As a Soul, as Part of God, you are eternal, indestructible, undamageable, unlimited, all powerful, you are Perfection.

Your Inner Security comes from knowing you are

a Part of God Now - this is Love Based, not from the decisions of man - which are Ego/Fear Based. When your Inner Security (IS) comes from knowing that you are a Part of God then you will know that you, at your Essence, are Love.

When your Inner Security (IS) can trust that God will give you what you need now, not want, for the growth of your Soul to remember that it is Love, then you learn to Trust God Now.

When you Trust God Now you become Love, Now, and your Inner Security (IS) knows only Love, Now.

God can only be found in the Now, Love can only happen in the Now.

Now is all there is - Now. Love is all there is Now.

Be Love Now and know that your Inner Security - your IS only happens in the Now.

Be Love Now.

Trust your intuitive brain to think, create, act, do and say, "What Would Love Do Now?"

You are Love, you are a Part of God, God is Love.

Trust God Now.

Trust Love Now.

Be Love always and all ways - Now.

Inner Security (IS) is knowing you are Part of God.

IS only happens in the Now when you know you are Part of God Now.

Avoiding Anxiety - Learning To Stay In The Now

GROUND RULES

1. You have an Ego and a Soul.
2. Your Ego is controlled by FEAR (False Evidence Appearing Real).
3. Your Soul is Who You Really Are - LOVE (Let Our Vibrations Evolve).
4. GOD is Love.
5. You are a part of GOD.
6. You are Love.
7. You are your Soul which comes from GOD and is a part of GOD.
8. Only your Soul is real eternally.
9. Your Ego is temporary - for this lifetime only.

EGO'S NEEDS

1. Your Ego needs to feel important so it uses Fear as its tool.

2. By keeping you in the past with memories and in the future with hope and/or anxiety your Ego feeds on your Fear of the past repeating itself or on the dream/hope or anxiety/despair of the future.
3. Ego means edging GOD out.
4. Your Ego controls your mind which controls your thoughts when they are in the past or in the future.

SOUL'S PRESENCE IS IN THE NOW

- 1 The only time there is is Now.
- 2 What is not occurring right now occurred in the past or is going to occur in the future.
- 3 Only Now is real.
- 4 The only time that is real is Now.
- 5 Your only opportunity to affect change in your life is Now.
- 6 You cannot change the past and you cannot change the future, you can only act in the Now.
- 7 By acting correctly in the Now you have a pleasant past and a hopeful future.
- 8 By acting incorrectly in the Now you have an unpleasant past and an anxious future.
- 9 Only your breath keeps you alive. The only breath you can take is the one you are taking Now. You can't take a breath an hour ago and you can't take a breath in an hour's time. Only

- Now is real.
- 10 You can only access your Soul in the Now because that's the only time that is real.
 - 11 The Now is all there is.
 - 12 The only time you can access your Soul is Now. The only time you can access GOD is Now.
 - 13 By learning to live in the Now you can learn not to live in Fear because Fear only exists in the past or in anxiety of the future. Love only exists in the Now. You can have a memory of love in the past or a hope/anxiety of love in the future but you can only experience love in the Now.
 - 14 When you are consciously in the Now you allow your intuition to access your Soul, which is love. Because GOD is love your intuition is accessing the part of GOD inside of you, your Soul. You can only experience GOD/Soul/Love in the Now. You cannot experience Fear in the Now - only in the past or future.
 - 15 When you are in the Now you do not think - you rely on your intuition to access your Soul/GOD/Love and you act intuitively accordingly.
 - 16 Your intuition is in tuition with Soul/GOD/Love. You are intuitively accessing Soul/GOD/Love, learning and acting from this Source of all knowledge.

NO MIND

1. By not thinking in the Now but rather intuitively acting according to the Source of all knowledge you have accessed the gap between your thoughts - your No Mind.
2. You cannot think with your mind that you must get into the gap between your thoughts - your No Mind. Your thoughts created by your mind prevent that from happening.
3. You seek the gap between your thoughts, without conscious thought you will learn to simply let it happen automatically and naturally.

The techniques of how to seek this gap follows.

OBSERVE YOUR MIND AT WORK

1. Monitor your thoughts to be conscious of your mind working and where it is taking you.
2. Let your thoughts come into your mind and let them go. Don't hold onto any thoughts whatsoever. When your thoughts find no reaction or response from you they will eventually tire of the effort.
3. Being conscious of your thoughts means you are in the Now as you are recognising them as thoughts, as distinct foreign unwanted objects.

4. Once your thoughts tire of no reaction or response they stop eventually and this allows your No Mind of no thoughts to open up to access your intuition in the present moment of Now.

BREATHING

- 1 Be conscious of each breath that you take - inhale - exhale - to be conscious of being in the Now.
- 2 Be conscious of your current heartbeat or pulse to stay in the Now.
- 3 Practice V breathing. Exhale down the V and inhale up the V.

AWARENNESS OF BODY'S SENSES

- 1 Look, hear, touch, smell, taste with conscious intent in every present moment of Now.
- 2 Experience everything you do intently as if it's happening in slow motion. Brush your teeth intently, feel the water on you when you bathe, the towel rubbing against your skin, eat each mouthful by tasting intently.
- 3 By focusing your energy on being consciously in the moment you do things intuitively, automatically, without conscious thought. This

focus of energy unleashes your intuition to access its Source of all knowledge without conscious thought, simply automatically. The answers you seek come from the gap between your thoughts - your No Mind. (This is "Being in the zone" that top sports people experience.)

- 4 When you learn to trust this process, when you learn to stay in the Now, then you will automatically come from Love, from Soul, from G-D.
- 5 At this point your life becomes more effortless as things simply work out easier. Without the stress and tension of anxiety of the future, by living in the Now, effortlessly, you learn to trust the process to unfold as it should, to stay in the Now and to be LOVE - Who You Really Are.

ACCEPTANCE OF WHAT IS NOW

1. Whatever is happening now is What is Now - accept it - whether you perceive it to be good, bad or indifferent.
2. Atomically you are porous - simply let everything go through you without resistance.
3. You can't change what is happening - accept it - whatever presents itself is happening for a reason. The reason is to allow your Soul to grow towards enlightenment by experiencing

- what needs to be done.
4. GOD's timing for you is always perfect.
 5. GOD gives you what you need (not want!) - exactly when you need it.
 6. It's GOD's gift to you Now - that's why it is called the present moment of Now.
 7. Accept it. Welcome the insecurity and uncertainty that is presented as they provide unlimited opportunities for your Soul to grow towards enlightenment through this experience provided :
You trust the process to unfold as it should.
You stay in the Now.
You be Love in every thought, word, action and belief.
 8. Surrender by accepting that this is as it should be for your Soul to grow towards enlightenment.
 9. Accept it with an "Attitude of Gratitude".
 10. By surrendering and accepting what is now you become present in the Now. You become enlightened.
 11. You now do what is in front of you to do. You focus on that and do it intuitively, by accessing the ability from the Source of all knowledge.
 12. Life becomes more fluid, effortless and an inner peace, a calmness comes over you.
 13. By trusting the process to unfold as it should, by staying in the Now, you can approach the moment by living the action

"What Would Love Do Now" and doing it, intuitively.

14. Calmness, inner peace, trust and no anxiety are the end result when you "Let Go and Let GOD". But remain conscious to "row away from the rocks" with your free will intact.
15. By staying in the Now you access Soul/Love/GOD and you only know Love not Fear and Fear's by-product, anxiety.
16. Live in the Now and know inner peace.
17. Expect a MIRACLE (May I Recognise A Conscious Light Evolving) - it's in the making now.
18. The choice is yours. Stay in the Now and know Love or let Fear rule you with anxiety by allowing your thoughts to live in the past or the future.
19. It's your choice now.

In Praise Of The Gentler Gender

It was disturbing for the Channel to watch a soccer match on television and see a large poster proudly displaying "(Name of soccer team), kids and then wife - in that order!"

That same afternoon the Channel was visited by a young man in his late twenties who was going through the break-up of an eighteen month relationship with the lady of his dreams.

The insight We gave the Channel was to explain that the "gentler gender", the female of the human species, can be compared to a beautiful rose. The stem has thorns and leaves to protect it but the rose itself is beautiful, perfect in its composition, fragile, nurturing to insects who share its pollen, its petals open to display its essence - in trust - its fragrance is heavenly, a rose is gentleness personified.

A man can easily crush a rose under his heavy boot - negating the essence of what the rose is in

one callous step. Many women are treated like that. Men are then human doings, not human beings. A man can purchase some roses to present to his date - hoping to gain some advantage. A man can purchase roses to enjoy their beauty in a vase, with or without his partner being present.

A man can grow roses, or see them in their natural state, or even put them in a vase and really appreciate them. A man can respect, admire, show off, praise, verbalise his feelings towards the rose. Most importantly, he can allow the rose's fragrance and beauty to elevate him from the ordinary to the extra-ordinary. His Soul, his essence, can be aligned to the essence of the rose, and together he and the rose can be transported into the heart of God - sheer love - sheer bliss.

And so it is with a woman. Her essence is beautiful, fragile, trusting, nurturing, heavenly, gentleness. If a man does not treat a woman as a sex object or in some other functional way, and can recognise and admire her true essence and breathe in that essence, then man can start to discover what makes life truly worthwhile - to know love and to Be Love, be loved and beloved. To know love - to give and receive love - can only begin with RESPECT -

Recognising Each Soul Politely Ensuring Correct

Tribute.

From respect can grow love. With love everything is possible. God is love. With God everything is possible.

To know love - Let Our Vulnerability Emerge, and then, Let Our Vibrations Evolve - is to know God.

So back to the poster at the soccer match and back to our forlorn young man breaking up with his true love.

How is the wife of the man responsible for that poster likely to react or respond to being ridiculed so badly? With love or with fear, hate and enmity?

How can the young man go back and restore his true love's affections?

By treating a woman with love, respect, kindness, gentleness, fragility, honour and trust, by genuinely praising, verbalising your true feelings often, and by breathing in her fragrance, her essence, you can be transported to heaven on earth by knowing and experiencing being love, being loved and being beloved.

By being love you become a human being, not a human doing.

By being love you experience GAIN - God And I Now - in the loving embrace of your woman.

By being fear, such as the man responsible for the poster at the soccer match, you can only experience LOSS - Leaving Our Sacred Space and Leaving Our Self Sad.

Oh, by the way, the man's soccer team was leading 2-1 and in the last minute of the match the other team scored to draw the match 2-2. So it will be with his wife - no wins, many losses and some draws.

To the young forlorn man - go back and treat your true love as you would a rose, and if you apply yourself correctly you will know, and, Be Love, be loved and beloved.

Do not deny yourself Who You Really Are - a Part of God. God is Love, you are Love.

Know love and experience GAIN - God And I Now.

Criticism – The Unfairest Cut Of All

Who likes to be criticized? Do you? Anyone you know?

So, why does everyone do it?

If no one likes to eat wriggly live worms then you don't eat them.

So if no one likes to be criticized then why do you do it?

What do we mean by criticized?

We mean unfair, uncalled for comments about another person which, whether said behind their back or to their face, causes them to feel hurt, angry and upset.

She is fat and ugly. He is stupid and smells. You are rude to my parents. You are useless at (whatever). You will never get this right. You sneer at (whatever). You think you are always right. You are always wrong. You make me cross when you do that. Can't you ever make me happy? You can't wear that, it makes you

(whatever). When are you going to make more money? When are you going to shut that mouth of yours? Etc., etc., etc.

Do happy people criticize others? No, they are happy and positive about life, why would they want to introduce negativity? They simply accept the other person in their space - warts and all.

So, where does criticism come from? What makes one person be critical of another? There are only two emotions. Love and fear. You either come from love, and if you do then you will not be critical of another, or you come from fear. If you come from fear then being critical of someone else is your fear-based defence mechanism to protect yourself.

You feel insecure about something, so instead of acknowledging it, accepting it and working it through, thereafter realising that the fear was simply that - FEAR - FALSE EVIDENCE APPEARING REAL, you mirror that fear onto someone else.

The old saying of "When you point your finger at someone else you have three fingers in that hand pointing back at you," is so apt here when discussing criticism.

You look fat in that dress could mean I am

worried that if I wore a dress like that I would also look fat in it. Alternatively, if you go out with me looking fat in that dress people will think worse of me.

Criticism comes from judgement. Your judging someone else is pretty senseless. When you judge someone, as many of you do continually, you are coming from fear.

How can you judge someone unless you have stood in their shoes, seen things through their eyes and understood exactly all they have been through to that point in their lives.

You may judge someone unfairly because their shoes are last year's fashion, but do you know how they struggled to afford even those shoes.

How can you judge someone or something unless you stand where We do and where We can see the Bigger Picture of countless lifetimes throughout eternity. Rich man, poor man, beggar man, thief - how can you possibly know why people live their chosen, contractual lives so their souls can grow towards the Light, The One, that which some of you call God.

As We have told you throughout Guidespeak.com and in countless other avenues, think, act, do, say "What would love do now?" and do not judge

and criticize others.

This brings Us to criticism and judgements in relationships. Regrettably, the saying "Familiarity breeds contempt" is rooted in practice between people. How come perfect strangers who you meet get treated with extreme politeness, respect, tolerance, understanding, even compassion. However, when relationships develop and become more intimate, there is an acceptance that the more familiar the more contempt, rudeness, disrespect can be shown to the other person.

Surely the more familiar the relationship the more loving it should be. The more loving should evoke more politeness, more respectfulness, after all this is someone that you care deeply about.

The stranger you don't care about but they get respectfulness. Your intimate friend they get judgement, criticism, rudeness, lack of respect. Is this the wrong way round or what?

We do not advocate that you treat strangers with anything but respect, however how much more deserving are your loved ones of even more respect but they get judgement and criticism.

There are loving ways to point out issues to your

intimate friends. These issues can be introduced respectfully, politely and you may even ask for their permission to point out something that, in your view, needs improving upon.

"My darling, I would like to discuss something with you about that dress - would you let me know if you want to and when it will be convenient to have the discussion?"

"Thank you, yes now would suit me as well. I have seen you look stunning in other outfits but that dress is not as flattering on you, perhaps you would like to try something else on before we got out tonight."

Sure beats "You look fat in that dress!"

Respect - Recognising Each Soul Politely Ensuring Correct Tribute.

Respect is well covered in the Book of Evolving Relationships and in The Book of Life Skills.

Respect is not only hierarchical, teacher/student, parent/child, etc., it's also mutual husband/wife, friend/friend, lover/lover, etc. Respect allows admiration to flow, admiration becomes like, like develops into love. Without respect you cannot have love. Without love you cannot think, do, act and say "What would love do now?"

Criticism and judgement are fear based, respect is love based.

Come To My Party

An elderly lady, living in an old age home, spent her days greeting people with the same expression: It's my birthday! Come to my party!

For years everyone assumed she had some form of dementia as her only words in response to everything was: It's my birthday! Come to my party!

Only one person had the patience and persistence to spend enough time with this frail elderly lady in an attempt to get past her standard mono-sentence response.

Inevitably the frail widow, who did not have any children during her lifetime, passed on. At the very sparsely attended funeral the one person who had made the effort to get to know her, asked permission to say a few words about the recently departed elderly lady. This person was the one who had persisted long enough to find

out who this lady really was.

The elderly lady was one of the few survivors who walked out of the NAZI concentration camps at the end of the Second World War, in 1945. She had lost her entire family, relatives and friends in these concentration camps.

After the war, she had met and married a man who unfortunately predeceased her by many years and, unable to have had any children, she was left alone once again, eventually ending up at an old age home in her twilight years.

As a survivor of the concentration camps she always realized that her life had been spared, while everyone else she knew and loved had perished.

She considered every day that she was alive to be a blessing and gift. She truly embraced every new day as another day that she was privileged to have, on this earth.

She treated every single day, no matter how she felt physically or emotionally, to be her rebirth day. She knew how lucky she was still to be alive that day. She took no day for granted.

What people thought was dementia in her greeting or response Its my birthday come to my

party! was her acknowledgement and celebration of her life that day.

The few people who bothered to turn up at the funeral to pay their last respects came away with a gift of knowledge from this elderly lady that would improve their lives and their attitudes immensely.

Perhaps you can all learn to celebrate the gift of this day it shall not come again in this lifetime. Make it count!

Change Threat Or Opportunity

Most people view change as threatening. Why must things change? I am in my comfort zone and wham bam things change! I like things like I like them, I don't want things to change. We were so happy, then, he/she was gone taken in a moment my life has been turned upside down. Why? Why? Why?

Let Us show you another way to view change. We will start with **CHANGE Clearing Healing And New Gifts Emerging.**

At the moment of massive change, such as, the physical loss of a person or a valuable possession, the fear of loss looms very large indeed.

You would indeed need to be very spiritual to immediately see this major loss as a gain.

But let's stop right here, right now and define Loss and Gain.

**LOSS Leaving Our Self Sad (and)
Limiting Our Sacred Space**

Loss implies sadness as your sacred space becomes limited. Your spiritual belief system is challenged and is found wanting. Your sacred space shrinks as you move from - love of God in the Now - to - fear of the future. You jump into facing the future without that person, that love, that security, that possession, and this makes you feel diminished, smaller. Your sacred space of - God is Love - Now is all there is - has been replaced with fear of the future, leaving yourself sad and limiting your sacred space.

How would you feel if you could understand the Bigger Picture here?

Well, let Us start with defining **GAIN God And I Now.**

Let Us start by asking you to look back at your life and see the milestones where bad things happened to you. The time you had an accident, lost something valuable to your well- being, etc., etc.

At that time who would have believed that everything has turned out even better that it was

before. For some people things have always turned out for the best.

Even the premature loss of a parent, or a child, has made you re-evaluate the path you were on, change direction, and now, after meaningful time has elapsed new people, new possessions, new meaningful things have entered your sacred space.

If you maintain a victim mentality then you are not likely to appreciate this ultimate improvement in your fortunes.

Many people find God in recovering from a tragedy. When they realize that **GAIN** means **God And I Now** eventually they then realize that everything does happen for the best.

Welcome change, it enables you to Clear, Heal And (for) New Gifts (to) Emerge.

Everything does happen for the best as your Souls growth is the measurement here, not your physical desires and wants.

Your Soul needed that accident, loss, or whatever to occur so It could create an opportunity to grow towards the Light and the Love that God is.

Your Souls growth is the **GAIN God And I Now**. If

you also experience this gain in the physical consciousness of your life then you are truly fortunate.

It may be difficult for you to understand this now, in the physical, but your Soul contracted willingly to experience this loss, this accident. Your Soul came into your body in the physical with the express intention to experience this loss and experience the clearing, healing, and new gifts emerging process the change needed to enable you Souls growth to occur.

If you can shift from understanding that the loss experienced in the physical in this lifetime on earth is minor compared to the major, sizeable, gain of your Souls growth, which growth is for eternity.

If you can know that this Souls growth is huge forever and ever then perhaps you can see the Bigger Picture of change. The loss of your physical desires, needs and wants is temporary, however, painful at the time. The gain of your Souls growth is for eternity. You will be eternally grateful for the gain as your Soul grows towards the Light and the Love that God is - **GAIN God And I Now.**

Short term loss, and pain, long term gain, is the

Bigger Picture here. After all, you are always a Spirit, for now a Soul in a physical body on earth, but a Soul/Spirit for eternity.

Accepting Rejection

Have you not felt the terrible feeling in the pit of your stomach when you have asked someone for something and they have rejected you. Oh what a feeling to be rejected.

Many of you spend your life avoiding rejection by not putting yourself in a place where you can be rejected. By this, We mean that you accept everything that is dished out to you and you become a victim of other people's needs, desires and wants. To avoid the feeling of rejection you accept everything that is dished out to you.

Let Us go to a familiar scenario here. You want to invite someone to a dance. The dance is special to you, you will be amongst your friends and your peers and you would like to take someone that they feel, and you feel, is someone good on your arm. So you pluck up the courage and you ask this special someone Would you like to come to the dance with me? They say, Sorry I am busy

or some other similar excuse, which all essentially mean No.

Your ego is now deflated. You wanted that person on your arm to make you feel good and to make your friends feel that you have something special that you can attract a person like that to be on your arm.

So the question is, do you feel worse now about yourself than before you made the request?

It is time now to stop and ask the question Why have they rejected you? Up to now you may have felt worthy of that rejection. You perhaps set your sights too high on someone that felt you weren't good enough for them and that's why they rejected you.

Perhaps they didn't want to be seen on your arm. Think about where they are coming from. However, who is it that is rejecting you?

Do you know what they are going through in rejecting you? They may appear to be desirable to have on your arm but who are they really? They may be someone good-looking, someone vivacious, someone with a strong magnetic personality. But who are they really?

Have you ever stopped to think that maybe they

don't feel worthy of accompanying you and that the vivaciousness, good-looking appearance and strong magnetic personalities are all façades, all masks they wear to hide their own insecurities. So the person rejecting you may very well be someone rejecting themselves because they do not feel worthy to be on your arm.

Perhaps they know that should you spend an evening with them at the dance you may very well discover how insecure they are. So perhaps they would rather keep a front visible for all to see of being someone who is desirable but not attainable. They then may choose to go to the dance with someone who is equally good-looking, vivacious or has a strong personality. This person may also be insecure about themselves and their real self-worth, also hiding behind their own mask or façade.

Perhaps the two of them can bluff each other all night long whilst mirroring to each other their apparent attributes, confusing themselves that they are with people who deserve them.

So it's time to stop to think perhaps the person who rejected you is not worthy of you. It may appear for outer appearance purposes that they are desirable but deep down they may not be so desirable when you get an opportunity to get to

know them. They may just be a pretty face, a good sense of humour, and perhaps nothing much else beyond this fade.

Do you really deserve such a shallow person like that on your arm, aren't you really glad that they rejected you?

You thought that your self-worth was affected by their rejection of you. However, no one can affect your self-worth except you. You have to give yourself permission to negatively affect your self-worth. If you give people permission to abuse you then they can affect your worthiness but not your self-worth. Only you can affect your self-worth. What other people think about you is what they think about you. What is important is what you think about you.

That is how you determine your self-worth.

So, let Us start with a list of what you are proud of in terms of yourself. Start at any place that you feel comfortable with Who You Really Are. What you are really like, what you look like, what worthiness you feel inside of you in terms of your relationships, your friendships, your integrity, and so on and so on. This is a list of what you are proud of concerning yourself. This list constitutes your self-worth. However, it is time to stop and remember Who You Really Are. You are Part of

God. God is perfect and therefore the Part of God inside of you is perfect too. What greater self-worth can you have than acknowledging to yourself that part of you is Part of God.

Now you can hold your head up high. Now you can take a deep breath and feel proud of Who You Really Are.

So it is time for you to start to decide what you can do to develop your self-worth. It's time to start to stand in your integrity and to perfect yourself in terms of your self-worth. You can start in all the areas of your life. Your consideration of others, your empathy, your giving, your loving, your compassion, are examples of all the things you really are. As you start to work on developing these areas of being the best person you can be, with what you have to work with, then your self-worth will improve and you will like, and eventually love, Who You Really Are.

If you want a sure-fire short cut to improving your self-worth then simply approach every thought, word, deed and action with What Would Love Do Now? By being love all ways and always your self-esteem will blossom and people will seek you out as you always surround them, and yourself, with love.

When you reach a place that you are proud of who you are, the thoughts that you have and the things that you do, then with this knowledge and acceptance of Who You Really Are, now you can ask someone worthy to be your partner at the dance.

It is at this point that you should realize that the person wanting to be your partner at the dance might very well not be the one with the fade that attracted you in the past. Perhaps by now you have seen past those masks to the real person behind those fades. Perhaps now as you have discovered your self-worth you can find someone, who themselves have inherent self-worth, most probably not with a pretty face, sparkling personality and great sense of humour.

Possibly someone just like you, someone sincere, someone with a high level of integrity, someone who is caring, compassionate, giving, loving, understanding. This person is a real person, maybe someone who is overlooked as they have no need to pretend to be cool and desirable. This someone probably has a great sense of Who They Really Are and they are waiting for someone like you to see how truly compatible the two of you are. Your self-worth is mirrored by their self-worth.

Now it's time to ask that worthy person to be

your partner at the dance and to have the courage of your convictions to put that worthy person on your arm. In this way, you are proclaiming to your friends and to yourself that this is the person you have selected because they reflect and resonate your worthiness back to you.

Some people may giggle, some people may laugh behind your back at your choice that may seem to be plain. However, people with integrity and people with their own well-developed self-worth and self-esteem will recognize the strength, the character that you are in making this selection. They will admire you far more than the admiration that would have come from the falseness of having someone on your arm as a trophy rather than as a true friend.

This admiration will be deeply rooted in well-meaning and will have far more meaning for your self-worth than to have some trophy person on your arm who may very well reject you either at the dance, or soon thereafter, allowing you to fall into the abyss of self-pity and reduced worthiness.

So the choice that you have made is one of finding someone equally worthy as you have become, in your self-worthiness. That choice will

stand you in good stead as you further develop your self-worth.

You can start to recognize now that every rejection foisted upon you is not your issue but the other persons issue. If the person that you chose accepts to go with you to the dance, they will enhance your esteem and, ultimately, you allow it to improve your self-esteem.

If, on the other hand, this person rejects you, then your esteem should not be affected in any way because you have realized that, perhaps, that which you recognize in that person isn't as fully developed in them as your self-esteem has become in you.

Perhaps the person is right but the timing is wrong. Perhaps at a subsequent point that persons self-worthiness will increase to match your current new self-worthiness. It is now time to find someone who is really worthy of you and your offer to be their partner at the dance.

Rejection does not serve you best when it comes from ego, however, when you come from Soul, when you remember that you are the Part of God you really are how could you be rejected? You could only be rejected by someone who has forgotten, for that moment, the Part of God that is inside of them. When the person who knows

that they are also Part of God, as you are, connects with you then only acceptance is possible. God will not reject God. The Part of God inside of them can only attract the Part of God inside of you. Now you have found someone truly worthy of you, someone to take to the dance as well as, perhaps, to the dance of life.

Acceptance of rejection will serve you well as you use this opportunity to find someone truly worthy of you, whether for a dance, or as your partner through your life together.

Thank you for rejecting me, you have brought me closer to my true loved one.

A Letter To A Mother

My Darling Mother,

I spend my days and nights reading books, listening to tapes, going to lectures, having discussions about one topic to understand the journey of the Soul. To have clarity of the relationship of the Soul and its relationship to perfection the image of God. I now know that we are all Souls in human bodies. All of us Souls on earth and all of the Souls in Spirit are all part of one Soul One Spirit the perfection we call God.

I see a glimpse of this perfection and aim my life at improving my imperfections. I attempt to improve, make some progress, stumble, pick myself up, attempt again and continue the process until I see some progress. Feeling encouraged, I continue attempting, stumbling, progressing. The reward is in the journey because the destination of perfection will take thousands of lifetimes.

In this lifetime, I have been blind for over 49 years.

I have had to read, listen and discuss this concept but my eyes have been shut, my ears blocked, my tongue stuck to the roof of my mouth.

I have prayed, by asking God, for a glimpse of perfection but I was blind and deaf to it.

You, my darling mother, are this glimpse of perfection.

You are humility with no need for ego. You are strength without a need for power. You are totally selfless in serving others. You listen without a need to speak. Your guidance is so subtle that hardly a ripple is noticeable. You are at peace with no need for anything. You are wealthy beyond measure because you never needed anything before you got it. You bore 50 years of marriage, as a saint, more than half of which was spent nursing Dad, 24 hours a day, 7 days a week, with total love and devotion.

You had little, if any, pleasures of a physical nature. You were deprived of the time to make and nurture friends, to have a hobby or participate in a sport or go to a concert or play

for your needs. However, you never complained, you never expressed frustration. You just kept on, in love, showering your blessings on Dad and on us all.

When you lost your other son, tragically, you bore the loss, burying your hurt so you could help Dad handle the loss he felt. I believe that your Soul knew that your son would not be seen again in the physical world but was with you in the spiritual world, so instinctively you could handle the loss easier than Dad could.

There can be very few people in the world who have lived to nearly 80 and who do not have an enemy or even someone who has carried a small grievance of annoyance about them. I cannot think of the one person who could say anything negative about you. You have not harmed anyone either with your words or actions. You have lived the credo you always instilled in us, If you can't say anything nice, don't say anything at all.

You and Dad always struggled financially, but you were never poor. You always knew, instinctively, that the Universe will provide for your needs.

You never demanded anything, you always placed Dad and your children's needs way above

your own. You have chosen a path on this life on earth to be one of selfless love and devotion. You have done a wonderful job of it.

You are a wonderful, wonderful human being and a marvellous, glorious spiritual being.

Thank you for allowing me to choose you as my mother, to show me a glimpse of perfection, which perfection is God.

I love you Mom, you are my heroine forever.

Eternally yours.

All my love
Your Son

Letting Go Of Anger

Feeling angry about someone or something? Feel like exploding and venting your fury at someone or something? Feel like it's just too much for you to handle?

Well, there is good news, bad news, then, hopefully, some great news for you.

First the good news.

Anger is a natural emotion. When you feel threatened by someone, or something, that you have major resentment about, anger is your natural defence system as you adapt and react to this major threat facing you. What you are reacting to is not the person or the situation but to your feelings about the person or the situation.

These are your feelings and your feelings are not someone else's fault. The good news is that

when you are ready to take responsibility for your feelings, you can change them.

What do We mean take responsibility for your feelings?

Firstly, you have to have acceptance of your current reality. Whatever you would prefer to have been happening right now simply is not what is happening.

Your expectations have not been met. Something less, probably far less, has happened, or is happening, than that which you had hoped for, expected, felt you deserved, felt you were entitled to.

The reality of now is poorer for you than your expectations. You have to accept that this moment is exactly as it should be for your Souls needs, not your Egos wants.

Wow, that's a hard reality to swallow, you mean I got what I needed not what I wanted I am really angry now. Give me what I want now!

In Our infinite wisdom We believe that you are ready now for a growth spurt for your Souls journey.

However, as always, you have free will to choose. We will not interfere with your choice. We believe you are now ready for a gift, a present if you prefer, and an opportunity for your Soul to grow in the present moment of now. The good news is that if you grasp this opportunity to grow you may not have to deal with your uncontrollable anger again in this lifetime, and perhaps, in other lifetimes.

The bad news is that this life lesson is part of your Soul contract and it will be presented to you again, and again, in different guises, until it is successfully dealt with, and integrated into making you grow, spiritually.

In tough love terms the saying goes You can run but you cannot hide!. If you want to know more about your Soul contract We recommend you go back now and re-read *The Book of Evolving Relationships* on <http://www.guidespeak.com> Lesson 46 *The Three Commitments to Yourself: No.1 Trust the Process*, as well as, *The Book of Inner Peace - Relationships are Eternal*, also on <http://www.guidespeak.com>.

So what is the great news We referred to?

Let Us start with what We mean by taking responsibility for your feelings and then We will show you how to change your feelings by

changing your perspective.

Responsibility means having the will and the ability to respond to your current reality as it is now. Your acceptance of this present moment of now is paramount to taking responsibility. You must not blame anyone or anything, including yourself, for what has occurred, or is occurring. The fact that you had expectations of a better outcome is academic, its wishful thinking. Your acceptance, acknowledgement, understanding and reconciliation that that which has, or is, occurring, is exactly as it should be in creating an opportunity for your Souls growth and that is what is important right now.

Your energy should now be used for unearthing and developing this opportunity in a positive attitude rather than bemoaning the poorer outcome and looking for someone or something to blame in a victim like negative attitude.

So to recap. You were angry because your judgement, or expectation, of someone or something, did not meet your expectation and you felt let down, poorer. This made you angry because you felt a loss. This perception of a loss made you feel insecure about your life. This insecurity, as all feelings of insecurity, is based on fear. In this case fear of loss of something

important to you.

The basis of your anger is judgement, non fulfilment of expectations, resentment at the outcome and its all based on feeling insecure about your life and, yes, you got it, it's all based on fear. **FEAR** means **F**alse **E**vidence **A**ppearing **R**eal!

So your anger is based on fear. There it is in a nutshell!

Courage is not the absence of fear. It is the knowledge that something is more important now than your fear. It is time to be courageous right now.

Now it's your turn to help yourself. Be totally self-honest. What is it you really, really, really feared when your expectations were not met by the outcome of your judgement, when you got angry. What did you fear? Loss of an opportunity, loss of a job, loss of money, loss of your lifestyle, loss of your dream, loss of a loved one, disillusionment of reality, loss of respect, admiration, etc., etc.

Deep down it may have been the feeling and fear of the loss of love. After all fear is the opposite of love.

Now on to the greatest news about Who You

Really Are and how to change your feelings in having the ability to respond, to have responsibility to change your feelings about the person or situation that made you angry.

That which you fear is your greatest blessing!

What you fear is like physical pain, it highlights what needs to be faced, repaired, resolved, and then integrated to become part of Who You Really Are.

Let Us start by saying that you are a Soul in a physical body on this earth plane. You are a Soul through eternity and you will occupy many, many physical bodies in many, many lifetimes on earth.

As a Soul you are Part of God. As a Soul you cannot be damaged in anyway whatsoever. You are indestructible. Your essence is Pure Love.

Now what can you, as a Soul, possibly fear? What can God possibly fear? You, as a Soul, are part of God, what can you possibly fear? God is Love, You are a Part of God, you are Love.

You are Love, the opposite of fear.

By remembering that you are Love you can, and

must, approach everyone and everything with an attitude of What Would Love Do Now?

Let Us go back to your anger now. The basis of this anger is your fear of loss of something or someone. Once you have been totally self-honest and identified this fear, We can help you make it go away, and with it the reason for your anger. In this way you will be letting go of your anger.

That which you fear you must identify and face up to, in love of yourself and in love of others. In the Bigger Picture of your numerous past/parallel/ lifetimes as a Soul you have contracted to experience many things on the physical plane you know as earth. When your Soul is in Spirit it can learn lessons but your Soul, within a body, can only experience these lessons in the physical plane known as earth.

At this point, if you did not do so earlier, We ask you to go to the Book of Evolving Relationships on www.guidespeak.com Lesson 46 The Three Commitments to Yourself No.1: Trust the Process and from The Book of Inner Peace on www.guidepeak.com Relationships are Eternal. These lessons spell out how Soul contracts work.

That which you fear for example the fear of losing a parents love or respect or admiration is a contracted Soul agreement.

In Spirit, you and the people you interact with on earth, were, and are, eternally Souls, who currently happen to be occupying selected bodies on earth. In Spirit, certain lessons were identified by all of you as what you needed to experience on earth for the growth of your Souls journeys toward perfection, which some of you call God.

These lessons, or experiences, are needed to make you whole and are karmic balances coming from your actions in this lifetime and in other past/parallel lifetimes.

The people, or events, presenting themselves to you as things you fear are your greatest blessings. By portraying themselves as issues/events that require your focus and attention to face up to, resolve and in time to integrate into you, will make you more complete, more perfect as your Soul commits itself to its contractual obligations to grow towards the perfection some call God.

Throughout this process you have free will. However, if you choose not to take up the challenge of your karmic balancing now, then other opportunities to grow will present themselves in this lifetime, or in other lifetimes,

of your Souls journey through eternity.

By identifying your fears you will establish why it is so important for you to have the outcome you desired from your expectations. To establish why your judgement of other people and situations had to be just so. Why you felt that unless your expectations were perfectly met you would lose something so important for your continued well-being that the thought of it being less so created fear of loss of something in your heart. In a nutshell Why you got so angry based on this fear of loss.

Once you have established what this fear of loss is you can begin to bring it into the light of consciousness and understanding so you can heal it.

You need to face up to this fear with love in your heart. Identify and confront the issues that need to be tackled. Have the courage, determination and staying power to be assertive in tackling these seemingly unpleasant tasks. Throughout this process of repair and resolution always be honest, stand in your integrity, stay in the now and, most importantly, be love as you heal, repair, resolve, and ultimately, integrate this experience into yourself.

This fear of loss is ego based. A major loss that

could possibly occur is the loss of face that would affect your ego.

Please remember that EGO mean Edging God Out

You are Part of God, you are not your Ego, you are your Soul. Your Soul is Part of God. God is Love, you are Love, only your ego knows fear of loss. The real you, Who You Really Are, is totally abundant in every way. What can the real You possibly lose?

The only thing the real you can temporarily lose, is your way on your Souls journey through eternity. The only time you can lose your way is when the real You, Soul, gets out of the driving seat and allows ego to drive you.

If you remember you're are always, and all ways, a Soul, for now in a body on earth, then as a Soul you are Love. It is then impossible to become angry. Anger becomes danger for you. The way to let go of ego based, fear induced anger is to think, act, do and say what would love do now? not what would fear do now?

We love you and want you to always remember you are Love, God is Love, you are Part of God. Anger belongs to fear. You are not fear, you are

Love and you belong to and are a Part of God.

Confront your fear with love and it will disappear like the morning mist once the sun rises.

Know only Love.

Be Love.

Be Loved.

Our Beloved.

The Unconditional Love Of Pets

A distraught woman visited the Channel on a Friday morning to discuss a sequence of events that had occurred during the past week of her life. Her estranged husband finally sued her for divorce, leaving her with virtually nothing, financially, from the marriage. Her husband, a successful businessman in the past had become insolvent a few years previously, lost everything, and then proceeded to have a succession of girlfriends, while still married. The woman was expected to work again when her husband lost everything to support him and their young child.

She got a job at an entrepreneurial company where she found a safe haven from which to rebuild her life. Everything went well and she succeeded in picking up the pieces, both in her personal and professional life.

Now, ending up without any significant financial support from her impending divorce, she had to make another change in her life in order to

survive. Having been offered a job with a more established business, with slightly more remuneration, health benefits, pension plans and a more secure package, she reluctantly conceded that it was probably the only decision she could make to secure her future and look after her child.

So she started contemplating the next step, how to tell her employer, by now a dear friend and close confidant, that she had no choice but to leave him and her home from home to take a leap of faith and journey into the unknown.

During this emotional week, the family's three year old dachshund suddenly developed back problems, dragging his semi-paralyzed hind-legs while battling to walk.

The woman sought the advice of the Channel to establish why everything was happening at the same time and why the little dog had suddenly fallen so ill?

The Channel changed her perspective as follows: You need to change jobs to be in a place where you can meet new people. From this new workplace new relationships will blossom. There are people waiting for you in your new work environment who are important for you in the next stage of your journey.

Your friends from the entrepreneurial company will always remain your friends in love and friendship. It's time to open new doors and not look back longingly at old doors. Do not be afraid, there is nothing to fear, simply **TRUST To Release Unto Spirit Totally** and then **To Rely Unto Spirit Totally**. Trust in Gods timing God will always give you what you need, for your Souls growth, when you need it.

Your little dog came into your life to give you and your child unconditional love. When he arrived, your husband, who had until then refused to vacate the family home because of his financially insolvent status (never considering his morally insolvent status), found it intolerable to live in a small apartment with a hyperactive puppy, finally left the family home to live with another woman.

Your young son thought that he was responsible for your husband's departure, as young children so often mistakenly believe while blaming themselves, managed to say: Dad didn't leave because of me, he left because he couldn't stand my dog!

Your dog, in unconditional love, managed to do what you could not, to get your husband to leave

your home the first step to ending your unhappy marriage.

The dog replaced you husbands negative energy with his positive, loving, fun, energy and your home was substantially happier.

In physical terms the back represents support and structure. With all the weight now firmly on your back, no husband to financially support you, a meagre divorce settlement, an exciting job with an uncertain long-term financial future and no benefits to be replaced with a new job of uncertain future, however with promised greater financial security and benefits, an insecure child all in one week in your life phew!

That's enough strain on your back to break you. In your distraught emotional state any further burden would be the straw that broke the camel's back.

And then on Friday morning your beloved dog is dragging its back legs and your vet confirms your worst fears degenerative disk disease.

Your dog, in unconditional love, has taken your burdens off your back onto his back. At a spiritual level, he willingly sacrificed his health, and perhaps even his life, so your back did not have to break, emotionally speaking, under the

burdens of your past week.

This dog, healthy as anything on Thursday morning was as sick as a dog on Friday morning.

In unconditional love your dog took over your burdens to relieve you so you did not have to suffer any further.

Know that your pet came into your life with unconditional love and has always displayed it to you. He was always happy to see you, he never bore a grudge. He always loved in the now. He never criticized, controlled, manipulated or judged you. He simply gave you love, 24/7.

Know that you deserve to be loved like that by people too. Give unconditional love like your dog and you will receive it in Gods timing.

The Ultimate And Complete Forgiveness You Seek

We refer you to the *Law of Forgiveness* in *The Book of Universal Spirit Laws* and to *Forgiveness is the Key to Inner Peace* in *The Book of Inner Peace*.

It is important that you read both of these prior to reading further as this will give you a foundation stone on which to build up to achieve the complete forgiveness explained in this life lesson.

To forgive is not about the other person, people or events that have damaged you. Everything you do you do for yourself.

Whilst you have the damage, whilst you have the insult, whilst you have the physical abuse, whilst you have the emotional abuse, whilst you are not whole caused by the thoughts, words, actions, deeds of another person, people or actual

events, whilst you have this poison inside of you, you cannot heal.

It may not be possible for the forgiveness that you seek to be forthcoming now from people or events that have damaged you. There are many reasons that this required apology and forgiveness will not be forthcoming now. The people may not be in the physical any longer. The events cannot be replayed differently as time has passed or the people may not be willing to give you forgiveness.

Does that now mean that you will carry this poison inside you forever? That poison will not be dormant; will not simply remain the same size. That poison will grow with every memory, and every thought, and every word, and every deed, and every action that you do to perpetuate the perception by reminding yourself of how unfairly you have been treated. That poison reacts absorbing every thought, word, deed and action feeding off itself and growing in size inside of you.

And so the question to ask yourself is whilst you have this feeling of needing forgiveness from someone else or something else and you do not let go of this need for forgiveness to make you whole, to make you balanced, to right the wrong

whatever you perceive it to be, whilst you have this inability to forgive inside of you, the poison will intensify within your mind and within your body.

And so We get to a place where you have to realize that forgiveness is For Giving yourself the opportunity to heal.

The forgiveness that you seek from others is the For Giveness that you require to give yourself. You require to give to yourself the space to heal the imbalance in your life.

For Giving yourself the unique opportunity to no longer require the poison inside of you.

For Giving yourself the unique opportunity to no longer be concerned in anyway whatsoever about the damage that was inflicted upon you.

For Giving yourself the unique opportunity to cleanse yourself wholly, totally, by stepping away from the perception that you have been damaged by someone else or something else.

The only damage that is being done now, not when it happened in the past, but now, is the damage that you are now inflicting upon yourself by persisting with the memory of the past event that originally caused the damage.



By For Giving yourself the unique opportunity to no longer want to damage yourself, to no longer want to poison yourself with the memory of the perceived damage that has happened, not now, but in the past.

The past no longer exists. All that exists is Now. By persisting with the memory, you are poisoning yourself Now. The other person, people or events are long gone however; you have not put down this issue. You carry it with you still. You are the one who is poisoning yourself Now.

So now is the opportunity, now is the time for For Giving yourself the opportunity to no longer poison yourself.

The ultimate and complete forgiveness you seek is For Giving yourself the opportunity to say No More Abuse! of myself by prolonging the memory of past events, poisoning myself now and allowing the poison to increase with every remembrance of that past event.

The ultimate and complete forgiveness is For Giving yourself the unique opportunity to move on without the memory of the past.

The ultimate and complete forgiveness is For

Giving yourself the opportunity to heal yourself, to heal the imbalances of the past and to make yourself whole again.

For Giving you the unique opportunity to now forget and forgive and to count your blessings for what is now present in your life.

For Giving you the opportunity to be thankful and grateful for everything you have now in your life. No longer allowing the past to poison you.

For Giving you the power to heal yourself. That is the ultimate and complete forgiveness!



Are You Available To Be Loved?

So what is your personal life like? Happy where you are now? Prefer to be loved by someone really special? Want to wake up with a smile on your face, a love song in your head, and jump out of bed with joy, enthusiasm and excitement? Want your heart to skip a beat when you hear, or see, or smell the one that loves you? Do you really want to feel loved, honored, sacred, treasured?

Well, then We must ask Are you available to be loved?

If you seriously want to be available to be loved, are you prepared to do some homework? Then please go the *The Book of Evolving Relationships Lesson 2 Worthy of Love?* and read it. If you feel unworthy and want to move to worthiness then read *Lesson 9 Are you Worthy?*

However, *Lesson 39 Vulnerability is your greatest strength* must be read if you wish to be available to be loved.

Now you need time to absorb those three lessons so it's now more homework time! It's Our day off! Just kidding We are with you always and all ways. We will never leave you no matter what you do at ego level, We do not judge you, control and manipulate you. We are continually showering you with love, We continually hold up a mirror to you to remind you of Who You Really Are, Love, a Part of God. God is Love and the Part of God you are is Love. When you come from Soul by thinking, saying and doing What Would Love Do Now? then you are Love.

Only when you are Love can you be available to be loved. This love comes from Soul level. Ego cannot be attracted and connected to Love. Your ego can only find a connection with another person's ego. However, your Love, coming from Soul level, can only find a connection with another person's love coming from their Soul level.

Therefore, We ask again Are you available to be loved?

Are you prepared to do some homework on yourself?



Are you worthy of being loved? From Lesson 2 (referred to above) can you identify: what created your mistaken belief system about you, the stumbling blocks you have put in your own way, the defences you have erected as your protection, the people and things you have rejected, your now unacceptable actions to gain approval of others and your non-acceptance of the reality of love.

From Lesson 9 (referred to above), can you now move from unworthy to worthy by finding your Faith and your Trust and discovering that you are **WORTHY Wonder Of Realizing The Higher You?**

From Lesson 39 (referred to above), can you learn how, and with whom, to be vulnerable to allow **LOVE Let Our Vibrations Evolve** to occur?

If you are now available to be loved, We have a bit more homework for you. Please go to *The Book of Universal Spirit Laws The Law of Giving*.

Here you will discover, or rediscover, that giving and receiving are ultimately one as this energy is transmuted back and forth. If you want to receive something first you have to give it to others. For as long as you give you will receive.

So, perhaps Our question should now be Are you available to give Love in order to receive Love? Only then will you be available to be loved.

Once you have done your homework then make space for new-found home-love!



People Are Like Icebergs

Problem

I often meet people, think they are nice but after a while, I find out that they are not so nice. I don't trust myself to know who nice people are and who aren't.

Suggested Solution

We find it interesting that you should use the word nice to describe people. There, of course, are other words to use such as friendly, kind, good, honourable, etc. However, We like nice because it allows Us to illustrate our point so, well, nicely!

NICE - Now I "C" Eternally

People are like Icebergs. The top 10% that protrudes out of the water is what you see. The other 90% below the water's surface is what you cannot see.

The top 10% is their physicality, their looks, expressions, what they say, how they act, what they do, what they want you to see. The top 10% is their Ego. Their mind controls their Ego. First impressions are generally their Egos on show and your Ego looking and reacting. Your Ego has your needs on full alert. Their Ego may be astute enough to give you what you want to see, hear, believe, touch or imagine.

Egos create short-term, meaningless, and sometimes destructive relationships.

EGO - Edging God Out

Now perhaps you can understand why nice people can become not so nice, at Ego level, all could be false and untrue, it is manipulation and control.

However, the other 90% of the Iceberg is below your initial vision. This other 90% of the iceberg is the other persons Soul hidden from view. Now if you want to experience nice then get to know the persons real essence their Soul.



At the point when you have established some form of trust with another person you can commence the journey to discover his or her Soul by utilizing your Soul.

Vulnerability is your greatest strength. When the time is right and trust has been established you can become vulnerable towards the other person, disclosing certain of your sacredness to them. You may decide to disclose a few secrets about yourself, perhaps disclose your feelings, after all feelings are the language of your Soul. By showing your vulnerability, it will soon become apparent whether the other person is still operating out of Ego. You will know this if you feel they may abuse your sacredness.

Alternatively, if they see your vulnerability as an opening to disclose certain of their sacredness, to disclose a few secrets about themselves, perhaps their feelings about you, then their vulnerability will open up the opportunity to start talking from your individual Souls.

When you consider it opportune to develop this Soul relationship further then you are both capable of coming from love, coming from your Soul, understanding that you are a Soul, coming from Spirit, coming from God, as a Part of God.

God is love, you, a Part of God, are love.

The love that you are and the love the other person is will enable these two Soul Mates to reconnect. You both know each other in Spirit, as Souls. These Souls, in Spirit, are now reconnecting in the physical, on earth. Oh, what a feeling of coming home. I feel like I have known you my whole life and then some!

So now, when you meet people see them for what they are like Icebergs. The visible top 10% is their Ego but the submerged 90% is their Soul. As soon as practically possible deal with their Ego but, whenever opportune, deal with their Soul.

In time you will see a polar shift occurring. You will start to see people with their 90% Soul visible and their 10% Ego submerged. The Iceberg is now permanently reversed Soul is evident, Ego is hiding!

NICE - Now I "C" Eternally



Caring But Without Contamination

Problem

As a therapist/advisor I get emotionally involved with my clients. Their issues get to me and I find I have to get emotionally involved to give of my best to them. The problem is that I allow their issues to affect me emotionally. How can I be emotionally involved but detached from their issues?

Suggested Solution

Every Soul has its own journey. Every Soul has one or more contracts with other Souls in bodies, known as human beings.

These Souls have come to earth to play out their

agreed roles with other Souls so that healing, growth and evolvement of their Soul's journey can occur.

Each human being, a Soul within a body, has choices. Each choice has consequences. For every cause there is an affect. Depending on the consciousness of the human being and the consequences of their choices, the causes and effects, will play themselves out. Consequences are like the ripples that occur when you drop a stone into water. The ripples do what ripples do they ripple. The ripples are not judged good or bad, they simply ripple as a consequences of the stone being dropped into the water.

So it is with your clients. They have made choices. Those choices have consequences. Those consequences are being played out. The issues they tell you about depend on whether or not they see themselves as a victim of their circumstances. There are no victims! There are only Soul contracts being played out. There is no such thing as coincidence. These circumstances are agreed to Soul contracts being played out.

You should not interfere!

If you went to see a play at a local theatre would you interfere with the actors and actresses on the stage?



THE BOOK OF LIFE SKILLS

Your clients have agreed to be in their own play.

You can simply give love, support, healing. Let your clients tell their story. Invariably they want your understanding, sympathy and support. At an emotional level you can give them understanding, compassion, empathy but Our advice is not to judge what has taken place, you cannot see "The Bigger Picture" that We see. Also do not have your own agenda of control and manipulation. Simply Be Love. When you have listened, advised or been proactive in your professional training, but not judged the parties in any way, you can ask the empowering questions:

"When you are emotionally ready, what are you going to do about this?"

"Have you thought through all the logical consequences of taking such action?"

Then, the all-important question:

"As a professional (fill in the blanks) how would you like me to support you when you have decided what you are going to do about this?"

Now the boundaries have been set. I am here to

support you but I want to know what you expect of me.

In this way you, as a professional (fill in the blanks), can remain objective, supportive but clearly draw the line between being dumped on, abused and emotionally blackmailed to where you stand: caring, supporting but conscious that this is a job you are being paid for. No matter how much you care when they leave your sacred space and close the door behind them you must consciously detach from those issues until their next visit.

By doing this you empower them to solve their own issues and you fulfil your professional role and training by always being love, not judging, not controlling and not manipulating.

This is not your issue it is theirs at Soul contract level. It is not your responsibility to resolve their issues, they must not be dependent on you to make choices for them. This dependency on others may have contributed to creating the issues in the first place.

With your love, support, healing and professional expertise, they must resolve the issues their way through their choices and the consequences will flow like ripples on water.



THE BOOK OF LIFE SKILLS

Learn to recognize their Soul's journey, honour and respect their choices that may bring healing, growth and evolvment for their Soul's growth.

Be involved, Be Love, but be detached and don't allow them into your bloodstream! Honour them and yourself by realizing that this is their issue - not yours. Their choice, not yours. Their Soul's journey, not yours. Their life, not yours. You have your own Soul's journey, your own choices, your own relationships, your own life to live.

Who Are You Really Mad At?

Problem

Sometimes I get so cross I lose my cool and shout at people I am not really annoyed at. Later on I feel bad about it but don't want to apologize as I fear that I will lose their respect, so I don't say anything.

Suggested Solution

In many instances, We silently witness when a parent is annoyed with a spouse but is too intimidated to confront the spouse for fear of reprisal actions. Instead, the anger raging in the parent will be directed at a soft target like a child, an employee, a service provider, etc.

We have also seen employees annoyed with their superiors and for the sake of job security, job advancement, or the like, take out their frustration on a co-worker, generally one lower in rank than themselves.

We have dealt with Losing Your Temper, and Courage To Stand In Your Integrity, both of which give valuable insights into this current issue of who are you really mad at? We suggest you read these Life Skills as well.

When you find the courage to confront the person you are really annoyed with (Courage To Stand In Your Integrity) you state: This is not acceptable to me!

Now you start to stand in your integrity. Remember **COURAGE** stands for **C**onfidently **O**vercoming **U**nRighteousness **A**lways **G**rowing **E**volving.

Because you are being abused **ABUSE A B**eing **U**tilizing **S**imilar **E**xperiences you are then abusing your child, your employee, etc. With the consequences of your abusing them who are they in turn going to abuse, and so on and so on.

Peace cannot reign in your heart, in your family, in your workspace, in your world if abuse is

allowed to grow like a cancer.

Of course you are compounding the abuse you are handing out by not being vulnerable and apologizing for your behaviour. Perhaps we need to remind you of the word **RESPECT** Recognize Each Soul Politely Ensuring Correct Tribute.

Let us deal with some physical damage here by you receiving abuse you feel angry and powerless. Let us remind you of two meanings of the word

ANGER

Anxiously Now Generating Emotional Reactions

Allowing No Growth Ensuring Retribution

Now where does that anger go to? Well, in well-recorded cases wives who suffer repressed anger from their husbands have an unusually high correlation to breast cancer as their heart holds onto the anger. In husbands cases, this silent anger goes to their genitals as their manhood is being threatened. An unusually high correlation of prostate cancer is evident in husbands who silently suffer from spousal abuse.

So now not only are you not dealing with the issue of your anger at source level you may

potentially have to deal with serious health issues you may develop or cause to be developed in your spouse, child, employee, etc.

Can you foresee a time when the person you are angry with now has to look after you in your seriously impaired health condition. If your anger remains, how do you rate your chances of a healthy recovery?

Can you foresee a time when the person you abuse develops serious health conditions and you have to look after them through their illness? If you thought that getting mad at some third party was the end of your anger, well its time you realized the consequences of your actions.

So now We suggest you take the bull by the horns, confront the person who is really the source of your anger. This form of confrontation should not occur at the time of your anger but preferably in a quiet neutral setting when things are going well.

We recommend you use a professional, if you can afford one, to assist in dealing with this issue of misplaced anger retribution. A psychotherapist, specializing in anger issues is an example here.

If you can't afford that route then sit quietly with the person you consider abusing you and, coming from Love, state:

I need to talk to you about something that is seriously affecting our relationship. Before I start, are you prepared to be open-minded and not defensive? Before I start do you value our relationship enough to ensure it remains and improves or would you prefer us to no longer have a relationship at all?

When you do (state a recent action of abuse) I am too frightened to tell you that you are abusing me. I am scared that if I tell you how I feel you might hurt me more, leave me, (or whatever you really feel). What I do is take it out on (name the person/people) and no doubt, they feel abused and take it out on others.

I need to stand in my integrity and tell you now that this (state what) is no longer acceptable to me. I will not be abused any longer. This is no longer acceptable to me. If it happens, again I am going to take the following action (state the action which you must be prepared to carry through).

By standing in your integrity and stating that this is not acceptable to me, you have come from love, been vulnerable and shown your resolve and determination.

Now it's in your Abusers hands to deal with the issue. Make sure he/she does not explode and draw you into familiar patterns of abuse as he/she sees their power over you vanish. Be prepared to walk away there and then, if need be locking yourself away from harm's way. If necessary, contact the relevant authorities to restore peace in your space. Do not be afraid to follow through with your promised actions. This will empower you and disempower your Abuser.

After this has been dealt with its time for you to confront those innocent people you have abused and explain everything and apologize to them. You need to ask for their understanding, compassion, empathy and forgiveness, promising them that this will not occur again.

We promise you that if you face up to your responsibilities in this way abilities to respond you will empower yourself, heal and grow through politely confronting your Abuser, as illustrated, and asking for pardon from those you have abused, in turn.

Now you can start to bring peace to your heart and to your world.

We guarantee you will **AGE** Always **G**rowing

GuideSpeak.com

Evolving as you empower yourself!

CONFUSING LOYALTY WITH INTEGRITY

It is admirable to be loyal in a relationship, whether this relationship is one of marriage, or friendship, or family, or community, or employer, or employee, or personal, or business, or social, etc.

Loyalty is an important ingredient of trust to ensure the continual success of a relationship.

However, if one or more parties that you are in a relationship with are involved, in any way whatsoever, with matters that do not match your level of integrity then you have an obligation to bring this matter to their notice.

Their reaction or response to your approach will determine their concept of integrity, as well as their loyalty to maintaining your relationship at your expected level of integrity.

If your assumptions and facts about them are proved correct then they have three choices:

i)Correct the matters you have highlighted thereby restoring your relationships previous level of integrity.

ii)Doing nothing and carry on as before.

iii)Deliberately choose not to correct matters you have highlighted thereby unbalancing the integrity of your relationship.

If they do i) then your existing relationship with them will be strengthened by their increased respect for you, via your approach to them, as well as your increased respect for them in correcting matters concerning you.

If they do ii) or iii) then you have a choice: either carry on as before or distance yourself from the relationship to avoid being contaminated by integrity lower than your accepted level of integrity.

If you carry on as before then you are compromising your levels of integrity, substituting loyalty to your relationship with them, in exchange for loyalty to yourself, by no longer maintaining your previous higher levels of integrity.

You are choosing the fear of loss of this



relationship over the increased gain of love of yourself in maintaining loyalty to your integrity.

If you confuse your loyalty to your relationship with another with your loyalty of integrity to yourself then you have allowed the other person or people to contaminate you with their decrease in moral behaviour.

Once that door has been opened subsequent remissions in not acceptable behaviour can enter your life more freely now.

If you can decide not to compromise your integrity and state that this behaviour of reduced morals is not acceptable to you then, depending on what reactions or responses are forthcoming from the other person, or people, in your relationship, will determine how far you distance yourself from this relationship.

By standing in your integrity, you will appreciate that your loyalty may have been misplaced in the other person, or people, in that relationship. By maintaining your integrity, people with lesser morals will no longer be attracted to you and you will attain relationships with people who have your level of integrity.

Birds of a feather flock together will eventuate.

Your primary loyalty is to yourself standing in your integrity.

By not confusing loyalty to others with integrity to yourself will enable you to be the best person that you can be. Your Soul will predominate over your Ego. Love of yourself will triumph over fear of loss of a relationship.

LOYALTY Love Of You And Light Truth Yearning

BIRDS Be Integrity Remember Desired State



Moving Away From Jealousy

Being jealous of someone is probably one of the most damaging things you can do to yourself. This jealousy, this anger, this resentment, simply inflames you with self-pity, self-hate, self-damage, self-poisoning.

Being jealous of someone else having something, or someone, means you do not feel worthy of yourself. If they have something you want and you cannot have it, or get it, and this inflames your Ego to feel jealous, you feel inferior, damaged, lacking in self-worth.

Of course the other person you are jealous of is most likely not even aware you are jealous of them in anyway whatsoever. It is like you are in a padded cell banging your head against the wall, in self-inflicting damage, and no one even knows you are there!

Jealousy is like swallowing poison. Would you deliberately swallow dangerous poison putting

your health and life at risk? Why get jealous then?

If you can move from jealousy, initially, to envy this is a good first move. Envy, whilst still fear based, still enables you to have some self-worth while being envious of someone, or something else, wishing you had it instead.

What do you need it for anyway? How much would your life improve if you get that which you envy others for? What would it cost you in non-monetary terms to get that person or object or experience? If you elevated yourself to become that person or drive that car, for example, what imbalance would it bring to the things that are meaningful in your life right now? How would your current relationships be affected? How would your expectations and others expectations of you, and Who You Really Are, be affected by acquiring some desirable person or object? How long would you be comfortable with that person or object in your sacred space that currently exists? Is the non-financial price you have to pay worth it? Do you really need it, or want it, or is it simply knowing that you can get it that is the real need?

To help you here, imagine that you have what you enviously desire right now in your life. Live as if, whatever you are envious of, is now in your



THE BOOK OF LIFE SKILLS

possession. Go through all the thoughts, emotions and motions, as if it was real and not illusionary. Carry these thoughts, emotions and motions forward with you in the hours, days and weeks ahead. Live as if until you have eradicated this need from your life. After a while, you will feel how unnecessary this need is in your life. If you carry this mental exercise of envy and satisfaction through to its conclusion, you will experience the saying: Be careful what you wish for, it may just come true! Your Ego told you to be envious because you needed and deserved it. Soon you will realize that you did not. Soon you will realize Everything You Need Is Inside Of You (Book of Evolving Relationships Lesson 15)

Moving from envy to admiration is the next step. If you admire someone or something then you stand in your integrity, in your self-worth, without a need or a want, and admire someone else, or something else, for its beauty or achievement.

By doing this, you are coming from Love, from Soul, from Oneness. In this Oneness you recognize that the person, object or feeling, you admire so much is actually part of you, and you are part of it, in your Oneness together. You are admiring you in your Oneness!

When you are feeling separate from God, from

Spirit, from others, in your Fear you can become jealous or envious.

When you are feeling Love, Soul, Spirit, God, Oneness in your love you admire something or someone, and can own that feeling in your self-worth and unconditional self-love inside of you. By owning the feeling of admiration, you are admiring your Oneness with everything, especially that person, object or feeling you admire so much.

ADMIRE Always **D**eciding **M**aking It **R**espectful
Emotionally



Courage To Stand In Your Integrity

Problem

To find the courage, the inner strength, to say, "This is not acceptable to me!"

Suggested Solution

ABUSE - A Being Utilized Similar Experiences

Abuse in any form whatsoever is not acceptable. Whether this abuse is perceived to be minor, such as, no respect shown by one person to another or major, such as physical, or sexual, abuse where one person severely injures another it is important to find the courage to stand in

your integrity and state "This is not acceptable to me!"

COURAGE - **C**onfidently **O**vercoming
UnRighteousness **A**lways **G**rowing **E**volving

No matter that you may be derided, or laughed at, continually state "This is not acceptable to me!"

People dishing out the abuse must always be known as bullies. Bullies operate out of fear not out of love.

Bullies operating out of fear, believe it or not, require love. They have known rejection of love or not known love at all. They really seek love but as they are ruled by fear, they only know how to operate from fear.

If love is shown to a bully and you can get beyond the tough exterior created by fear as a protective measure, then a bully can stop the abuse. If you can crack the tough exterior, you will find a frightened person living inside the bully. That frightened person needs love more than you would ever believe.

Start by having the courage to stand in your integrity and say, "This is not acceptable to me!" By standing in your integrity, you already shake

up the bully who is expecting you to crumble under the abuse.

By standing in your integrity, you are already showing the bully abusing you that they are not standing in their integrity. They are already on weak ground. Do not threaten the bully, rather appeal to the decency inside of them. Beyond the tough exterior lives a very scared person. Keep talking to the scared, frightened person inside of the bully. Do not focus on the threat of abuse, focus instead on appealing to the scared, frightened person inside the bully. Show love to the bully by being courageous.

I know that you are physically stronger than me and you can hurt my body with your superior strength. However, I am a Spirit, a Part of God is inside my body. Do you really want to attack God by attempting to show your superior strength by attacking a Part of God. What will you achieve by attacking a Part of God?

The Part of God that is inside of me wants you to know that I know you are hurting. That I know all you really want is to be loved. You are trying to get that love by imposing fear. That is like trying to put out a raging fire with fire when you should be using water.

Inside of you is a raging fire of unhappiness and discontent. Please allow me to come from love and use the healing power of love, in this case water, to help you put out the angry fire inside of you.

I forgive you for hurting me but now allow me to help you replace your fear with love. You believe it or not, are a Part of God; inside you is a Soul that is part of Spirit, Part of God. God is Love and, believe it or not, you are Love. Allow me to show you the love inside of me by acknowledging the love inside of you.

By me saying, "This is not acceptable to me!" you can now understand that your fear was creating that abuse. You are no longer fear, you are love. Love is all there is. We are all One together. God is Love, you are Part of God, you are Love.

Come from love and you will see that what you wanted to do to me does not serve you anymore. Open your heart to the love you really are. The word for heart in French means courage. Have the courage to come from love not from fear. If you come from love, you will know love. Then you will know all you have ever wanted is to be loved.

COURAGE - **Confidently** **Overcoming**



UnRighteousness **A**lways **G**rowing **E**volving

The healing power of love will save you from being controlled by fear.

Welcome to the world of love!

Have courage and stand in your new-found integrity.

Searching For Love In All The Wrong Places

Problem

I always end up getting hurt when I think I have found love.

Suggested Solution

LOVE - Let **O**ur **V**ibrations **E**volve

LOVE - Let **O**ur **V**ulnerability **E**merge

Thinking you have found love and knowing you have found love are two very different feelings.

Thinking you have found love is coming from Ego.

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Knowing you have found love is coming from Soul.

When your Ego drives you, you will invariably get hurt in most things you do. When your Soul drives you, you will know love because your Soul is love.

Your Soul is Part of God, God is love, your Soul is love.

When you come from Soul, from love, you experience love.

Feelings are the language of your Soul.

When you were born your mother looked at you with such love and you felt that love. That mother love is Soul love. There is no unconditional love such as a mother feels for her new born baby. You have experienced Soul love - from your mother.

As you grew, you went on your journey and you came across people along the way. Your need to feel this unconditional love, such as that which you experienced from your mother, has been your unconscious motivating factor. Your Ego based decisions of need to achieve, to develop physically, to develop your mind are all based on

your need for recognition - to be noticed, so you can be admired, respected and, hopefully, loved for who you are and what you have done or are going to do someday.

At Ego level it is what you have done? At Soul level it is how you have done it?

Your continual search for your feeling the need for love like your mother's unconditional love of you has taken you to some weird, wonderful, and not such wonderful, places and people.

Looking for love from others is invariably not love but dependency. They depend on you, you depend on them and sometimes love grows.

The only place you will find the unconditional love you seek is inside of you. As We have spelt out in the Book of Evolving Relationships - Everything You Need Is Inside of You - you can fall in love with your Soul inside of you and now know pure unconditional love.

Only when you have found the unconditional love inside of you can you stop searching for love in all the wrong places. To begin with anywhere but inside of you is the wrong place.

Once you have found the unconditional love inside of you, you can now look for someone,



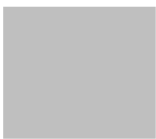
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equally worthy, who has also found the unconditional love inside of them. Now you can have an interdependent love relationship. Not dependant, not independent but interdependent.

The synergy created by two people who are in unconditional love of themselves is a joy to behold as their love-bond grows as a third interdependent energy - their love relationship.

So when you look for love, look and establish the unconditional love inside of yourself first, before looking elsewhere.

Your mother would be proud of you!



Not Enough Money

Problem

I am married with two young children. I am not making enough money as a self-employed person to adequately support my children and am concerned as to how I can give them a better financial future.

Suggested Solution

There are numerous solutions to making more money, however, one that is paramount is your intention with regard to making money.

If your intention is to make a mountain of money you probably won't! If your intention is to provide a product or service to the best of your ability so

that your clients or customers can benefit substantially then your chances of success increase meaningfully.

If your intention is to ignore your need for money, provide exceptional products and services, go the extra mile to give your clients and customers amazing value for money through exceptional service then your chances of success are guaranteed.

Don't focus on your need for money, focus on providing exceptional products and services at very good value for money, thereafter making sufficient money for your growing family's needs will no longer be your concern.

Who Is It You Can't Trust?

Problem

My ex-husband proved untrustworthy and now I don't know if I can trust my boyfriend.

Suggested Solution

Can you trust your sister? Mostly but not completely.

Can you trust your mother? No, she is selfish and self-centered.

Can you trust your father? No, I loved him but he took his own life.

Please allow Us to have an AHA! moment.

When your father took his own life how did that

make you feel about trusting people?

I felt if I can't trust my father to be there for me who can I trust?

So with your belief that you would always be let down and not be able to trust anyone how have your choices in trust relationships gone?

Not very well! I fell pregnant and my fiancée asked if "it" was his! Damn cheek, who does he think I am! He then married me after our child was born. He struggled financially, I helped him with his business. He went "public" with his company, told me to stay at home and look after our son. He was worth mega-millions, we lived in a fancy home, with fancy cars, and all the trimmings. I never saw him, he was now "Mr Big". Then through his ego and mismanagement he went "belly-up" and ended up insolvent. We moved to a one bedroom rented apartment, I went out to work, I faced his creditors and he left the country to try and make a living elsewhere. He carried on with other women, our marriage crumbled and I have had to make it on my own looking after my son.

My new boyfriend, a medical man, is emotionally distant and my feelings of possible mistrust are nagging away at me.

Thank you for your honesty and candour. It is refreshing to have people tell the truth that We can see anyway.

As you can probably see by now, your mistrust of your father has made you suspicious of any man's motives. You don't even trust a man in your life right now, a co-worker, with whom you have shared your most intimate relationship secrets and he has trusted you with his intimate relationship secrets. The two of you have developed a platonic relationship most women dream about having with a special man. However, even him you don't fully trust!

Your issue is not with trusting other men, or women for that matter, it is about trusting you. You have allowed your father's death many years ago to affect you to this very day.

If you only knew how much your father regrets his actions as they have poisoned you and your life to date.

Your father wishes you to forgive him because you cannot possibly know why he did what he did. There is a much Bigger Picture at play here, not simply your father taking his own life prematurely. We ask you to trust that your father committed a courageous act in taking his own life. He did not desert you without a very good



reason. It's time you stopped poisoning yourself with self-doubt about trust. Please trust Us when we say your father courageously took his own life, if you knew the reason why you would be very proud of him. You would then know that lack of trust is the opposite of what he did.

Start right now by honouring and trusting that your father's last action on earth was very courageous. Honour that courage by learning to trust men, and women for that matter, learn to trust that they mean you only good, no harm. Believe it!

We will give you a glimpse at the Bigger Picture operating here. Your father, acting in your best interests, has sent you your co-worker with his strong platonic friendship and recently sent you a "medicine man" to help heal you. Your lack of trust in their honest intentions is blocking your healing.

Let Go and Let God!

Learn to trust the men in your life, change your belief system to one of **TRUST - To Release Unto Spirit Totally** and then **To Rely Unto Spirit Totally**.

Learn to trust that God will give you what you

need (not want!) and the timing will always be perfect.

Start trusting yourself, then trust Spirit, then trust men knowing you can trust your intuition about which men to trust.

Respect, Trust, Love is all you need.

You will know if you receive that from those you trust.

Trust the Process - Trust Spirit.
Stay in the Now.

And Be Love, especially to yourself.

Now you can trust yourself!



Losing Your Temper

Problem

Usually I am even tempered and it takes a lot to get me to lose my temper. At the end of a long weekend the kids were fighting. I told one of them to stop it as I could see he was getting out of control. Stop it now or I will give you your first hiding ever! Belligerently he looked at me and carried on. With an open hand I smacked him on his bottom (age 12) and the shock and effrontery of actually being hit sent him into tears and annoyance. Needless to say I felt angry with myself for losing my control and allowing my temper to get the better of me. Initial attempts to rectify the situation were met with aggression from the usually wonderfully natured 12 year old boy. How to redress this imbalance without losing my authoritative parental role but coming from love?


Suggested Solution

Well you said it - coming from love!

The first approach should be to wait for a few hours for everything and everyone to calm down. If possible 12 - 24 hours so perspective can return. Then start by apologizing. I apologize for having to lose my temper and resorting to violence to resolve a problem. Violence only brings on resentment and anger and you have always been taught that violence should never be a solution. Violence is never the answer. Violence breeds fear, resentment and anger. When you take an eye for an eye both become half blind!

I apologize for my violence. I hope and pray one day you can forgive me for damaging your trust in me and your love for me. I was very angry but not at you. I was angry at me for losing my temper and acting like an angry 12 year old when I should have acted my age and as a parent knowing how to control my emotions.

I apologize and hope you can find it in your heart to forgive me. I love you with all my heart and Soul and I have damaged myself by hurting you. Whether you can find it in your heart to forgive me or not, I will always love you.



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If you are finding it hard to forgive me, I understand. Your Ego is feeling hurt, your pride is damaged and you are probably starting to doubt, for the first time, whether I do really love you, if I can so easily hurt you. Perhaps I can show you a picture.

Your best friend and you are playing and things get out of hand and you start to fight. You get so cross that you swear at your best friend and maybe even strike him or her in anger. They have upset you, damaged your trust in them and you are angry. You both go to your separate homes looking for a sympathetic ear to tell your side of the story to.

After you have calmed down you realize that you overreacted and you want to make up with your best friend. You come from love and you apologize and ask them to forgive you. They say no and they never want to see you again. You wait a few days and you try again. This time they tell you that you are horrible and a bad friend but they will think about forgiving you some day.

Are they coming from Love or are they coming from Ego?

Obviously, coming from Ego. Is that what a loving

friend should do? If they really did love you they would forgive you, and make up, valuing your love and friendship.

Do you agree?

Then you can come from Love and forgive me now for what I did to you? No matter what you decide, I will always love you, my child.

All parents should know that vulnerability is your greatest strength. When you are vulnerable you show trust in the other person to share your true feelings. They in turn appreciate the fact that you trust them with your feelings and, most times, this allows them to share their feelings with you, in trust.

Remember, feelings are the language of your Soul. Your Soul is a Part of God, God is Love, your feelings are showing you the language of love. Be vulnerable, trust the person in love and they should respond in love.

Be Love - think, act, say and do "What Would Love Do Now?"

You can't lose your temper when you come from love.



What Are Your Greatest Fears?

Problem

A 25-year old young man visited the Channel and was asked: "What are your greatest fears?"

"I fear loneliness, abandonment and lack of money."

Suggested Solution

When you acknowledge, truthfully, your greatest fears, you bring them out of the darkness where they grow and assume unrealistic proportions. By bringing your fears into the light of consciousness they can be seen for what they are - unrealistic and most likely unfounded in truth.

FEAR - False Evidence Appearing Real.

Your fear of loneliness, abandonment and lack of money comes from the suicide of your father when you were 10 years old.

Your impression at that time was that the person you trusted to always be there for you abandoned you, you felt alone, as did your mother. The apparent lack of financial support, especially felt by your mother, left you with a fear of lack of money.

The truth of your father's suicide, is very far from the facts as they played out on earth. Your attachment to your father's last act on earth has presented to you a consistent potential feeling of failure. Your belief system currently is that your father failed you and your family, you have his genes, you are also likely to fail yourself, those around you and possibly your own family, one day.

Your fear comes from thinking that you are like your father, as you, and others perceive him to have been.

This picture of your father's "failure" is so far from the truth in the Bigger Picture We see.



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Your father was so courageous! May you be so courageous in your journey in the physical.

Your father had a Spiritual Contract with his brother, his twin brother. Your father had to be in Spirit to guide his twin brother through a crisis, a trauma, of monumental proportions. This guidance, from your father being in Spirit, has enabled his twin brother to survive, and thrive, through this crisis and so heal himself, his family and be representative of coming from love in the most difficult of circumstances.

By this healing action of coming from love in the most difficult of circumstances, millions of Souls, on earth and in Spirit, have been freed to progress with the journey of their Souls. In earth time, some of these millions of Souls have been unable to progress on their journey for hundreds of years!

By your father contracting to prematurely leave his loving wife and children, his parents, family and friends in what appeared to be in disgrace, by committing suicide, he was so courageous, We remain in awe of him.

His ability in Spirit to guide his twin brother, who is in the physical world, through this crisis and ensure the healing power of love predominates,

has been an act of Love, an act of selfless courage, that is recognized by all of Us in Spirit.

Perhaps now you can understand that your fear of failure, incorrectly assumed to be your father's legacy to you, has no bearing on reality, truth or fact. Your father did not selfishly abandon you, did not leave you lonely and did, in fact, provide financially for you through insurance policy payments. Your father fulfilled a contract for mankind that is affecting millions of Souls. His courage is legendary. To Us, he is a hero of gigantic proportions.

You can hold your head up high and be proud to have his genes - his courage, his love.

You do not have to fear loneliness, abandonment and lack of money, your father's twin will always be your friend, will always provide for you emotionally, spiritually, financially and physically for all your needs, as will your mother.

There is nothing to fear now, be courageous like your father and know only Love and Peace - that is your father's legacy to you.

Your father watches over you with pride, love and protection, always and all ways.



Why Am I So Competitive?

Problem

I need to win. I need to compete with someone, even myself, to do better, to be better. When I win I feel great, if I should lose I feel lousy, empty inside. Why am I so competitive? Why is winning so important to me?

Suggested Solution

The need to win, the need to beat someone else, the need to beat your previous record. The Need to obtain perfection. All these needs are based on your insecurity, your lack of self-worthiness, your inherent fear of failure. This fear of failure is haunting you and accompanies you everywhere like a shadow.

Let Us start at where your fear of failure comes from. You were not born fearing failure, you were created in love, you entered the world as a Soul, as Love. In most cases the fear of failure is a learnt response in childhood. You need to be self-honest and attempt to truthfully go back into your memories of your past and establish the catalyst, the reason, why failure was presented to you as an option.

Something or someone, somewhere, happened which presented the reality or the possibility of failure to you. This feeling of failure frightened you and you became determined to ensure you never experienced failure in your life.

Most of your energy has been spent avoiding this failure. You try so hard to be very good at one, or more than one thing that most of your energy goes there. While this determination to succeed is focussed on your obsessive need to be so competitive to win, to beat others, to beat your previous best, what has happened to the balance in your life?

Your life becomes unbalanced as you focus on your need to win. The other areas of your life generally suffer from lack of time and energy input. Your personal relationships, family, friends, colleagues, all take a backseat. Your all round



knowledge, interests, education suffer from lack of growth as most of your energy is devoted to your obsession to win at what you do best.

Can you see the seeds of failure being sown in other areas of your unbalanced life. You may win the battle but lose the war!

Now We move into another more Spiritual area. Who are you competing against? If you have read *The Book of Evolving Relationships* by now you would have become conscious of the fact that We are all One.

If We/we are all One who are you competing with?

If you win and someone else loses, you have lost and they have won, if you believe the truth that We/we are all One.

So what was the purpose of putting all that energy into ensuring you won?

If you play, without scoring, without looking for a result, without trying to establish one winner and one or many losers, but compete in an endeavour to have fun, to experience excelling with someone, not against someone, to heighten your enjoyment, your satisfaction, to share the

feeling of being the best you can be by uplifting your fellow participants, then you can all experience the exhilaration of being the best you can be.

You can share the feeling, you don't need to win or profit at someone else's expense of losing, your "profit or win" can be the "sharing of the feeling" of fun, achievement and exhilaration with one or many others.

Now re-read the previous two paragraphs with your thoughts about making love to that special person in your life.

You can overcome your fear of insecurity, your anticipated fear of failure, by looking to share your energy with another participant/s, to find enjoyment, fun, exhilaration all the time while you are participating. Not grinding through in tension, anxiety, depression, obsessive compulsive behaviour to get to a result without having absolute enjoyment throughout. If you are not smiling and enjoying every moment of the challenge and are fixated on winning at any or all costs and your only enjoyment is in the result then no matter what the result - you have lost already, you have failed.

By becoming the winner you have lost your way in benefiting from the challenge of competing.



You have won first place but lost the plot! Your life in this duality presented on earth is to be enriched by competing, win or lose. By learning to "share the feeling" enables you to "profit" from the experience - win or lose.

Victories are hollow if you cannot "share the feeling" of having fun, enjoyment, exhilaration all the time.

True lovemaking will never go out of style! There are no winners or losers, just two lovers wanting the best for each other - "sharing the feeling" of "winning" together - oh what a feeling!

Can you shift your need to compete - coming from Ego to the need to "share the feeling", all the time - coming from Soul.

When you come from Soul, in love, and you "share the feeling", your need to compete and win will leave you as you find happiness, at long last, in "sharing the feeling" of competing without the need to score or win. By "sharing the feeling" your Soul and their Soul find each other, although competing with each other, and love is the result!

Now why do you think being competitive, to win at all costs, is better than finding love in

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everything you do by "sharing the feeling"?



A Message For Valentine's Day

Only when I close my eyes do I really see you.

When my eyes are open, I only see your face and your body.

But when I close my eyes, I really see you with all my senses.

With my eyes closed, I smell your unique fragrance The Essence of You if you could bottle it, it would be priceless.

With my eyes closed, I can hear your heartbeat. When I rest my ear next to your heart and close my eyes

I can see myself being pumped through your heart and into your bloodstream.

I am you, you are I.

I don't know where you start and I stop.

Or I stop and you start.

We are Oneness together.

When I close my eyes, I can taste your uniqueness.

The tip of my tongue comes alive.

The very essence of you tastes like fresh flowers, honey, rainbows, and birds chirping at dawn all rolled into one.

A nectar so delicious it defies description.

When I close my eyes, I can feel you.

Not the body you are

But the Soul you are.

Feelings are the language of the Soul.

When I close my eyes, I can feel your Soul.

Your Soul, the Part of God inside of you

Is where you are your most beautiful.

When I close my eyes, my Soul and your Soul intertwine.

Our Souls become One, in their Oneness,

The Part of God inside of me and the Part of God inside of You smile at each other, laugh merrily together.

Our Souls, intertwined, fly upwards into the heart of God from whence they came, going Home together, and back to the earth plane together, At long last re-remembering where they came from together as Souls

At long last re-remembering, they are bound together in the bodies they have chosen to inhabit in this life space.

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At long last remembering the sacredness of their relationship,
Their eternal relationship as Souls always together.

When I close my eyes, I can really see you.
When I close my eyes, I can really smell you.
When I close my eyes, I can really hear you.
When I close my eyes, I can really taste you.
When I close my eyes, I can really feel you.
When I close my eyes I re-member we are Souls together forever.

When I close my eyes, I know why love is blind.

When I close my eyes, I know I really love you,
When I close my eyes, I know that we are One,
In our Oneness with God.

God is Love, You are Love, I am Love.

I love our Oneness, our sacred love eternally.

I love you always and all the ways that it is possible to love you.

Know that I love you and know that God loves you

Happy Valentine's Day eternally from the Love

inside of you.

Learning To Trust

We refer you to *The Book of Evolving Relationships Lesson 8 Betrayal of Trust You Are Not a Victim and Lesson 46 The Three Commitments to Yourself / No. 1 Trust The Process*

After you have read these lessons, We can show you how to learn to trust.

Someone you care about has broken your trust. They have done something which has negatively affected you. It may be so damaging to you that you doubt whether you can ever trust anyone like that again.

The doubting of trusting anyone like that again is the issue here that needs to be addressed. It is not that you don't trust someone like that again; it's that you don't trust yourself to know whom to trust anymore.

Your lack of faith in your ability to trust is the

issue here. You cannot control what other people will do to you. Perhaps some will prove trustworthy and perhaps some will prove untrustworthy. It is up to them, and their levels of consciousness and integrity, which will determine whether they will prove trustworthy or untrustworthy. This is outside of your control.

What is within your control is learning to trust yourself.

TRUST To Rely Unto Spirit Totally / To Rely Unto God Totally

You are a Part of God. The Part of God that you are is inside of you. You should not rely on your Ego-controlled mind to tell you who to trust and who not to trust. Your Ego-controlled mind is Fear-based.

You can turn to the Part of God inside of you, the Spirit, the God, inside of you and **TRUST To Rely Unto Spirit Totally**, trust Spirit, trust God to tell you whether that person is trustworthy or not.

Ask Spirit/God inside of you whether that person is trustworthy or not. Open yourself up to Spirit/God and get into the Now and ask: Please God, help me to know, in Love, whether or not I can trust so and so (name the person/people/issue). My expectations of them

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are to be/do (name your expectations). Thank you God, in whom I trust, help me to know whether I can trust - so and so to do so and so.

Then sit back and wait.

Feelings are the language of your Soul. God/Spirit speaks to you in Soul feelings. Now, deep inside you, at Soul level, not Ego level, how do you truly feel about this person or issue and your trust expectations of them or it?

Now trust your feelings trust your God-given intuition to guide you to make a decision about this trust issue confronting you now.

If you now feel wobbly or uncertain, then trust that feeling to say your trust is incomplete now regarding this issue.

If you now feel solid or certain, then trust that feeling to say your trust is complete now regarding this issue.

When you learn to trust yourself, you can start to learn to trust others. When you learn to love yourself, you can start to learn to love others.

In the enlightened plane you will find yourself as you learn to **TRUST To Rely U**nto **S**pirit **T**otally it

will be much easier for you to now recognize other enlightened people you can trust and less enlightened people who may not prove trustworthy.

Learn to **TRUST To Rely Unto Spirit Totally** to guide you, via your God-given intuition and feelings to know what trust feels like. Then you can recognize trustworthy and untrustworthy people and issues much easier.



Spiritual Weight Loss

According to a recent news broadcast 98% of people are not happy with their body weight and most have tried dieting with limited success.

Some Spiritual Truths need to be told:

- 1.You are not your body.
- 2.You chose your body for specific reasons.
- 3.Until you have understood and integrated your choice of your body, you will not give yourself permission to enable your body to change its shape or mass with any meaningful long-term effect.

- 1.You are not your body

This topic has already been covered in the Book of Inner Peace and We suggest you read it now.

- 2.You chose your body for specific reasons

At Soul level, you chose many things before your journey to this plane of existence, you know as earth, occurred.

You chose to balance your karma by experiencing certain things on earth. These things or opportunities for growth of your Soul, generally involved dealing with issues, which appear to be hard to do. These obstacles that need to be overcome are to enable growth to occur.

You should welcome and love AGE Always Growing Evolving, as your desired state coming from a Soul level.

If you fear age then at an ego level gravity will always win and age is the enemy.

In choosing the body that you, as a Soul, currently occupy, you determined, at Soul level, that you needed to look like you do so you could address certain issues for your Souls growth.

If you are overweight then perhaps you chose to experience being looked at, and treated, by, people at a physical ego level. Perhaps you had to experience being assessed not for Who You Really Are but what you looked like in the physical.

I know you see me as obese, or overweight, but



why can't you see the real person, the human being, the Soul, living inside this body. Why do you look at my body and judge me on appearances only? No one has taken the time to find out what a wonderful person lives inside this body. I am happy, funny, loving, peaceful, joyful, full of life and energy. I am a wonderful friend, generous, compassionate, enthusiastic, warm and good company. I am standing here trying to get you to see the real me, but you only see my body and never take the time to respect me enough to get to know the real me.

3.Until you have understood and integrated your choice of your body you will not give yourself permission to enable your body to change its shape, or mass, to any meaningful long-term effect

We want you to think, and think hard, why you, as a Soul, would have chosen to occupy the body you currently do.

What have you experienced as this body should give you a clue. Let Us assume, for example, that in another lifetime, on the earths plane, you ridiculed overweight people, or took advantage of them in some way. Now the karmic balance of the Law of Cause and Effect has come into play in this lifetime.

Assuming you receive clarity as to your choice of selecting your body then understanding that choice and doing something positive and growing, in Soul terms, about it, will help you integrate it as part of Who You Really Are.

For example, if you helped overweight people feel comfortable within themselves by designing clothes, seats, walking sticks, or whatever, which will assist them in feeling better about themselves. Another example is organizing feel good picnics for overweight people to have fun with each other rather than feeling uncomfortable with normal sized people at a picnic.

By working with these issues, you begin to integrate the concept that being overweight is what you, at Soul level, have chosen as a body to enable you to heal and grow spiritually.

By accepting the Spiritual Truth, that you chose your body for your Souls healing and growth, then you can start to see your overweight body as a blessing and not a curse.

You now become much more comfortable in your own skin, no matter how large that skin is!

When you have understood and integrated your



choice of your body, you can surrender to the reality of the situation now.

I am overweight but that is only my body, however my Soul, inside of me, is magnificent. My Soul comes from Spirit, from God, and my Soul is Pure Love that is Who I Really Am. I am a Part of God and God is Love so I am Love.

Now if you want to experience real love, come to me. However, if you are put off by my overweight body then you are the loser because you will never know the Love I am and the Love I have to share, in abundance.

You only see the physical abundance of me, you need to get past that to see the abundance of Love that I really am, at Soul level. I am Pure Love and to know me is to experience being bathed in the Light of that Pure Love. If you really took the time to know this, you would experience Absolute Bliss.

All you need to do is to look past my body to find Who I Really Am and you will know Bliss.

Once you can get to this place of knowing you will realize that being overweight at body, physical level, is a blessing in disguise. Your physical abundance is only an outward

manifestation of your Spiritual Abundance.

You are Love so now you can give yourself permission to love yourself for Who You Really Are, at Soul level.

If people want to judge you at physical level, and reject you, then it is their loss in not knowing Who You Really Are. How simple it will be for them to know the Real You. However, you now know Who You Really Are, at long last.

Welcome Home!

Now you can decide if you are comfortable in our own skin, or do you wish to lose some weight?

You can now give yourself permission to change your outer appearance because you are secure in knowing Who You Really Are, at Soul level. With that security of knowledge you now know that whatever you look like on the outside, slimmed down or not, your inside is Pure Love.

Whatever outside appearance you choose to be will only persist and remain if you do not come from ego but come from Soul from Love.

If you can think, say, do and act with What Would Love Do Now?, in every instance, then size does not count because your heart will be judged not



your body.

Now wouldn't you like to hear that people say, He/She has an amazingly big heart full of love and abundance rather than He/She has an amazingly big body.

So We reach a place now where We ask you: Would you like to have Spiritual Weight Loss or Spiritual Love Gain? Fortunately, for you when you have Spiritual Love Gain you can determine what your physical body size needs to be and adjust your size accordingly whilst remaining Being Love. When you are no longer love, but fear and ego, your weight will increase again, and that is why diets generally don't work!

Remain Being Love and determine the physical size you wish to be and your body will adjust accordingly.

Try it what have you got to lose? Only some weight while you gain Being Love!

WEIGHT Without Ego I Gain Higher Truth

C'mon Kids Join The Respect Revolution

Today We would like to address the students. Today We would like to talk to the students, pupils, the learners at school. The subject We would like to discuss is the subject of RESPECT.

RESPECT means **R**ecognizing **E**ach **S**oul **P**olitely
Ensuring **C**orrect **T**ribute.

Each one of you here today in this hall, in which We address you We would like you to think very carefully before answering by raising your hand.

The first question is:

1. Do you receive the respect that you require and the respect that you deserve from the people in your life your parents, your brothers and sisters, your family members, your friends, your fellow pupils, from your teachers and from your community at large?

All of those of you who consider that you receive the respect that you require and the respect that you deserve from all these people, We would like you to raise your hands.

As you can see if you look around the hall, there are only a handful of you raising your hands. Most people in this hall do not receive the respect that they perceive that they require and deserve.

The next question to you is this:

2. Do you give others the respect that they require and the respect that they deserve? Once again, do you give respect to all the people in your life your parents, your brothers and sisters, your family members, your friends, your fellow pupils, your teachers and your community at large?

Do you give the respect that all those people in your life require and the respect that they deserve? Once again, We ask you to raise your hands if you do give such respect to all those others. Once again, We do not see many hands in the air.

From this, you can see that you are not receiving

and you are not giving respect the respect you want. The respect, which will allow you to feel good about yourself.

However, respect starts with self-respect. You have first to give yourself respect. To do that, obviously while being true to yourself, you have to think, say and do things, which will create that respect. Be honest with yourself and ask yourself right now: What do I respect about myself?

After you have thought through that now ask yourself: What don't I respect about myself?

Then start formulating an action plan to further develop the things you think, say and do which create respect within you.

After that an action plan to reduce the things you think, say and do which don't create respect within you.

Now that We have helped you improve your self-respect We turn to how to help you receive the respect you require and the respect you deserve from all the people in your life.

Question No. 3:

Who among you would like to receive the respect that they deserve and the respect that they require? Please raise your hands in the air if you



wish to be respected by others in your life.

Now We see a healthy dose of hands in the air. Good, now We can show you how to achieve that. It's so simple, even a small child can do it. In fact, it is what a small child does!

Have you ever seen a small child listening to someone bigger telling a story? The child keeps quiet, keeps very still and with wide eyes stares at the bigger person enraptured with the story they are hearing. And who can't help feeling good when you have that attention riveted on you? The story teller picks up the child afterwards, hugs, and kisses it because its riveting attention on them made them feel good.

It's as easy as **ABC Always Be Concentrating!**

If you want to gain respect you first have to give respect. Let Us repeat that. If you want to gain respect you first have to give respect. The same with anything in life. If you want to have a friend, first you have to be a friend. If you want to earn anything, first you have to put in the work. By giving, you receive.

So how do you give respect? Remember the example of the small child. You have been given two ears and one mouth. Listen twice as much as

you talk. When you listen, learn to listen attentively with your whole body really listen. Listen with your ears, listen with your eyes, listen with your hands, listen with your feet, and listen attentively with your whole body. Listen with respect.

Make sure your ears are hearing, make sure your eyes are only focussed on the person you are listening to, make sure your mouth is closed and especially that you are not interrupting them by speaking when they are speaking or taking a breath between sentences. Ensure your hands are not fidgeting and distracting you or the person you are listening to. Ensure your legs and feet are still. Is your whole body listening attentively and thereby giving respect? Remember the enraptured small child example.

When that person talking to you is being given respect by you then they feel respected and validated by your undivided attention. When they are finished talking they will now give you respect, in return, listening attentively to what you have to say.

When you have both, or all, listened and talked there is now a newfound respect and understanding of Who You All Really Are. By being able to truly say what you really feel you can become more vulnerable, more trusting of



the other person, or people.

These people, or person, in turn can also feel more trusted by you and they, in turn, can become more vulnerable entrusting you with what they really feel.

You have all reached a place where you are not talking from your egos but talking from your Souls.

These Souls are Who You Really Are Now. This is the Part of God inside of you all individually and now collectively.

So the respect you are giving and the respect you are receiving is because you are tapping into each other's Souls where only Truth exists.

By talking and listening at Soul level, friendships can begin to be formed. The basis of friendship is respect, from respect can flow admiration, from admiration can flow trust, from trust can flow love.

Love means Let Our Vibrations Evolve.

When you have love you become the Part of God You Really Are because God is Love.

So by simply listening, like an enraptured child, to someone, you open the door to allow respect, understanding, admiration, friendship, trust, love and God into your life.

Can it be so simple?

Can you really gain what you have always wanted, Respect by simply listening attentively to others?

Is it too difficult to believe? Then why don't you try it?

Here is Our 21-day free trial offer?

For the next 21 days listen twice as much as you speak. But listen attentively. If after 21 days you don't feel more respected, more understood, more admired, more friendly, more trusting, more loving and more like God is on your side now, then: (roll the drums!)

We will allow you to have your old life back! The life where you felt not respected by those people in your life, as you stated when you did not raise your hand at Our question No. 1 Do you receive the respect you require and the respect you deserve?

The 21-day free trial period is renewable. Start it



whenever you want, repeatedly, until you achieve the respect you require and the respect you deserve.

RESPECT means **R**ecognizing **E**ach **S**oul **P**olitely
Ensuring **C**orrect **T**ribute

C'mon, kids who wants to be a part of the Respect Revolution? Make a stand right now! Stand up all those who want to start their 21-day free trial offer now.

C'mon, be a part of the Respect Revolution and give yourself a standing ovation!

RESPECT!

You No Longer Need The Security Of Past Conditioning

You crave security of the known. There is little uncertainty in the known. There is a comfort zone in the known.

No matter that you may be unhappy in the known it feels safe, or safer, than the unknown does.

The security of the known could be a place of harmony or bliss for you. The security of the known could be a place of disharmony or hell (**HELL Having Excluded Light Love**), for you.

However, it is known, not uncertain, it gives you a sense of comfort, it is the security of the known past conditioning.

You could be in a relationship, job, career, in various stages of good or bad, health, wealth, happiness, unhappiness, etc., etc. However, it is

known, not uncertain, it gives you a sense of comfort, it is the security of the known past conditioning.

You could be in an abusive victim relationship. You could hate your job; despise your chosen career path feeling trapped and unfulfilled. You may have poor health, know lack of material wealth, and be miserably unhappy with your life.

But it is known, not uncertain, it gives you a sense of comfort, it is the security of the known past conditioning.

Where is your opportunity to grow and evolve in the known past conditioning? What you currently know creates a lid on discovering new things. You are comfortable with what you know. You don't want to feel discomfort by discarding what you know and exchanging this known for the uncertainty of the unknown.

Your inability to want to **CHANGE** Clearing **Healing** **And** **New** **Gifts** **Emerging** - will limit your ability to grow, evolve and heal yourself from the misery that you may experience everyday as you cling possessively to the known abuse, hurt, failure that your life may have become.

Your need for security stems from your fear of

failure in the future. This projection of failure into the future comes from experiencing failure in the past.

However, the past and the future are illusions of time. They are ego-based, ego-controlled and manipulated to keep you in a constant state of **FEAR False Evidence Appearing Real**.

This **EGO Edging God Out** thrives and can only breathe in the air of fear.

There is no past and there is no future there is only NOW (see Lessons 46, 47 and 48 in the Book of Evolving Relationships)

In this Now is where God, Spirit, Soul, Love are. Nowhere else! By learning to stay in the Now, you can experience all you ever wanted. Love is Who You Really Are as you are part of God and God is Love. All you have ever wanted is to be Who You Really Are, at Soul level, that is **LOVE Let Our Vibrations Evolve**.

How do you become Love and not Fear? You become **LOVE** by **Let Our Vulnerability Emerge**.

Stand in your integrity. Be integrated with God, with Love. Expose your vulnerabilities to the Light. Bring out all your fears and being vulnerable with those you **TRUST To Release**

Unto Spirit Totally and then **To Rely Unto Spirit Totally**, allow those **FEARS False Evidence Appearing Real** to shrivel up and die forever when exposed to the **TRUTH (To Remember Unconditionally Through Healing and To Reach Unto The Heavens)** and the **LIGHT (Let I Go Heaven To)**.

By letting your vulnerabilities emerge, you learn to expose yourself in trust. You learn that there is nothing to fear except for fear itself.

By being vulnerable, allow yourself to purge yourself by letting go of the familiar known pain and misery, that ego created fear which imprisoned you.

By letting go of the need for security of the known past conditioning you empower yourself to live in the Now.

In the Now, you can connect to your Soul, your Spirit, your God, your Love and become Who You Really Are.

By living in the Now, you can learn to **TRUST To Release Unto Spirit Totally** and then **To Rely Unto Spirit Totally**. When you live in the Now you experience Love, you feel God, because feelings are the language of the Soul. In the Now, you are

Soul, no longer Ego that can only exist in the illusions of the past and of the future.

When you live in the Now, coming from Soul, coming from Love, you learn to trust that God will give you everything you need (not want) when you need it. The timing is always perfect.

At this level of acceptance and surrender, by living in the Now, only Love is present, there is no fear.

By trusting God to give you everything you need, you, as co-creator of your life with God, have to continually make a **CHOICE** - **Courageously Helping One In Choosing Evolvment.**

Providing the choice that you make in every present moment of Now is What Would Love Do Now? then as your fellow co-creator, God, will give you what you need to experience Being Love in every present moment of Now.

If you are continually Being Love and living in the Now then what need do you have for security of the known past conditioning?

Why limit yourself with the security of known past conditioning?

Learn to live in the Now. Learn to trust and to live



in the wisdom of insecurity, the wisdom of uncertainty as unlimited new opportunities unfold themselves at your feet.

Why limit yourself with the security, and limitations, of the known past?

Choose to live in the Now, choose to be Love, trusting that God will give you everything you need when you need it. The opportunities are limitless as God is limitless. Learn to Let Go and Let God give you what you need when you need it.

You can now look forward to no longer needing security of the known past conditioning as you learn to trust God to give you what you need when you need it.

Live in the Now and choose What Would Love Do Now?

Trust the Process. Stay in the Now. Be Love.

Enthusiasm The Missing Ingredient

Problem

I feel apathetic about everything in my life. I really don't care about what people think about me and what I think about myself. However, deep down I know that this should be concerning me but I'm not interested in finding out why and what I should do about it. I just don't care!

Solution

Sure, you feel down about your life. You have simply taken your life for granted. This is my life take it or leave it! I just don't care!

Well let's take it!

Thank you for giving Us your life. This life is tired,

lacking direction, lacking motivation, lacking enthusiasm. This life is boring, its listless, and it simply does not give a damn.

O. K. so We have this life now what should We do with it.

'I'll take it! scream a room full of people.

Whoa! We can't satisfy all of you We reply. Okay says a boy without hair going through chemotherapy, can I have that beautiful hair because mine fell out last week?

In that case, said a blind man, I'll give anything for those beautiful eyes so I can see the world anew, again. From the back of the room came a shout, those ears are mine I want to hear again especially the words of love whispered by someone I love.

A woman on a respirator claimed the nose so that she could become unchained from her bed and breathe normally, walking around seeing the world.

Those lips are mine screamed a woman burnt and scarred in a fire as she grinned, baring her overexposed teeth. Now I can kiss my beloved all night long.

Ill love that tongue and the ability to speak again, scrawled a young man on a notepad. Ill profess gratitude to God all day long if I could only speak again.

Can I have that beautiful face, said a young woman whose last living memory was that she forgot to put on her seatbelt as she went headfirst through the windscreen.

That graceful and strong neck has my very name written on it said a former athlete bound to a wheelchair.

And so each part of the body, mind, Soul and Spirit was claimed in turn like irreplaceable pieces of art at an auction, each piece fought over, by hundreds of worthy recipients who knew the value to their lives of this piece they so desperately sought to make them whole again.

Then someone said but that's not fair, this poor lost Soul should not be deprived of its body, mind, Soul, Spirit simply because they are missing one ingredient in their life.

What ingredient is that, asked a little girl?

The ability to be grateful for everything that they have and everything that they already are.

How can they become so grateful, asked the same naive little girl.

Well, they have forgotten Who They Really Are. They have forgotten that they are a Part of God, a Spirit in a body on earth, in the physical. The Part of God that they are is Unlimited. They have taken for granted, and forgotten, how truly magnificent they really are. They have forgotten, for now, that they are a miracle.

MIRACLE May I Recognize **A** Conscious **L**ight
Evolving

They have become unconscious about how very well they really are:

WELL Wonder **E**ternally **L**ight **L**ove

They have forgotten that inside this bored, listless body and mind beats the rhythm of a heartbeat given to them by God. The Soul that they are comes from the Great Spirit you call God. They have discarded the understanding how truly magnificent the gift of their life on earth, in the physical is:

GIFT God In **F**orever **T**ime

They are truly magnificent. They are undamageable, they are indestructible, they are huge, they are unlimited, they are a Part of God. God is Love. They are Love.

Presently they have forgotten that they are Love. They do not feel love, especially from themselves to themselves. They have numbed that self-love with disbelief and forgetfulness of Who They Really Are.

Because they do not feel the love inside of them they cannot give, and receive, love, from others.

When they can unlock that love chest inside themselves, they will know unconditional love that is the Part of God inside them.

But where is the key to unlock this love chest inside them?

I know I left it in the capable hands of my two best friends inside of me.

And who might those two friends be?

Gratefulness is here, I can start to see him at the end of the passage peering out from behind a pillar but where is Enthusiasm.

When you greet and befriend Gratefulness for

everything you have which you take for granted, when you take a piece of paper and write down the heading: Everything I Am Grateful For In My Life then Enthusiasm will emerge from the shadows and lift you to new heights previously not experienced in your life, in the physical.

If you can start each day with An Attitude of Gratitude (See *The Book of Evolving Relationships Lesson 40*), if you can count your blessings each morning before you get out of bed and each evening before you go to sleep, then Enthusiasm will be your constant companion.

This Enthusiasm accompanying your Gratefulness will bring a spring to your step, a lilt of excitement to your voice, give you outstretched arms to hug all those you meet, give you an Attitude of Gratitude, an Abundance of Love. All this you will feel continually as will those you encounter each day.

You will become Who You Really Are Love. The Part of God you really are God is Love. You are Love.

Now you have Gratefulness and Enthusiasm for your life and you have become Love inside and outside.

Would you prefer to be listless and apathetic or would you prefer to be Who You Really Are Love in your Gratefulness and Enthusiasm.

You always have Free Will you choose:

Apathetic, Listless, Not caring

Or

Grateful, Enthusiastic, Being Love.

Unconditional Acceptance The Key To Love

We do not ask you to take a leap of faith in a relationship and give your significant other immediate unconditional love. We would like you to start by giving acceptance first.

Now please clearly understand that every relationship is a relationship with yourself, firstly, mirrored by the significant other. After you have accepted yourself, unconditionally, then, secondly, you can give acceptance to them of what, and who, and when, and how, they are.

After you have fully accepted all of them then you can move to unconditionally accepting them, and yourself. Then you look around, inside, outside, on top, at the bottom, on the sides, and hey presto, as the songs goes: Love is all around!

Love will evolve automatically when unconditional acceptance of yourself, and others,

is manifested in your thoughts, your actions, your words and your deeds.

With unconditional acceptance, you become the embodiment of What would love do now?

So what is acceptance?

Acceptance is what We are. No judgment, no control, no manipulation, simply Being Love.

Do not judge anything. When you see The Bigger Picture one day, you will understand that everything is perfect. Everyone, everything, every moment is in perfect balance of where you are now.

If you wish to change your current circumstances for better or for worse then picture yourself on a see-saw in a playground. For every action there is an equal and opposite reaction. If you want to go higher then, in the duality in which you live in the physical, someone, or something, will present themselves/itself to you as your counter balance. This person, or thing, will present itself in your space as they go lower on the see-saw of the balance of your life enabling you to go higher.

This mirror in your sacred space will probably be represented by something unpleasant. Do not

judge it as unpleasant. Do not judge it at all.

It is perfect!

It is perfect in its presentation as the mirror of your counter-balance on the see-saw of your life. Without it pulling the see-saw down you could not go up!

Thank you for being present now in my life, you are a **GIFT God In Forever Time**.

I will not judge you, I will accept you fully.

Thank you for coming into my sacred space with your so-called bad intentions, thoughts, words, deeds, actions. I once saw you as an ugly person/thing damaging me irreparably. I once saw myself as a victim and you as the perpetrator. Now I see clearly that I called you into my sacred space, at some subconscious level I do not quite understand, to enable you to be ugly so I could go higher, evolve higher, through this experience.

If you had not presented your ugliness to me on the perfectly balanced see-saw of my life I would not be able to reach these new heights. Now I know why opposites attract in magnetic fields. Everything is in perfect balance always in my

life.

I will not judge anything anymore. I will accept that whatever comes into my sacred space in every present moment of now is a gift being presented to me for my continued growth in wellness. **WELL Wonder In Light Love.**

So much for when something ugly comes into your sacred space. What needs acceptance when something wonderful comes into your sacred space as a gift? Where is the balance on your perfectly balanced see-saw of life now?

Back We go to the see-saw in the playground. You are waiting at the see-saw to see who/what presents him/herself as a gift in this new, current, present moment of now.

Look here comes a pretty girl, in a pretty pink dress, full of love, hope, abundance, laughter, gaiety, skipping and hopping towards you. Pure love is your new gift. This little girl gets on the see-saw and you go down and she goes up.

When you are presented with this new love, mirrored in your life, you can accept it, without judging it. You are entitled to become this new love. You no longer have to accept your previous reality that you were not deserving of love.

Accept the present moment of now, the gift of love being presented to you in your sacred space now. Accept this love, do not judge it. Do not question whether you are worthy of it, or not. Simply accept what is being presented to you.

Be like free flowing water accepting no limitations, flowing over all obstacles as it rushes to join the ocean, from whence it came.

If you are already radiating love and the little girl in the pink frilly dress, full of love, gets on your see-saw of balance, fully accept that you can handle even more love. Love is infinite, love is unlimited, love is abundant, God is love, God is infinite, God is unlimited, God is abundant.

When you acknowledge whatever gift is presented to you simply accept it, do not judge it, simply surrender to this new reality in your present moment of now.

In time you will realize that everything happens for the best that is the best in relation to the growth and enlightenment of your Soul, not your Ego, as you learn to go from Fear towards Being Love, always and all ways.

Without any conditions, that is unconditionally, accept every gift that enters your sacred space.

Look for the opportunity as it presents itself in the wisdom of the uncertainty and in the wisdom of the insecurity that you find yourself in.

Every gift, however ugly or beautiful should not be judged, controlled or manipulated in any way. It should be unconditionally accepted, surrendering to what is showing up in the present moment of your life now. This gift, unconditionally accepted, should be integrated as part of Who You Really Are, as you allow your Soul to evolve further reaching new heights of enlightenment, knowing everything happens for the best.

There is nothing to fear, your Soul is undamageable, accept the love being presented to you as a gift and allow it to unfold as it should.

In this way you will find out that everything happens for the best it is purely a function of time.

This unconditional acceptance is the key to love of you and of others.

Respect The Only Boundary In Behaviour

RESPECT *Recognizing Each Soul Politely Ensuring
Correct Tribute*

We refer you to *Children Learning Boundaries of Acceptable Behaviour*, the previous lesson in *The Book of Life Skills* and to *Hearing with your Soul Lesson 30* in *The Book of Evolving Relationships*.

If you can truly give someone respect then this may be the only boundary required in your relationship.

By giving someone respect you recognize, firstly, that they are a Soul, part of Spirit, part of God. You are addressing and communicating with Who They Really Are at Soul level not the body and mind that this Soul occupies but the Soul itself. Not the illusion of the body but recognizing the

truth that they are a Soul.

When addressing and communicating with their Soul the part of God that they are - then what part of you is doing that communicating and addressing? Your Soul of course The part of you that is your Soul - your part of Spirit, the part of God inside of you.

So when your Soul recognizes, communicates, addresses and respects their Soul then **RESPECT Recognizing Each Soul Politely Ensuring Correct Tribute** - can occur and flow between the two, or more, of you.

This is the meaning of Namaste May the God inside of me acknowledge the God inside of you.

Therefore, by recognizing each Soul you can start to politely ensure correct tribute.

You have been given two ears and one mouth to communicate with. To politely ensure correct tribute you should listen twice as much as you speak!

If you truly listen, not only with your ears, but also with your eyes, with other parts of your body being still, and respectful, but most importantly, lovingly with your Soul (see *Hearing with your Soul Lesson 30 in The Book of Evolving*

Relationships), then you are showing respect. You are not interrupting and talking, but genuinely, lovingly, respectfully listening, as if gems of wisdom are being imparted to you, then you are politely ensuring correct tribute.

When it is your turn to speak, being caring, understanding, empathetic, compassionate, modest, truthful and loving - then you are politely ensuring correct tribute.

The tribute, or praise, you are showing is correct if it comes from your Soul, not your ego.

If it comes from your ego then your insecurities, based on your thoughts of fear, will emerge. By interrupting their speaking, by not giving correct eye contact, by fidgeting with your hands, arms, legs, feet and other parts of your body, is showing your impatience in wanting to show how much more important you are than they. What you want to say is more important than what they are saying. You need to impress them, to prove you are better, more important and perhaps you need to impress yourself, that you really are more important. If you feel threatened by what they are saying and your need to compete for their attention causes you to interrupt them in any way then it is important that you look at why you have this need. What is

making you insecure, fearful and afraid?

By ensuring that your tribute, or praise, comes from your Soul, and not your ego, will allow you to show respect to the other person, or people.

When you give respect, you will be rewarded by being shown respect by the other person, or people. If this mutual respect is not evident fairly soon then you need to examine this relationship carefully. If you are truly giving respect and the other person, or people, are not giving you respect in return, after some time for adjustments are given, then the other person, or people are abusing you.

This **ABUSE A Being Utilizing Similar Experiences** needs to be examined. If it is unwarranted and is no longer acceptable to you then this needs to be addressed, respectably, with the other person, or people.

However, invariably abuse brings with it a mirror of your behaviour, in this, lifetime or another life space and this also needs examination, in truthfulness.

If you do not receive respect from the other person, or people, after genuinely exhausting every possibility, then accept and surrender to this reality now. This relationship no longer

serves you and you can respect yourself by removing yourself, physically from it. If this is not practically possible then remove yourself mentally, emotionally and spiritually from it.

Respect starts with self-respect as love starts with self-love.

Respect is the cornerstone of every relationship. First your relationship with yourself, then your relationship with others.

With respect can flow admiration, with admiration can flow trust, with trust can flow love.

Without respect, you cannot have admiration. Without admiration, you cannot develop trust, without trust you cannot have love.

Respect is the only boundary you need in a successful relationship.

Respect comes from your Soul and not from your ego.

Respect is the cornerstone of a successful enlightened existence.

Respect!

Children Learning Boundaries Of Acceptable Behaviour

My dear Child,

I am disappointed in your behaviour. Recently, you have become more disrespectful towards everyone, including me, and including yourself.

Whilst I understand you are a teenager, and asserting your independence, you have blurred the boundaries which you have always needed to keep you out of trouble.

Since you have become friendly with certain of your new friends you have changed. You are more disrespectful, more demanding of others and more selfish. You live your life without caring for others and only doing what suits you.

You disrespect others, expecting everyone to fit

into your timetable. You act like everyone is here to serve you and must be available to ensure your every whim is attended to.

As one who loves you more than I have ever loved anything, it disappoints me to see you having the ability to replicate your worst moments. Those times you have been punished at school and at home for breaking through the boundaries of behaviour acceptable to society. You are a child, and now a young person, who needs to be told and reinforced what your boundaries are.

You are free spirited, fun loving, creative and wonderful to be around. However, this free spiritedness can be to your detriment when left unchecked. You have to have acceptable boundaries continually reinforced for your own good through discipline and love. This I have attempted to do through all your years, and to date it has worked, as evidenced by that amazing love we have for each other.

However, you have changed and now you are critical of others who do not give you instant gratification for your needs. You expect everyone to drop everything to attend to your immediate needs.

I fully understand the changed circumstances you find yourself in as you struggle with being a teenager. However, what is really concerning me, is your deteriorating attitude of disrespect, your increasing selfishness and self-centredness and your need for instant gratification. These traits, if allowed to go unchecked without strong parental guidance and implementation of consistent, loving discipline, could be very detrimental to you. I can draw you pictures of what lies ahead of you if you persist with this current attitude. However, I don't want you to live your life in fear, but rather in love.

I would prefer you to become Who You Really Are, the part of God you really are and as God is love so you are love.

When you act as the magnificent person I know you are you are then no longer disrespectful, selfish, self-centred and seeking instant gratification. You then are the most incredible human being I have ever known. You are the real you, not the person I am seeing at present.

I hope that this letter awakens you to being who you really are, as I have done with you in the past. When you and I have met at these crossroads of your life before we have painfully gone through this process and you have emerged victorious when realising that the road

you have been on has not served you well. Right now you are at such a crossroad.

This letter is being written for you to keep as a constant reminder of the choices you are currently making.

Please remember every choice has consequences, and cause and effect.

Do not be lulled into believing that the future looks rosy now, that is what happens to people who take alcohol, drugs and have other similar addictions. Initially things are wonderful, but when the euphoria wears off the hangover, consequences, cause and effect are very unpleasant as reality sets in for a long time.

However, you can choose right now.

Do you want to continue on your current road, or do you want to take another road at this crossroad where I meet you once again?

The road I am offering you is the road to love of yourself and others through self-respect, respect of others, non-selfish and non-self-centredness behaviour, and not seeking instant gratification. This road is one of discipline, love, respect and living within society's acceptable boundaries of

behaviour and belief.

Or do you wish to continue on your current road?

Either way, I will always love you, but not your behaviour, if you should choose to stay on the road you are on at present.

One road is love and positive growth of becoming Who You Really Are, and the other road is me bailing you out of trouble, time and again.

It's your choice to decide what road to take.

Look around you your choices are self-evident in your current life. Simply remember, I will always love you no matter which road you choose.

I pray with all my heart that you continue to make the correct choices in your life.

All my love.

Dad/Mom

Are You A Spider or a Fly?

You have free will. We will never interfere in the choices you make. Right now, how do you feel about yourself? Do you feel trapped? Do you feel that you are powerless? Do you feel controlled, manipulated, lacking in power? Is someone pulling your strings as the puppet master and you are dancing to their tune? Do you feel like a fly trapped in a spider's web?

Well if you feel like a victim then We refer you to Lesson 8 in The Book of Evolving Relationships Betrayal of Trust You Are Not A Victim.

This lesson will enable you to identify the cause of your feelings of being victimized, enable you to work through these feelings and ultimately empower you to no longer feel like a victim by finding the unconditional love inside of you. It is well worth a read. We recommend you do it now and then re-join Us.

So, by now you have finally realized that you are no longer a victim but that you have become Who You Really Are in Light and in Love. Now you can choose whether to remain a victim or not too. It is your free will!

Those who choose to remain victims are fulfilling their life's journey. They have been given the opportunity to heal themselves, by no longer being a victim, and so close the karmic cycle in this life space, however, in this present moment of now, they have refused this opportunity of healing, growing and evolving. They wish to remain victims, for now, and, of course due to their choice to remain victims, new opportunities will present themselves to enable them to play out their role as victims. Their free will to remain a fly will create the opportunity for someone to become the spider in their lives.

This spider will spin a web, at the appropriate time, in the appropriate place, and the fly, the victim, will fly right into it, no doubt, bemoaning their fate, as they are trapped, powerless, defenceless, at the whim of the spider.

Spiders need flies and flies need spiders. No one is more right than the other, no one is more wrong than the other. They are symbiotically tied in the duality that exists on the earth plane. When, the fly is caught in the web the spider is

happy, the fly is sad.

The only choice you have is whether you wish to empower yourself and be the spider who spins the web, in its integrity of doing what it is empowered to do by nature, and so catch the fly, or, whether you wish not to stand in your integrity, by not being true to Who You Really Are, and remain, or become, the victim, the fly inevitably to be caught in the spiders web.

By standing in your integrity, by stating and implementing, This is not acceptable to me any longer as I now stand in my integrity then you can avoid becoming, or remaining, a victim.

It's your free will to choose Spider or Fly?

VICTIM Verily I Call This Into Manifestation

FLY Forever Lying (to) Yourself or Fear Leaving You

SPIDER So Politely I Demand Enduring Respect

Accepting Your New Reality

What is your reality now? What do you believe to be true in your life now? Has that always been your reality, your truth?

When you believed in Santa Claus and the Tooth Fairy, when you believed that mothers and fathers were infallible. When you believed that things you loved were always there and did not die or go away, when you believed in your marriage vows of fidelity, when you believed that what was real was always going to be real, when you came to realize that what is real, your reality, is no longer real, it is an illusion.

All of life is an illusion. You are not your body; you are a Soul, a part of Spirit, a part of God. Your body is not real, it is an illusion. When you see pictures of a dead body, is the body real? No, it's now an empty lifeless shell. It used to be real but now it's an illusion of what a body was.

So it is with your life, your past is no longer real, it's an illusion. Whatever happened in your past is no longer your reality. For example, if yesterday you got married, or had a baby, or had an enjoyable meal, or participated in skydiving or whatever, your new reality is what you are doing, or being, now. For example, your marriage party is over and today, now, you face a new reality of husband and wife, hopefully for a long time together. The baby may have had complications at birth and did not survive, that is your new reality, now.

Your enjoyable meal last night was followed by an even more enjoyable meal at lunch today. Your skydiving experience was wonderful and you now want to change careers and teach skydiving to others.

New realities unfold all the time. Being stuck in your old realities of the past, or projecting the realities you would like manifested in the future, is not real, it is an illusion.

The only reality is happening now! In the present moment of now is the only true time and the only place you can trust your belief system as to what your new reality is now.

If you continue to live in a past reality and you

cannot let go of what was then it will be very frustrating for you as you deal with illusionary shadows. The modern saying get a life means face up to and accept the new reality of your life and circumstances now.

Projecting your reality into the future can be equally damaging, as the illusion of the future is just that, an illusion, not real, not your current new reality. Living in the past, and in the future, robs you of your opportunity to make the present moment of now count. A pleasurable now makes for good memories later and good hopes and aspirations for the future.

Accept your new reality now. Decide how you intend to improve your attitude and your belief system by accepting your reality, now.

Now is real, accept it, do not judge it, evolve with what you have now. Trust the process of your new reality, stay in the now and be love, then watch your new reality create harmony, respect, peace and love for you and others as you accept your new reality for now!



Are You Circling Spiralling?

The essence of who you are in the physical world is your DNA. Your DNA's structure is based on a spiral format. The DNA spiral appears as a double stranded Helix. It does not touch itself as it spirals upwards with one double strand and downwards with the other double strand.

The essence of who you are is a spiral. You are a spiral. If you have difficulty imagining this, then envisage a notebook with a spiral binding. This spiral wire, or plastic, does not touch the wire or plastic above or below it as it spirals.

A circle is something that begins at a certain point, traverses 360 degrees and re-joins itself at the beginning. This creates a perfect circle. This is very useful, for example, a wheel is a perfect circle. The discovery of the wheel enabled man's evolution on the physical plane, known as earth, to accelerate in leaps and bounds.

However, in this context We wish to give the circle a different meaning. In this context, We wish to give the circle a meaning that is to do with repetitive cycles.

When you start at a certain point, you go around the 360-degree circle, and you finish where you started from, you have then completed the circle.

If you are a spiral, you start at a certain point and you go upwards or downward, never touching any part of the design behind you in creating the pattern of a spiral. By going upwards, you, as a spiral, are moving towards the Light.

In this analogy, let Us assume that you made a mistake in your life. That mistake, whatever it was, was the beginning of the cycle. Now you have a choice in order to grow and evolve beyond the mistake, and so the mistake becomes a learning experience. You can circle above the point of your mistake, creating a spiral. You avoid going back to the point of your mistake and so avoid creating a circle of repetitive action making the same mistake again and possibly over and over and over again. This way you acknowledge your original mistake and treat it as a learning experience, knowing how to get above the mistake, spiralling above it without

touching, or repeating, that point, or mistake, again.

By making the mistake again you commit yourself to repetitive creative cycles of the mistake, like a hamster on a wheel. If you choose not to avoid the first mistake, by repeating it, it is no longer a learning experience; it is a mistake pure and simple.

The choice you have, in your free will, is to treat the initial mistake as a learning experience and so spiral above it. Alternatively, you can choose to repeat the mistake in a circular fashion and be trapped in the circumstances of consequences and cause and effect. This is the role of a victim.

If your choice is to repeat mistakes in a cyclical pattern, you have chosen not to grow and evolve spiritually as well as emotionally. That is your free will choice to do.

If you choose not to repeat your mistake but rather treat it as a learning experience, spiralling above it, you have chosen to grow and evolve spiritually, and emotionally.

You have free will. We will never interfere in your free will choice; We will simply give you the option to make your free will choice. Do you wish

to be a spiral, which is your essence, and grow and evolve towards the light or do you wish to be a circle repeating mistakes of the past without any spiritual, or emotional, growth being attached to your journey?

You choose spiral for growth or circle for victimhood.

The Only Real Meaning Something Has

The only real meaning something has is the meaning you give it. We refer you to The Meaning of Chocolate Cake Lesson 10 The Book of Evolving Relationships.

In this lesson, We explain that the term Chocolate Cake has different meanings for different people. If innocent chocolate cake can have that many interpretations and meanings then what do the real emotional issues, such as Love and Fear, have in terms of interpretation and meaning to you, and to everyone else.

The meaning of something depends on your level of awareness and on your level of consciousness. To people who walk through this life on the earths plane without awareness and consciousness of Who They Really Are, the events and issues in their life do not seem to be in any way significant to The Bigger Picture.

As We have said many times before, your life on this earth plane is an illusion. It is not real. You

are not your body. You are Spirit, a part of God.

If you are not aware, if you are unconscious of your Spiritual nature then the events, issues and occurrences in your life will simply be seen for what they are, at a simplistic level of understanding. However, if you are aware and if you are conscious of the Spiritual nature of Who You Really Are then you can look for the deeper meaning of events and occurrences that occur in your life.

To many people things that occur seem to be simply coincidence. To the more spiritually aware, they start to understand the synchronicity of events in their lives. How things synchronize perfectly because they understand that God gives you what you need, exactly when you need it, Gods timing is always perfect if you trust God, or trust Spirit.

TRUST To Release Unto Spirit Totally and To Rely Upon Spirit Totally

Of course you can drive yourself crazy looking for meaning in everything that occurs in your life. Not everything that happens every second of every day needs to be analyzed to look for meaning. There are one, two, or a few things that occur some days, more than others do, that are significant to the real meaning of your life.

The important thing to focus on when looking for the real meaning of the few things which occur every now and then, not necessarily every day or even every few days, is what does that really mean to me in a spiritual sense.

Things that occur whether you perceive, or judge them, good or bad, need to be looked at as to how they will help you grow or evolve spiritually to become Who You Really Are.

Good relationships could be perceived as two people who currently share the same value and belief systems. This could be interpreted to mean that you are both being rewarded with happiness as you have synergy together in your current value and belief systems.

Perhaps the real meaning here is to continually re-enforce the current value and belief systems in every belief, thought and action towards yourself, towards each other and towards the outside world with whom you both interact.

To maintain the good relationship means to both maintain your current value and belief systems.

Bad relationships, as they are perceived to be, are in reality good relationships! They are good if

you understand the real meaning of this so-called bad relationship. This real meaning is that the other person is providing you with an amazing opportunity to grow and evolve spiritually. By accepting that you have allowed this other person into your space, and to remain in your space, is because they are mirroring something about you to yourself that you need to identify, address and change, so you can grow and evolve spiritually. The Book of Evolving Relationships can be your guide here.

In various religions, there is a consistent theme of a belief in a Deity, or Higher Power, or Spirit. These religions all create memorabilia, things to use to remember and be conscious of the Deity, Higher Power or Spirit.

These memorabilia could be thoughts, paper, wood, metal, glass, fabric, and so on. For example, crucifixes, a prayer rug, a mark on your body, a skull cap, a special form of praying, and so on.

These memorabilia are all designed to remind and reinforce to you the consciousness and awareness of the religion and spiritual beliefs practiced by this religion.

To people involved in these religions, this memorabilia has a very important significance.

Some people would choose to die rather than go against their religious beliefs, symbols or memorabilia.

The meaning that these people, in each specific religion, attach to this memorabilia, these symbols and religious practices takes them past logic and reason. It takes them out of their mind into a place of intentions and intuition. It takes them into a spiritual realm of belief. It awakens their spiritual consciousness and makes them feel connected to God, Spirit, Deity, Higher Power or whatever name or image resonates with them. In a nutshell, it makes them feel more holy, more like Who They Really Are. This deserves unlimited praise and reward and it shows on their faces.

This ritual, symbol, prayer, memorabilia has a tremendous and real meaning for them as they ascend to higher spiritual realms in their awakened consciousness.

However, what of the person standing next to them? This person, belonging to another religion, another faith, uses different means of prayer, ritual, symbolism and memorabilia to access their way to higher spiritual realms in their awakened consciousness.

Both these people have got to, possibly, the same space using different methods. If they saw how the other person gave real meaning to their belief system using memorabilia, symbols, prayer and rituals, they would not understand or believe it.

To attempt to understand it or believe it would, to the vast majority of people, mean undermining their method of faith in obtaining their real meaning. This would threaten them greatly. How do you think most wars begin?

However, what We are attempting to explain is that real meaning to someone cannot be judged, it must be accepted by them in terms of each individuals current value and belief system. The current view of their reality now determines the real meaning of something.

Your level of spiritual awareness and consciousness will determine and enable you to utilize the real meaning of events that occur in your life to allow you to grow and evolve spiritually to become closer to Who You Really Are.

When you reach higher spiritual awareness and consciousness, you will understand synchronicity that God gives you everything you need (not want) when the time is right. Gods timing is

always perfect if you TRUST To Release Unto Spirit Totally and To Rely Upon Spirit Totally.

Next time you see a butterfly, an old friend, an ex-friend, a special number, a colour, hear a story, have an accident, see a movie, have a dream, etc., etc. you decide if it has any real meaning for you to grow and evolve spiritually to become Who You Really Are a Part of God.

Dealing With An Alcoholic Father

Problem

My parents are in their late sixties/early seventies. My mother is bed-ridden and my father's drinking has intensified and he is now an alcoholic. I want to confront my father about his drinking and my fears about my mother's safety.

Suggested Solution

If you were your father would you like your child to confront you about your drinking problem? Would you like to be attacked for something you feel is out of your control to handle? If you come from Ego accusing your father of being an alcoholic, putting your mother's life at risk, as well as his own, what reaction would you expect

him to have - to react with Ego or react with love?

If you would like your father to respond with love you will need to approach him with love.

"Dad, I know that your life is tough. Looking after Mom in her poor physical state must be difficult 24 hours a day, seven days a week. It must take a lot of love to keep on keeping on. I really admire you so much. I really love you Dad. Thanks for all you are doing for Mom."

"Dad I noticed that your few drinks a day are starting to affect you more now than in the past. Is there anything I can do to help?"

Coming from love you are now offering your father an opportunity to decide to drink less and so keep your love and approval of his caring for his wife, your mother.

Now the clincher!

"Dad if you have the need to carry on drinking at the same rate, or increasing your need to drink more, perhaps we should think of how to ensure that Mom is not put in any harm or danger. What do you think we should do to protect Mom from any possible harm or danger?"

Keep coming from love. Do not accuse your father of anything. Keep the focus on ensuring you all are working on the same side to ensure your mother is not at risk.

If your father starts to feel threatened by this approach, to diffuse any increasing tension, ask him if he would like a cup of tea or coffee. Remember that your father perceives his role as your mother's protector so your focus should be on "Dad how can we make Mom's life easier for her, and for you? Have you two ever thought about putting Mom into a care facility for a short while? This might give you a chance to have a break from all this responsibility."

If you can give your father an opportunity to have a perceived short break from looking after your mother this could allow him an opportunity to "save face" and not feel like he is letting his wife down by his excessive drinking.

Why don't you suggest he take a short holiday to give himself a break from all this responsibility.

By coming from love and suggesting a break for your father should enable getting your mother into a safer environment. This temporary break, if successful, will enable your parents to establish whether living apart is preferable to

living together. The break may enable your father to reduce his need for more alcohol.

We suggest you come from love, attempt to create a short break between your parents and monitor the situation to see if your father's drinking problem eases or intensifies during and after this short break.

If your father's drinking eases then the problem is reduced. If the drinking problem intensifies then protecting your mother from further harm by keeping her apart from your father becomes more obvious to her, and hopefully, even to your father.

Come from love because in this highly charged atmosphere coming from Ego could be dangerously inflammatory to both your parents' well-being.

Remember that each Soul has its own journey, you cannot interfere, by judging, without knowing the "Bigger Picture". Also remember you chose your parents!

Come from love and use the amazing healing power of love to help you, help yourself and others.