

THE BOOK
OF
**RELIGION
OF LOVE**

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There are over 20 sizable religions in the physical plane you know as earth. Each religion is a pillar of strength to its adherents.

Spirituality is not a religion, it is knowledge of awareness of Oneness. Spirituality is the bridge and the various religions are the pillars holding up this bridge.

The bridge of Spirituality does not require the pillars of religion in order to exist. However, the pillars of religion require Spirituality to exist so that they may exist.

What is Spirituality? It is the awareness, the consciousness that there is One Supreme Being, One Light, Oneness - which some people call God. The bible, used by over 2 billion people, has over 70 names used to describe this Oneness.

It is the connectivity of that Oneness. It is the knowledge of Awareness when the person in the physical feels that connectivity to being part of Oneness - part of God.

Feelings are the language of your Soul.

Your Soul comes from Oneness, from God.

When your Soul feels this connectivity to its Oneness, you experience Love, and when more fully developed, unconditional Love.

This Love, this feeling of Love, enables you to experience Who You Really Are - at Soul level - part of Oneness, part of God.

When you feel this Love as Unconditional Love, then you know God's Love.

Then you know God is Love.

Then you know Love is all there is.

Then you know God is all there is.

Then you know We/we are all part of Oneness, part of God.

Religion is not Spirituality. Religion is exclusive, Spirituality is inclusive.

Religion is based on a specific set of beliefs, rituals and practices, usually within an organized group or structure.

Spirituality has one knowledge, that of Awareness of Oneness. It has no set of beliefs, no rituals and no defined practices and exists without any organized group or structure.

If Spirituality had to have a belief, it would be "God is Love".

If it needed a religion to make it more acceptable to earth's 6,5 billion people, it could be called "The Religion of Love".

We start the Book of The Religion of Love with a greater understanding of what Love is. More chapters will be added by Us, via the Channel, at the appropriate time.

We wish you Namaste - May the God within us greet the God within you and so recognize and remember Our/Your Oneness together.

With blessings and greetings.

Amen and Amen

1

WHERE DOES LOVE COME FROM?

God is Love.

Every body is part of God.

Everybody is Love as they all have a part of God inside of them.

Where is that part of God inside of them?

It's in their Soul.

How did it get into their Soul?

It came from God.

How did it come from God?

All Souls come from God.

God comprises all the Souls, those in Spirit and those on earth and those on all other realms not disclosed, as yet, and so much more.

God is Infinite and beyond human understanding. But importantly for you to know - you are part of God

And God is Pure Love and the part of God inside of you is Pure Love.

You were born as a body with a Soul.

Your Soul is eternal, your body is finite and eventually turns into dust.

Your Soul, with its part of God intact within it, is

eternal and infinite.

You were born with Love inside you.

The part of God, which was born inside of you is the Love you were born with.

You were born with Love inside of you.

You were born as Love Itself.

You were swamped with Love by people outside of you when you were born.

These people recognized the Pure Love you were at birth.

At your birth and for some time thereafter you remembered the Pure Love of God from whence you came.

The Love you express to yourself, and to others, comes from the Love inside of you.

LOVE IS ALL THERE IS

God is Love.
God is all there is.
Love is all there is.

We are all part of God.
Every person, spirit, tree, rock, grain of sand,
drop of water, bird, animal, plant, human,
building, instrument, implement are all part of
God.
God is all there is.
When We who are in Spirit, and you were in
Spirit, We/we all come from God.
Our Souls are all part of God.
So are the Souls of every living organism.
So are the parts of every grain of sand, seed,
water, vegetable and mineral.

God is all there is.
God is Love.
Love is all there is.

Your Souls, pure and unblemished, came from
God.
The Souls of all the great saints and all the

sinners come from God.

Is the Soul of a Mother Theresa more valuable than the Soul of a rapist?

Not in God's eyes. All Souls are pure and unblemished.

Souls choose their journey on earth, on the physical plane, to fulfill their karmic balancing for their Soul's growth, for the growth of their Soul Group and, ultimately, for God's growth.

God needs to experience everything in order to be God.

The growth of Souls is always towards the Light, the Light that God is.

Like seeds planted in the soil they need to grow through the darkness first before they pierce the ground and grow in the Light towards the Light.

So it is with Souls. They need to grow in the darkness, which is their personal Hell (Having Excluded Light Love). Eventually through many lifetimes they emerge from the darkness into the Light and grow towards the Light during many more lifetimes.

Mother Theresa was a tall plant closest to the Light. A mass murderer of people is a seed buried deep in the soil, inching its way through the darkness towards the Light.

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There should be no judgment on the growth of Souls.

They are where they need to be in this present moment of Now - it's God's timing.

Every Soul should be Loved by you, and this will speed up their progress and yours to reach the Light.

By giving Love to Love, because that is what all Souls are as they come from God who is Love, then you accelerate the growth of all Souls towards the Light.

When this happens you co-create Heaven on Earth,

Give Love because that is your true nature, Who You Really Are.

Give this Love to Love which is the true nature of all Souls.

Then you will know and experience that Love is all there is.

DO YOU WANT TO KNOW CONTINUAL, UNCONDITIONAL LOVE?

What was the greatest joy you ever felt?

Was it your first puppy?

Was it your first kiss?

Was it when you felt safe and loved at your mother's breast?

Was it feeling safe and loved in your father's arms?

Was it your graduation day?

Was it your first car?

Was it your wedding day?

Was it when you felt the love, unconditionally, of a parent or a child of yours?

Was it the euphoria of falling in love with your beloved partner?

When you experienced that greatest joy where were you? In the Now, in the future or in the past?

What would you give to feel unconditional Love all day every day?

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Would you give your attention to be conscious of this present moment of Now?

Can you learn to shut off any thoughts in your mind of the past and of the future?

Can you stop your EGO (Edging God Out) from making itself important by forcing you into the fear, or hope, of the future by reminding you of the fear or hope you felt in the past, projected into the future.

Can you stay in the present moment of Now?

It takes practice and concerted, deliberate concentration to remain focused to be here Now. Once you have learnt how to stay in the Now it becomes easier and easier to stay in the Now longer and longer.

Why stay in the Now at all?

Well, you have Ego which controls your mind and you have Soul which connects you to God in Love because God, and you, are Love.

Ego relies on fear to keep you under its control.

Ego and fear can only live in the past or in the future.

The Soul, God, Love only exists in the Now.

Now is all there is.

The next second in time will see one or more people pass on from this earth plane and return to Spirit, leaving their earthly body behind. For

those people the next moment of Now will never exist on the Earth Plane.

Now is all there is.

You can never do something "just now".

You can only do something in the present moment of Now.

Worried about a test, a result, something yet to happen?

Is it happening now?

No, well then it's too soon to panic!

By focusing and thinking, acting, saying and doing things in the Now, enables you to maintain total focus and concentration and putting all your considerable energy in the Now.

By staying in the Now you are learning to TRUST (To Release Unto Spirit Totally and then To Rely Upon Spirit Totally).

By trusting God to give you what you need, when you need it for the growth of your Soul.

You are trusting God's timing

By trusting the process to unfold as it should

By staying in the Now

You can be Love because in the Now is the only place you can connect to God, and God is Love so Now you can be Love.

You can only know Love, be Love and be beloved

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in the Now

Because the only place God is, is in the Now, it's the only time there is.

The past moment of Now is a memory and the future moment of Now is a hope, dream or fear.

The only time there is, is Now.

The only place God can be is in the Now

As it's the only time there is.

So, for you to know the unconditional Love of God

The deepest Love you will ever know.

You have to stay in the Now and TRUST God to give you what you need (not want).

At this moment of Now you will feel God's presence, God's Love guiding you

In this moment of Now as you learn to TRUST God and feel God's unconditional Love inside of you.

You will know Bliss forever more.

Stay in the Now, in every present moment of Now

To know and feel God's Love inside of you.

Welcome home my Beloved.

I Love you!

God.

(P.S. For an explanation of why We signed on

behalf of God please see the next lesson - "Do You Believe You are Part of God?")

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DO YOU BELIEVE YOU ARE A PART OF GOD?

It's one thing to say you are a part of God.
It's another thing to believe it.

In the closure of the last lesson We signed off:

Welcome home My Beloved
I Love you!
God

If you felt "goose bumps" and a warm feeling inside of you then you believe you are a part of God and that God is a part of you.

If you felt uncomfortable that We wrote I Love you! God, then you see God as a force outside of you.

Your perception of God may be one of awe and dread.

Perhaps your perception of God is one of a God of Fear, a God who punishes wrongdoers, a God of vengefulness. A God who chooses one side in

a war to win and one to lose. A God who believes in war and not peace. A God who brings the world down on you if you break a ritual of your religious beliefs, traditions and practices.

Our God is a God of Love.

Our God is a part of Us and a part of you.

Our God is Love.

Our God writes us letters.

Every leaf on the tree or on the ground is a letter from God, after all it's God's tree to send letters from.

Which God do you want to be part of?

A God of Fear or a

God of Love.

You choose in every present moment of Now.

ENJOY THE MOMENT IN LOVE

When was the last time you really enjoyed something or someone?

Can you remember that time?

Can you remember all the facts, or is it more of a wonderful feeling that has come over you?

How long did that feeling of enjoyment last when it was happening?

Was it a fleeting second of upliftment in joy, in bliss, in peace, in happiness or did it last a few seconds, perhaps even a minute, or was it even longer?

Were you on your own or were you sharing that moment of joy with one or more people, animals, birds or something else?

When you think back on it now, what feeling predominates? What feeling jumps out at you as the expressions and experience of that joy at that moment?

Was it a feeling of freedom from constraints, from restraints, from the past conditioning of your mind?

Did this feeling of freedom enable you to feel a "high"?

Was this feeling of freedom experiencing this joy, a feeling that allowed you to feel "bigger" than you feel when you look at yourself in the mirror?

Did you feel empowered, did you feel unrestrained, did you feel "higher", did you feel "bigger", did you feel bursting with happiness, did you feel great?

What a feeling!

Feelings are the language of your Soul.

Your Soul is the part of you which is connected to God.

God is Pure Love and Pure Light,

Your Soul is Pure Love and Pure Light.

When you experienced this moment of joy as you enjoyed the moment, so you allowed your mind to be stilled, no Ego was at play then.

In your moment of joy you slipped into a gap between the thoughts of your mind.

In your moment of joy the gap you found between the thoughts in your mind allowed you to access your Soul.

For those precious moments you felt your Soul.

Your Soul is Pure Love and Pure Light.

Your feelings touched your Soul and experienced pure bliss or happiness without any reason to be happy, simply an ever flowing fountain of

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sublime happiness - Pure Love, Pure Light, a feeling of wondrous energy.

This feeling of enjoyment came from being "out of your mind", (in the gap between thoughts) and allowing your feelings to "feel God", the part of God inside of you - your Soul.

Too often in your life you endure the moment (but not enjoy the moment), to eventually achieve a result which you can be proud of achieving. If you achieve it you feel worthy, proud and happy, if you don't then you feel unworthy, a failure and sad. The result alone determines your self-worth.

But what of the moments that made up that particular journey as you strived for the goal of achievement. Were those moments endured in gritting of teeth, tension, struggle, toil, or were they enjoyed fully in happiness with a smile on your face as you effortlessly glided along, without friction of any kind, in reaching your goal.

Did you enjoy every moment or did you endure every moment.

Did you stay in the present moment of Now, doing what was required at that moment or was your mind focused on the results alone?

Did you stay in the moment of Now doing what was required in each moment of Now and did you stay out of the results, allowing the results to take care of themselves?

Did you make every moment count and at the end when you got the results did you then make that moment count?

Or was your mind so preoccupied with the results alone at the end that you tensed up, your increased tense state stopping the free flow of movement that your body, mind, intuition and Soul combined hungered for? Did you stop the natural flow of your rhythm by tensing up, concerned only about the results?

Why burden yourself by carrying a sack on your back in the race of life?

Why not simply enjoy the moment without any thoughts in your mind. Simply block out your thoughts and allow yourself to access the gap in your thoughts, to tap into your Soul, and so feel the bliss of the moment of Now. (See the lessons - Why you have Fear and, Learning to Live in the Now.)

By staying in this moment of Now you allow your Soul, which is Love, to dominate you instead of your Fear based Ego driven mind.

Everything is possible for God.

Everything is possible for you as a part of God.

Everything is possible for you if you stay in the present moment of Now and access your Soul which is Love and Light.

You will be given everything you need (not want) for the growth of your Soul if you consciously stay in the present moment of Now.

Your Soul will deliver to you what you need (not want) if you remain consciously in the present moment of Now.

That's how miracles are made to happen.

If you consciously stay in the present moment of Now you can experience a miracle in the making.
May I Recognize A Conscious Light Evolving -
MIRACLE.

Firstly, you have to stay in the Now.

Secondly, you have to smile and really enjoy the moment.

Thirdly, you have to give and share Love to yourself and to others.

Fourthly, whatever the result that unfolds, you have enjoyed every moment.

Fifthly, by accessing your Soul you have found bliss - happiness without a reason to be happy.

Sixthly, when you are blissfully enjoying the moment, is this not greater than any result you

could have wished for?

Seventhly, by feeling uplifted in every present moment of Now, what other result could produce a better feeling.

O you won the race, the championship, passed the exam or whatever, that end result feeling is simply another moment of joy you may experience but you have had so many moments of joy by simply staying in the present moment of Now and experiencing your Soul, part of God's Love and God's Light, that the results are no longer that important any more.

You have learnt to enjoy the moment, moment by moment, not simply to endure the moments until victory is won or lost.

You have won in every present moment of Now, the moment when the result is announced is only another moment of Now, not THE only moment of importance.

When you learn to enjoy each winning moment of Now then you will learn to:

Trust the process to unfold as it should.

To stay in the Now and

To Be Love which is your true essence.

ENJOY - Enthusiastically Now Joyfully Open Yourself (to know God's Love).

AREN'T YOU GLAD

YOU ARE AN ORANGE?

When you give genuine respect, admiration, praise or Love how do you feel about yourself? Good, better, even greater than that, the best! How do you feel about the other person, people, or things you are respecting, admiring, praising or loving?

When you receive genuine respect, admiration, praise or Love how do you feel about yourself? How do you feel about that person, or those people, praising you?

Now, reverse that position. When you are angry with someone and you vent that anger, frustration, hate and fear of loss of something against that person, how do you feel about yourself? Is it a nice feeling or a horrible feeling, deep inside of you?

How do you feel about the other person, nice or horrible?

At that moment what are you feeling about you and them?

When someone is angry with you, frustrated, vengeful, hateful and filling you with the fear of loss about something, how does that make you feel inside, about them and about yourself.

It is wonderful to feel great about yourself and another, and, is it horrible to feel terrible about yourself and another?

Feelings are the language of your Soul.

Feelings are expressing your Soul's emotions.

So why do you feel great, or horrible, when you affect your Soul's emotions and other people's Souls' emotions with your Love or your fear at any given moment in time?

Because your Soul's feelings and their Souls' feelings are empathetic, compassionate and understanding, the emotions of Love or fear that is happening to both your Souls simultaneously, is felt by you.

When you drop a stone into a pond of water, the stone drops to the bottom the quickest way possible and the water ripples on the surface the quickest way possible. Both are affected by this action.

The stone and the water come from the earth as

their source.

You and the other person's Souls come from the same Source, some of you call God, Light, All Knowing and many other names. Even the Bible has over 70 names describing and naming God.

If your Soul and their Soul come from the same Source then at some level you are all One.

So, back to the Orange!

An orange has a tough skin that once peeled produces a round sweet fruit made up of segments and within those segments are fibers, juice and pips. Not too different from your composition!

Each segment looks similar, but is different. Different veins, some thinner, some fatter, some sweeter, some not as sweet, some with pips, some without. A bit like humans?

When you separate the segments the orange is still an orange, but no longer whole. So it is with people. They come from One Wholeness then become separate. However, each segment, each person, is part of the Whole Source.

You are All part of One. That One is Pure Love.

You are all, and only, Love. If you don't experience Being Love to yourself and to others then you can possibly even measure how far you have moved from being Who You Real Are - Pure Love.

What would you give right now to be Pure Love? To only experience in this moment of now, being in Love, expressing only Love, feeling only Love towards yourself and towards others.

Ever been in Love? What a feeling! Now you know how your Soul is feeling when you are in Love. Your Soul is connecting to its Source - Pure Love.

What steps can you take to return to experiencing being in Love, being Love and giving and receiving Love to yourself and everyone else?

Want the magic formula again? It's all over Guidespeak.com.

Think, say, act and do "What would Love do now?"

It's that simple if you want it.

Aren't you glad you are an Orange?

WHAT HAPPENED TO THAT LOVE INSIDE OF ME?

God is Light and God is Love.

You become enlightened by having the Light, that God is, inside of you from birth.

Imagine that when you were born a Light went on inside of you.

This Light is represented by Love.

When Light shines it is only seen when it is embodied in a vessel of some kind.

The vessel of Love inside of you captures the Light inside of you.

The Light inside of you, God's Light, becomes God's Love inside of you.

When you were born you were Pure Light and Pure Love.

As you interacted with the physical world outside of you, you responded and reacted to every action.

When you were separated from your mother at birth you experienced separation, loss, for the first time.

This separation, this loss, made you aware of fear.

The fear of loss.

You were part of your mother, happy, blissful, warm, knowing her Love.

Then you were separated from her physical body. You were on your own from birth.

Being on your own was a shock.

You felt lost, alone, afraid, cold, and hungry.

You experienced fear - the opposite of Love which you had only known.

At that moment you forgot you were part of God, Love and Light.

At that moment your connection to the part of God inside of you, the Light and the Love that you are, was temporarily broken by your forgetfulness of Who You Really Are.

You then experienced loss, fear, anger and, in time, other negative energies.

When you are exposed to fear of loss it is as if a black cloth covers the Light inside of you.

Every time you experience fear another black cloth covers your Light inside of you.

All you have to do is simply remember Who You Really Are - a part of God, that you are Love and Light, always and all ways.

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Every time you remember, and believe that and act accordingly, the black cloths evaporate from covering the Light inside of you.

If you receive continual negative messages from forces outside of you then your fears intensify. Eventually there are so many black cloths covering the Light inside of you that this Light cannot be seen, or felt as Love, by you any longer.

Feelings are the language of your Soul.

If your feelings of fear are so strong and you cannot ever remember that you are Part of God, that you have God's Light and God's Love inside of you, then the Love that you are goes into a darkened corner and you become fear, until you remember once again Who You Really Are.

Your journey as a Soul in a physical body on earth is to experience many things in physical, material, emotional and spiritual ways.

This experience is part of your Soul contract you, as a Soul, made with other members of your Soul group in Spirit, prior to your visit to earth, this time in the body you currently occupy.

Many and various events, feelings, "things" happen to you in the physical as part of your Soul contract. We know this is difficult for you to

remember but, trust Us, you did call all this upon yourself so you could grow spiritually. As many of you would say, "What a bummer!"

When what you perceive to be "good" and "bad" things happen to you (believe it or not they are all "good" things, but more on this later), you have one choice in every present moment of Now.

That choice is to remember whether to say:

1. Why is this happening to me? Is it because I know I am fearful and I am a victim of my circumstances. Life's a bitch and then you die! There is no point to this life anyway. What the hell, give me a drink, a pill, or something similar. It's all pointless anyway, they will never let me have any peace/success/happiness, etc., anyway. I deserve this because I've been bad, etc. My parents messed me up. My brother/sister was horrible to me. My friend let me down. My boss hates me. My spouse cheated on me. My kids hate me. I hate me!

Or

2. Why is this happening to me? I am part of God. God is Love. I am Love. The part of God inside of me makes me Love. I trust God to give

me everything that I need (not want) when I need it for my Soul's growth. I TRUST (To Release Unto Spirit Totally and then To Rely Upon Spirit Totally) that God will give me what I need when I need it. God's timing is always perfect. I am going to trust the process to unfold as it should, stay in the Now and be Love.

Whatever is happening to me I am going to think, do, act and say "What would Love do now?"

Your choice is:

(i) to remain fearful and remain a victim of your circumstances, unconscious that you chose this occurrence for your Soul's growth, or to choose to:

(ii) Be Love, not Fear. To trust God and God's timing and to be conscious that this occurrence is for your Soul's growth and that you chose it to occur. Embrace this change and know if embraced in Love CHANGE will mean Clearing, Healing And New Gifts Emerging.

Don't leave now you may miss the miracle about to emerge - MIRACLE - May I Recognize A Conscious Light Emerging.

Simply Be Love, Be Beloved, Be in Love.

So, back to the beginning - what happened to

that Love inside of me that I was born with?

You make choices either to come from FEAR (False Evidence Appearing Real) or from LOVE (Let Our Vibrations Evolve).

You decide "What would fear do now?" or "What would Love do now?"

That simple choice determines whether your life on earth is full of fear or full of Love. Fear resulting in unhappiness or Love creating happiness.

Fear or Love? It's your choice in every present moment of Now.

Why choose fear when Love is all there is?

WHY YOU HAVE FEAR

FEAR occurs when your mind creates anxiety that something MIGHT happen in the future. When your mind takes you from the Now into the future you are no longer attached to the reality that is happening Now.

This process of uncertainty of the future, this anxiety of a possible outcome in the future, this extreme concern of unknown proportions and ramifications on your life in the future is your Ego controlled mind enjoying the love of Power over you.

Your EGO (Edging God Out) is a fragile, vulnerable, insecure beast living inside your mind and pulling your emotional strings like a Puppet Master of note.

Your Ego, especially if you have a large one, is like a shiny glass globe. It dominates your mind by feeding it thoughts about your identity created by your past and the promise of your future, whether it is a promise of hope or despair. Your Ego controls your mind, swinging between

the past memory and the anticipation of the future.

For as long as your thoughts are kept in the past, or in the future, your Ego can keep you away from the Now - the only real time there is, is Now. All other time is unreal. The past is not happening Now and the future is not happening Now.

Now is all there is and all there ever will be. Nothing ever happened exactly in the past that is happening right Now and nothing will ever happen exactly in the future that is happening right Now.

Your life is only Now. You may never experience the next moment in the physical if your physical life in your body stops Now. Does the past matter at all if that should happen? Only your current heartbeat is important.

Your life is only Now!

If you truly knew, believed and consciously experienced that the only moment is the present moment of Now, then you would know that God only exists in the Now.

If the only real time is Now, where else could God be in time but in the present moment of Now. Well, if God, who is Love, is only in the present

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moment of Now, then Love is only available in the present moment of Now. Your connection to Love is via your Soul, which is a part of God, and encompasses Love and Light.

So the only way to connect to your Soul is in the Now.

If, and when, you connect to your Soul, you will know bliss of Pure Love for that moment.

This feeling of the bliss of Pure Love is the most wonderful of all feelings as feelings are the language of your Soul.

When you are in the Now you have the key to freedom. Freedom brings enjoyment. When you are truly enjoying yourself - in the joy of yourself - when you experience Love, you do not need your Ego because you then know God's Love. EGO (Edging God Out) is based on fear and wants to control your mind to feel its importance in your life. When you know Love, God's Love inside of you in the present moment of Now, what do you need your fear based Ego for at all.

That is why there are only two emotions - Love (in the Now) and Fear (in the past or the future).

The Ego is very fragile and very threatened and being like a large glass globe knows how easily it can be damaged, broken and shattered into tiny

pieces of nothingness. No wonder Ego is fear based. It sees its total annihilation every time you choose Love in every present moment of Now.

Conversely, Love is eternal, it is always present in every present moment of Now. Love can never be annihilated, it is eternal as God is eternal because God is Love. Love's opposite, fear, is temporary, it can only exist in the anxiety space created when your Ego manipulates your mind to visit the past or the future.

This anxiety space is not real, it is illusionary, and is kept alive by the feeling of fear based uncertainty by the Ego.

Fear knows that if you stay in the Now you can cope with your life's issues because you are connecting to the Power of Love and everything is possible. When you experience the Power of Love, fear, Love's opposite, evaporates into nothingness, it's the death of fear.

For fear to remain alive it knows it has to take your mind back into your past and into the uncertainty and anxiety of the future and keep you there.

FEAR controls you through the love of Power.
LOVE evolves you through the Power of Love.

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The only real power you need is the Power to Change Your Mind.

POWER – Present Only When Ego is Removed.

You no longer have to live in fear by living in the anxiety space of the future.

You can stay in the present moment of Now and experience God's Love inside of you.

You can do this by learning to TRUST.

To Release Unto Spirit Totally, and then

To Rely Upon Spirit Totally.

By learning to "Let Go and Let God" you develop this TRUST.

Thereafter, by learning to Trust God's Timing, which is always perfectly timed to give you what you need (not want) for the growth of your Soul towards the Light/God, you will increase your ability to TRUST.

So there you have it. Fear no longer has to hold you in a vice-like grip. Fear no longer scares you. By living in the Now you have dispensed with Fear and know only Love.

HOW TO TURN HATE FOR SOMEONE INTO LOVE

Some people with Souls of pure Love behave in such a way that they believe being called human beings. Sometimes they behave in a way that would disgust animals! Or so it seems from what We hear people say about their ex-friends, ex-Lovers, ex-spouses, about people who have offended, attacked and abused them, such as criminals, gangsters and the like.

What some people do to other people causes fear, anger, hatred and malice to build up inside of those people. Sometimes that negative energy turns inwards and temporarily, or permanently, creates ill health in the affected person's physical body and, even, in their mental stability.

This fear, anger, hatred and malice dominates the affected party so much that their life gets so turned around, it poisons them substantially. The Love and Light that is inherent in the affected party gets submerged with layer after layer of

black cloths as described in lesson 2. The part of God inside of them, its Light, the Love, inherent inside of them is completely covered over and only their fear, anger, hatred and malice are evident.

The attacker may be well gone, maybe even unaware of the person that has been so severely affected by their actions.

There is a story relevant here about two religious men who took vows never to touch a woman in their lives. One day at the banks of a swiftly flowing river a woman was nervously pacing up and down, very concerned about crossing the river and being swept downstream. The two religious men approached the woman and one said, "May I carry you across the river on my back?" To which she agreed. They all successfully crossed the river and having gently placed the woman on her feet on the ground the men walked on.

The other religious man went on and on, hour after hour, about how the gallant man broke his vows and touched a woman. After a few hours of this the patient, gallant, religious man said, "How many miles back did I put that woman down?" To which the other man said, "About 10 miles back." To which the first man said, "You have not put her down yet!"

So it is with fear, anger, hatred and malice. It's time to put the other person down in your mind. They may have hurt you physically but you are torturing yourself mentally and damaging yourself via ill health, through emotional blockages which may manifest in severe bodily ailments later on in your life.

Are they worthy of continually damaging you so much for so long? They are occupying your mind and not paying rent there!

How to let go of this fear, anger, hatred and malice. There are two ways, one is spiritual and the other one psychological. A combination of both may be required.

Psychologically you can't forgive someone until you have understood why they did what they did to you.

By understanding how this soul of pure Love could themselves become so full of fear, anger, hatred and malice that they attacked and abused you is a first step towards your healing process of yourself.

It is likely that this person was severely negatively affected as a child. Deprived of necessary Love from one or both parents, bullied by a sibling, parent or another person, neglected

by people responsible for nurturing this child. This child was never told, or certainly never reminded, that they are a part of God, that they have Love and Light inside of them. That they are Love.

This type of person behaved as if they had a hammer permanently clenched in their fist and every problem was a nail to be beaten into submission. They argued, ranted, raved, gave adversaries the full treatment, even the silent treatment. Everyone was against them, no one Loved them, everyone was the enemy.

Love was totally absent although that's only what they really wanted. They only wanted Love and acceptance, however their low self-esteem and low self-worth reinforced that they were not worthy of Love and acceptance so they took the aggressive approach "to gain respect" instead of the Love and acceptance they really craved for. Their craving became the love of Power while they really needed the Power of Love.

Now you are going to be challenged with the greatest power that you have and whether you will use it or not.

This greatest power that you have is the power to change your mind about hating this person.

Remember - Power means Present Only when Ego is Removed.

Now that you may have an understanding of the negativity foisted upon this person, probably as a child, you can start to understand why they behaved in the way they did towards you.

However, you must also draw clear boundaries of what is, and is not, considered by you to be acceptable behavior by this person.

Thereafter hopefully from this understanding of their past conditioning can come forgiveness from you. You can forgive them in your new found understanding of their behavior. You can certainly forgive yourself for inflicting so much poison into yourself through this fear, hatred, anger and malice towards the other person.

Perhaps from this understanding and forgiveness you can stop the anger and hatred you have for them. You may even find something to admire and like about the person if you really get to know them better and providing they respect your boundaries of acceptable behavior.

Maybe as you remember that you are a part of God, that God is Love and that you are Love you can become more loving in your approach to life and to people in your life.

Maybe a miracle can occur and you can extend

that Love to everyone including the person who initially attacked you.

If you can find that Love inside of you to extend Love to your attacker then you will be completely healed from this incident.

If you can't find that Love available to your attacker and you want the fear, anger, hatred and malice to continue, please decide now what part of your physical body that you want this hatred to infect first. Do you want your heart, liver, lungs, blood stream, back, spine, eyes, ears, speech, to be adversely affected? Whatever part you unconsciously choose will be where the real unresolved hatred spreads illness to first.

It's your choice for a healthier life - Fear or Love.

So much for the psychological approach now for the spiritual approach - prepare for a rough landing!

You chose your attacker!

Quick duck - here come another pot hurled at Us!
What, are you crazy! I chose to be attacked - are You off your head?!

As a Soul in spirit your job is to come back to earth in a physical body of your choosing, to parents and family and friends of your choosing, in a location of your choosing, so that you can attend to karmic rebalancing of your Soul for its

growth, for your Soul Group's sake and for God's sake - so God can experience everything to be God.

In this Soul contract you chose, you required to experience, inter alia, being attacked so you could experience the feeling of being attacked and, most importantly, the karmic rebalancing your Soul, Soul Group and God required, to change the hatred you felt for your attacker to one of extending Love to your attacker through a process of healing and karmic rebalancing.

Once that had been achieved that part of your Soul contract was concluded and you could then grow faster towards the Light, God, which is the ultimate objective of Soul's growth.

Your attacker, a member of your Soul group, very bravely volunteered to be the "bad" guy. For their actions they had to handle being abused by society as a murderer, rapist, general low life, etc. This certainly took courage to agree to a life of being rejected by society, abused by society and probably being put in prison for a long time. What bravery, what courage, what Soul mate unconditional Love. What a friend! What Love did they agree to show you to agree to be your "whipping boy/girl!"

If you understand this "Bigger Picture" you can start to understand why We continually say do not judge anything until you can see the "Bigger Picture" that We can see. Do not judge full stop. There is no "good" or "bad". Everything is "good", it's simply a matter of timing until you experience that - either in the physical or in the spiritual.

Everything that happens occurs for your Soul's growth. God will only give you everything you need (not want) for the growth of your Soul. TRUST (To Release Unto Spirit Totally and then To Rely Upon Spirit Totally) the process, trust God's timing which is always perfect, stay in the Now and Be Love all ways and always.

Think, act, do and say "What Would Love do Now?" in every present moment of Now.

Having understood, from a psychological perspective, the need to understand so you can forgive your attacker and, hopefully, give them Love; from a spiritual viewpoint your attacker, your courageous, loving Soul Mate requires only Love in exchange for the Love they contractually agreed to show you and take society's consequential blame.

So We trust We have illustrated to you how to turn hate for someone into Love.

THE BOOK OF THE RELIGION OF LOVE

It's your choice - Fear or Love.

Choose Love for the Love of yourself, your Soul,
your Soul Group and for the sake of God's Love
inside of you - always and all ways.

WHO ARE YOU?

YOU ARE LOVE!

To recap you have Ego and Soul.

Ego is fear based.

Soul is Love based.

There are only two emotions - Fear or Love.

Fear is created by anxiety which is caused by anticipating some future event which has yet to occur. This event may also have its roots in the past which evokes anxious memory retention of projecting the past event into the future.

Fear means False Evidence Appearing Real.

Love is ever present. Love comes from God who is Love. You are a part of God. You are also therefore Love at your core. God only exists in the present moment of Now because that's all there ever is, in each moment of Now, followed by another moment of Now, and so on. Only the Now is real, the past and the future cannot exist in the Now, therefore they are illusionary Now, they are unreal in the Now.

To prove this point take a breath Now. Now take a breath yesterday. Now take a breath tomorrow. The only breath you can take is in this present moment of Now. That's the only real time that exists - Now! So if God only exists in the Now then Love can only exist in the Now.

To live in the Now is to know the Love of your Soul, which is part of God, who is Love. To be in the Now is to be part of God, to come from your Source, from Being, from Light, from Love.

So when you live in the Now, you are Love, God-like, knowing Bliss, Peace, Abundance and so much more of pure goodness.

To live in the Now is to accept the present moment of Now as it is, surrendering to it in acceptance of what is Now.

Now is not only what is happening Now. In this moment of Now there is a deep space. In this deep space, not only what is evident is happening. For example, there may be a knock at the door. Fear could fill you with anxiety of whether it's an enemy, the rent collector, the Court appointed official to repossess your furniture, or the hope of it being the lottery's agent with your winnings, the attractive neighbor from the down the road or your child back safe

from a journey.

Love would say there is a knock on the door this moment. Accept it, surrender to it with Love in your heart. Next moment look through the peephole to establish who it is. Next moment deal with the person when opening the door. Next moment accept what it is, surrender to it, embrace it in Love, knowing God will give you what you need when you need it (not want it). If it is "bad" news look for the opportunity for your Soul to grow towards the Light, towards God. If it is "good" news look for the opportunity for your Soul to grow towards the Light, towards God. In both instances answer the knock with "What Would Love Do Now?"

TRUST - To Release Unto Spirit Totally and then To Rely Upon Spirit Totally.

Trust God's timing it is always perfect for you.

Trust the process God has intended for your Soul's growth to unfold as it should.

Stay in the Now.

Be Love.

In this moment of a knock on the door in this deep space so many other things are happening not evident to you.

The earth is revolving around the sun.

The tide is either coming in or out.

Your body is processing millions of things keeping

it alive and working perfectly.

Flowers are growing towards the sun.

God is aligning everything you need for your Soul's growth.

O and don't forget there is also a knock on the door.

In this deep space the intelligence inherent in the Universe is at work and it is at work in you as well.

You are not simply the response to the knock at the door.

You are not your reactions, your responses, your actions, your thoughts, your emotions, your experience, your expectations, your perceptions, even your heartbeat.

You are the totality of the deep space of this moment of Now.

You are Part of God.

God is Love.

God is Everything, All that Is.

You are part of Everything, All that Is.

God is Eternal.

You are Eternal.

What could possibly happen to God now?

What could possibly happen to You now?

It can happen to your physical body, to your life's situation in the physical, but it can't happen to You, You are eternal, undamageable, all knowing.

You are Part of God.

You are invincible because God is invincible.

THE BOOK OF THE RELIGION OF LOVE

You are your Soul not your body.

So what does it matter who is at the door knocking?

Accept it, surrender to it and know whatever happens it can only be for the growth of your Soul.

Accept it with an attitude of gratitude.

Learn to accept, to live in the Wisdom of Uncertainty and the Wisdom of Insecurity, there are unlimited opportunities for growth in uncertainty and insecurity providing you -

Trust this process to unfold as it should.

Stay in the Now.

Be Love in every thought, word, action and belief.

Now you know Who You Are, what is there to fear in uncertainty, and in insecurity?

Why have Fear based anxiety?

You are Invincible,

You are Eternal,

You are Part of God.

God is Love.

That's Who You Are - You are Love!

TRUST GOD NOW

God is Love. Your Soul is Part of God. At Soul level you are Part of God. Your essence is also Love.

The purpose of this book is to teach you how to live in the Now and, by so doing, you will experience how to TRUST God, how to Be LOVE and attract only LOVE in your life.

You will develop faith that God will give you what you need (not want), when you need it, for the higher growth of your Soul.

God's timing for you is always perfect.

You will learn to open yourself up to accept God's gifts in every Omnipresent moment of Now.

You will learn to Trust God Now!

Some Ground Rules first

We advise you to go back to the Book of Evolving

Relationships:

- Lessons 46, 47 and 48 for a better understanding of the basis of Trust God Now.
- Lesson 46 - The Three Commitments to yourself - No.1 Trust the Process.
- Lesson 47 - The Three Commitments to yourself - No.2 - Stay in the Now.
- Lesson 48 - The Three Commitments to yourself - No.3 - Be Love.

We are going to assume that you have done the required reading of lessons 46, 47 and 48 of the Book of Evolving Relationships and We are going to teach you how to live in the Now without explaining the background of the Now which was covered in lesson 47.

LEARNING TO LIVE IN THE NOW

In previous lessons We have explained why you should learn to live in the Now. We shall now show you how to use eleven various techniques to learn to train yourself to access the Now and stay in the Now.

The Now is the gap between your thoughts. The Now can only be accessed when your mind in essence becomes no-mind. You cannot think with your mind that I must get into the gap between my thoughts - my no-mind. Your thoughts created by your mind prevent that from happening. You seek the gap between your thoughts, without conscious thought you will learn to simply let it happen automatically and naturally.

1. Observe Your Mind at Work Monitor Your Thoughts

To begin with you must be conscious of your mind working. In the past you have allowed your mind to have full rein, to do whatever it wanted with your thoughts. If you seek to find the gap between your thoughts, you first have to monitor your thoughts. Be conscious of where your mind is taking your thoughts. Your mind will want to avoid the present moment of Now so it will take your thoughts into the past and into the future of hope, or despair.

Your first step is to sit quietly and monitor your thoughts. That one took me back to last week, now this one is reminding me to do the washing up, this one is saying feed the dog, this one reminds me it's my mother's birthday on the 23rd, this one says what are you doing sitting still, there is so much to do upstairs, this one,

and so on, and so on.

Let Your Thoughts Go

Do not hold onto any thoughts whatsoever. Simply let them come into your mind and let them go. Being conscious of your thoughts is already a big step because you must be in the Now to consciously monitor your thoughts. Eventually, and this could take a day, a week, a month or a year or any time in between, your thoughts will tire of not being reacted or responded to. Eventually they will simply give up the futile exercise of trying to get you to respond or react.

When they do, your "no-mind" can open up to allow you to access the Now completely and experience the Bliss of your Soul, which is Pure Love, being a Part of God.

2. Sense Yourself Watching Your Mind Become Consciously Aware

Whilst you are observing your mind you are developing a new skill - sensing your mind, your thoughts, your responses, your reactions, your emotions, your feelings, who you are allowing to "pull your strings".

Don't act on anything here, don't judge anything here, don't do anything but sense yourself watching your mind from another place than in your mind.

You have become your own Energy Source by observing your mind.

When you become your mind, when you identify with it, you become the reactor or the responder. Your mind controls your thoughts, and, through past conditioning, your behavior repeats itself as in the past using all your energy wastefully.

Now Energy

By becoming the Observer of your mind you stay in the Now and by accessing the limitless Power in the Now you can use all this energy for your benefit now instead of using all your energy to replicate your past behavior.

When all your energy is in the Now it isn't being depleted by anxiously worrying about something, whether in the past or in the future, or being depleted by living in a dream world of hope in the future.

You will feel energized in the Now as if you are connected to Someone Else's Energy Source. You are - in the Now!

3. Breathing in the Now Conscious Breathing

Please take a breath now. Please take a breath half an hour ago. Please take a breath in one hour's time.

The only breath you can have is Now. Inhale in one present moment of Now, exhale in the next present moment of Now.

Breathe in, breathe out, in, out, in, out, stay consciously aware of your breathing and you stay in the Now.

Conscious Heartbeat

Put your hand over your heart or on a pulse in your body. Be consciously aware of each beat of your heart or pulse. Stay focused on each heartbeat or pulse movement. Stay conscious of being in the Now.

Train yourself every day to consciously feel and sense this heartbeat or pulse rate. Do not count it because that will involve your mind. Simply stay consciously in the Now and sense and feel each beat as it occurs. By doing this you are training your "no-mind" to be present instead of allowing your mind to hijack your present moment awareness with "urgent and important"

thoughts as in the past.

4. Experience the Deep Space of Now Awareness of Deep Space

The Now is simply not what is happening now in your life. In this moment of Now so many trillions of things are occurring that each moment of Now is very deep indeed. The Intelligence in the universe is causing the earth to move around the sun, the wind to blow, tides to come in or out, grass to grow, animals to eat, fish to swim and birds to head south for the winter, amongst other things. By the way, your body is automatically processing its work for the trillions of cells to operate efficiently so you can breathe and live right now.

V Breathing

For you to learn to access and stay in the Now, in every single moment of Now, you can sense your breathing out down the side of a V and breathing in up on the incline of the V.

Every breath out down the decline of the V and in up the incline of the V. This training exercise will focus you to stay in the deep space of the Now.

RECAP

So, to recap - observe your mind at work by being conscious of your thoughts; sense yourself watching your mind by becoming the observer of your mind, from another vantage point; be conscious of each breath, heartbeat or pulse beat; be aware of breathing out down the decline of the V and breathing in up the incline of the V to be conscious of the deep space in every moment of Now.

Now, We move onto your physical body senses and sensations to make you consciously aware of staying in the Now.

5. Awareness of Your Body's Senses Intently Aware

If you have all your faculties then you can see, hear, touch, smell, taste. When you see something, really look, don't simply look and move on, really look. Look at it intently, see the perfection of it, see the imperfections of scratches, bumps, discoloration or whatever. When you look intently you remain in the Now.

When you hear something, really hear it. Listen beyond simply hearing, hear the sounds within the sound. Listen to the bubbles within the water, not only the water as it gurgles. When you listen intently you remain in the Now. When you

touch something really feel it. Feel its smoothness, feel its bumps, feel its ridges, feel its texture. When you really feel it intently you remain in the Now.

When you smell something, really smell it. Smell not only the main overpowering smell or fragrance, but smell the subtle, less powerful smells or fragrances. When you smell it intently you stay in the Now.

When you taste something, really taste it. Let its substance roll around on the taste buds of your tongue and mouth. The overpowering taste also has more subtle tastes which can be found by exploring intently. When you taste intently you stay in the Now.

Acknowledging the Rhythm of Everything's Heartbeat

By acknowledging your senses fully you are allowing each thing to have its place and the space around it to be acknowledged, recognized and respected.

By doing this you are becoming aware of the rhythm of everything's heartbeat as if this moment is standing still in time.

The awareness of your body's senses is allowing you to be more deeply in the Now.

Enabling Intuition

By fully utilizing your senses you block out your thoughts, and you enable the intuition inside of you to be allowed out in this present moment of Now.

6. Awareness of Your Actions and Those Affecting You

Experiencing During the Moment

Present moment awareness training or consciousness is further experienced by being in the present moment during each of your actions and those actions affecting you.

Let Us start with waking up. When you awaken you can feel the bed you are lying on and the bedclothes on you. When you brush your teeth can you hear and feel the water gurgling, the toothbrush against your teeth brushing up, down and around? Can you sense the water as you gargle and spit it down the drain? Can you feel the water on you in the bath or shower, the soap cleansing you, the towel drying you? Once dressed can you feel your clothes on you, your breakfast being eaten and even the raindrops on your windscreen as you drive your car?

Focus Your Energy

In this present moment awareness your energy is now focused on what you are doing without thinking via your mind controlled Ego This allows your intuition to access your Soul and gives you maximum performance.

This way you unleash your energy through your intuition. It's like accessing a laser beam of Intelligence from the universe through your intuition.

In the past the anxiety caused from living in the past or in the future tensed you up with stress.

Your energy in the past was dissipated, defused, deflated, weakly splattered around the room as it contended with your mind's anxiety thoughts of the past and the future in possible hope or despair.

7. Awareness of the Real You Inside of You Inner Body Sensing

We would like you to draw a picture of an outline of your full length body. Your artistic skills may not be any good but that's no problem. Simply draw a head, body, arms, hands, legs, feet as an outline of your body. Once this is complete please use another color and inside the outline of your body please trace another outline of your

entire head and body, but on the inside of your body's outline.

Sense Your Soul's Energy Field

Now We want you to close your eyes and sense, or feel, this line inside of your actual skin inside your body.

This is your inner body you are sensing, the Real You, inside of your body. This is your Soul, if you like, as distinct from your physical body. See this inner body as an energy field inside your body.

Now merge this inner energy field with your actual body. The distinction between your outer physical body and your inner spiritual body blurs as you become One in the physical and spiritual. By becoming One with your Spiritual Self, your Soul, you have become the Part of God you always have been and are.

In this present moment of Now you have become Love, Bliss, Peace and Harmony.

Feel the Stillness

The more you do this exercise the more you will feel the stillness inside of you. In time you will be able to do this during your day-to-day activities.

When you now have to act in present moment consciousness you do not go back to your mind and its thoughts based on what you did in the past in similar circumstances. You are not operating from your mind and its thoughts based on fear. You are operating from present moment awareness in the Now. Your intuition will take over using the universal Intelligence that You are part of. This is where you TRUST Spirit to give you what you need (not want) for the growth of your Soul.

You will find that this brings a stillness, peace, bliss, Love to you, and life starts to get more effortless, frictionless and you will attract more and more circumstances into your life where things go much more smoothly.

By staying aware of the Real You inside of you, you will automatically look at things with an attitude of "What Would Love Do Now?"

Your mind and its thoughts of emotions, fears and aspirations will diminish as you stay centered in the Now, in Love, peace and bliss by being continually conscious of the Real You inside of you.

Acceptance of What is Now
Acceptance is the Key

THE BOOK OF THE RELIGION OF LOVE

In training yourself to stay in the Now, acceptance of the present moment of now is a very important key.

Whatever is happening Now is **WHAT IS NOW**.
What You Resist Persists

There is no point in wishing it is not happening - it is happening - accept it.

If you resist what is happening now then your ego, which controls your mind, is saying this is unacceptable, I won't accept it, I want something else, something better.

Obviously this means take this away and in the future bring me something better - or else!

This resistance simply keeps the focus and attention on what is unacceptable. What you resist simply persists. After all, your attention is on what is unacceptable so your ego is simply thriving on all this attention. It's like watering a weed - it simply grows.

Spilt Milk

If you spill a glass of milk on the ground all the screaming and shouting at your stupidity or at the milk for damaging your carpet is not going to

dry up one drop of milk.

You accept it, mop it up, pour yourself another glass of milk and move on in the Now.

Any resistance your ego controlled mind sets up to not accepting what is now can be broken down in a number of ways.

Be Porous

One way is to learn to let everything that is upsetting you simply go through you without any resistance. See yourself as you really are, porous. Your atomic structure has more space in it than anything else. You are mainly space. So allow any insult, rejection, "bad news" simply to go through you without any resistance to what is Now.

It's For Your Soul's Growth

Whatever is happening to you now is happening for the higher growth of your Soul. Once you TRUST (To Release Until Spirit Totally and then To Rely Upon Spirit Totally) and you believe that God's timing for you is always perfect, then you look to accept "what is" with an Attitude of Gratitude.

You look for the growth spurt being offered to you, sometimes quite perversely offered to you,

and you roll up your sleeves to get to work on resolving it so your Soul can grow toward the Light/God.

Welcome Insecurity and Uncertainty

Learn to accept what is Now. Learn to welcome living in the Wisdom of Insecurity and the Wisdom of Uncertainty. There are unlimited opportunities for growth in uncertainty and insecurity providing you:

Trust the process to unfold as it should.
Stay in the Now.

Be Love in every thought, word, action and belief.

Learn to trust that God will give you what you need, when you need it. Therefore whatever you receive now is God's gift to you to experience the growth of your Soul towards enlightenment. Welcome insecurity and uncertainty and await God's gift for you in TRUST. (To Rely Upon Spirit Totally)

Expect a MIRACLE (May I Recognize A Conscious Light Evolving).

9. Surrender is Acceptance of What is Now
This Is as It Should Be

Accept, without any conditions whatsoever that what is happening Now is as it should be. To surrender is to accept God's will for you Now. The present moment is as it should be.

To surrender is knowing that vulnerability is your greatest strength. God is giving you a gift for the growth of your Soul right Now. By accepting what is Now you are allowing and enabling God/Spirit to give you what you need (not want) exactly when you need it for the highest growth opportunity for your Soul to grow Now.

Do What is in Front of You

In this state of surrender you see clearly what is required to be done now, and in every successive moment of now, focusing on one thing at a time. You do what is in front of you to do. You Trust the Process to unfold as it should, you stay in the Now and you be Love step by step through the process.

Your Soul's Steps

When you surrender you do not see yourself as a body having to go through this process, you elevate yourself into Being a Part of God, and you see your Real Self, your Soul, accomplishing these step by step tasks. In this way, by Staying

in the Now your spiritual growth is more effortless and Love oils the wheels of the process.

10. The Omnipresent Moment of Now

Man alone has the capacity to comprehend the threefold nature of time - past, present and future.

Man can think about the past and speculate about the future.

Man can also live in the Now, experiencing the present moment of Now.

There is no point worrying about what is already past. It cannot be changed in any way.

The uncertainty about the future makes it futile to worry about as well.

Your attention should only be focused on what is happening now, in this present moment of Now.

A great opportunity exists now for you to feel God's presence in this present moment of Now.

This present moment is your opportunity to feel God's presence in your life right now. You can experience the Omnipresent moment of Now.

"Be still and know that I am God." (Repeat this silently to yourself.)

In this Omnipresent moment of Now you become your Soul, the Part of God inside of you.

When you become the Part of God inside of you, your Soul taps into the Intelligence of the Universe and through your Intuition you achieve the Maximum Performance of this moment of Now. You become energized from the Source of all Energy.

By trusting that God will give you what you need when you need it you trust that God's timing is always perfect.

Therefore anything that happens is a gift from God, whether pleasant or unpleasant for you.

Expect a miracle to emerge - eventually.

By developing such faith and Love of God you can truly grow spiritually.

From now on be conscious of the Omnipresent moment of Now.

Trust the Process to unfold as it should, stay in the Omnipresent moment of Now and be Love because you are a Part of God and God is Love. Be Godlike!

Then you will truly know Inner Peace in every present moment of Now.

11. Staying in the Now

Having found out how to achieve a State of Now it is important to know how to Stay in the Now.

This lesson has been given before in GuideSpeak.com in "The Book of Inner Peace" - Maintaining a Mind at Peace.

We reproduce this lesson here to conclude these eleven various techniques of how to learn to train yourself to access the Now and to Stay in the Now.

MAINTAINING A MIND AT PEACE

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

Recognize Your Teachers

Assuming you have attained inner peace you can be assured the Light you have evolved to become will create an even bigger shadow for you to deal with. You don't get the "enemies" you deserve. You get the "enemies" you are expected

to handle as your Light grows and they come out of even greater darkness. This increasing darkness is unearthed as your ever-increasing Light pierces the depth of darkness. These "enemies" become your teachers as you learn to grow and evolve when you deal with the issues they mirror back to you on your journey towards further enlightenment.

React, Respond or Let Go

By coming from a mind at peace enables you to make a consciously aware decision of whether or not you want to react from Ego, respond with Love or simply take no action whatsoever, and simply let whatever comes your way go past you on its way.

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

Responding to What Happens to You

If I simply do nothing, if I simply surrender to it,

accept it, bend with the wind and allow it to pass, no matter the damage I may suffer in the meantime, then you learn that it is not what happens to you that is important - it's how you respond to what happens to you. If you have a "why" you can handle any "what". If you have a reason, you can put up with any circumstance.

What "what" can damage your "why"?

What do You Get in Exchange?

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

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

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

So how do you respond with Love to integrate what is happening to you? By giving understanding, compassion, empathy and Love.

As always, it is thinking, saying, doing and acting with "What Would Love Do Now?"

Moreover, how do you respond by surrendering, accepting, and bending with the wind no matter what you are subjected to - you consciously state:

"Is this worth losing my inner peace for?"

Surrendering to Access Your Soul

By surrendering and accepting what is now, you become present in the Now. You become enlightened. Here you become the Part of God You Really Are. What can physically harm God? What can physically harm you when you are the Part of God that is Who You Really Are? Certainly, they, or it, can physically damage your body, but you are not your body, it is an illusion. You are a Soul, a Part of God, indestructible, UN-damageable, Pure Love.

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

In this state of surrender, your focus is very clear

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

MIND MAP - May I Never Doubt/Mind At Peace

HAVE YOU LEARNT HOW TO TRUST GOD NOW?

If you can develop such faith by acceptance and by surrendering to God's will for you right now then you can truly "Let Go and Let God" but always remember that it's your job to "row away from the rocks!" (You always have free will.)

If you live such a life of faith then you will understand what it means at all times to say "My cup runneth over".

If you can experience God in the Now, if you can experience that God is Love then you will know that Love is God.

Then when you choose to think, act, say and do "What Will Love Do Now?" you are thinking, acting, saying and doing "What Would God Do Now?" then you are Godlike.

If you are Godlike then you are Love and you will

only attract Love into your life - in every conscious moment of Now.

We ask you to Trust Love Now and to Trust God Now for God is Love.

What more can you ask for than to Be Love, Be Loved and Beloved by all who recognize that you are Love.

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

Learn to always and all ways Trust God Now.

God will always give you what you need when you need it.

God's gift for you is in every Omnipresent moment right Now.

Expect a miracle - it's in the making right Now!

Trust God Now!

22 STEPS TO FIND YOUR INNER SECURITY

What is your Inner Security? For most people on the earth plane their security comes from a number of sources, e.g. from their job, their source of income, the stability and assuredness of that income; their marriage or other meaningful relationship; their health; their physical safety; the Love or friendship they receive from partners, children, family, friends; their happiness at work, at home or in their social lives; their material possessions such as their homes, car, furniture, etc.

These sources of security mainly come from people and things outside of themselves - external reference points. Their level of security of themselves hinges on external factors such as having a job, having someone to Love them, being accepted socially, living in a nice house and driving a nice car, as examples of outside reference points.

In essence they allow the judgments of others to determine how secure they feel about themselves.

When you rely on the fickleness of other people's opinions you cannot obtain lasting security in the shifting sands of public opinion.

Regrettably, petty jealousies, greed, people's insecurities and fears, as well as their desire to bring other people down to their level of "scarcity mentality", generally point to a possible imbalance of security one feels when you are subject to other people's insecurities being foisted onto you.

The only security worth having is well founded Inner Security. The Inner Security you are currently experiencing right now is your only real reference point of how you feel about yourself - when no one is watching you!

Your Inner Security, your inner compass determining What You Are, is that which you should hold dearly.

Your Inner Security should be based on What You Are, not what you do. You are Part of God, God is Love and you are Love.

You are not your physical body, that is an illusion. You are a Soul!

That Soul is Part of God. That Soul is Pure Love. The Inner Security that you feel inside you will be substantially enhanced if your reference point is not your external reference points but your knowledge and acceptance that you are a Part of God.

The steps you need to take to develop this Inner Security are:

- Step 1 - Acknowledge that you are Part of God.
- Step 2 - Accept that the only place you will find that Part of God that you are is in the Now.
- Step 3 - When you are in the Now you accept the fact that God will give you what you need (not want) in every present moment of Now - for the highest growth opportunity for your Soul to grow towards God.
- Step 4 - Accept that God's timing for you is always perfect.
- Step 5 - Accept that what God is presenting

to you right now is a Gift (that's why it is called a Gift because it is in the Present moment of Now!)

- Step 6 - Do not judge this Gift from God as good, bad, or indifferent. Ultimately everything happens for the best - it may take a long time to see that - but then if you could see the Bigger Picture that We can see you would understand that better.
- Step 7 - Accept that this Gift from God requires you to search for the opportunity it presents for the highest growth of your Soul in this moment of Now.
- Step 8 - Welcome the insecurity and uncertainty that opens up for you because that's where the opportunities for growth will be found.
- Step 9 - People usually cry out "Help me God!" when confronted with Gifts from God - opportunities to grow - which, initially appear difficult or traumatic to experience.
- Step 10 - A better approach would be "Thank you God for the challenge being presented to me right now so I can discover the opportunity for the growth of my Soul."

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- Step 11 - By accepting and surrendering to God's will for you now, you learn to Trust God Now to give you what you need when you need it.
- Step 12 - By adopting an Attitude of Gratitude you accept that what is being presented to you as a challenge is, in essence, an opportunity to grow spiritually. You are grateful for this challenge, this opportunity to grow.
- Step 13 - Regrettably, when people do not accept this Gift from God to grow spiritually they are renegeing on their Soul Contract. This Gift re-appears time and again, in different guises, until it is finally grasped, unwrapped, dealt with, and growth eventually occurs. God has infinite patience - eternity is forever!
- Step 14 - In dealing with the issue at hand that the Gift from God brings to you, you need to bring a focus into play in dealing with what is in front of you now to deal with.
- Step 15 - Imagine yourself as the tip of an arrow. You take your energy, without any

distractions or dilution of that energy and you focus it, like the tip of an arrow flying through the air.

- Step 16 - By focusing your energy in the Now you allow your Intuition to open up enabling your connection to your Guides, your Angels, your Higher Self, your Soul as a Part of God, as well as God, to guide you in solving this issue.
- Step 17 - By stating "Thank you God for helping me in this present moment of Now" you allow Universal Wisdom to assist you.
- Step 18 - Now you learn to "Be still and know that I am God" as you repeat this to yourself.
- Step 19 - God's Gift for you contains a MIRACLE (May I Recognize A Conscious Light Evolving). This miracle is not the proverbial pot of gold at the end of the rainbow. This miracle is recognizing that the Conscious Light evolving is the Part of God inside of you, your Soul, making its Presence felt. Feelings are the language of the Soul. The Soul is Pure Love. This miracle you will experience is feeling your Soul, feeling Pure Love, feeling the Part of God

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inside of you, feeling God's presence in your life. What greater miracle can there be?

- Step 20 - Now, in God's timing the answers will come to you to resolve this issue? The parts of the answer will unfold over time as you learn to adjust to trusting the process to unfold as it should. Once you have learnt to TRUST (To Release Unto Spirit Totally) and (To Rely Upon Spirit Totally) then the opportunity resulting from the issue or challenge will be developed and your spiritual growth will follow.
- Step 21 - By learning to Trust God Now you learn to Trust the Process to unfold as it should, to Stay in the Now and to Be Love.
- Step 22 - This is best done by thinking, saying and doing "What Would Love Do Now?" and acting accordingly.

Expect a miracle, it is in the making right now, as you accept God's Gifts for you as they unfold in every present moment of Now.

To find your Inner Security you need to become the Part of God you really are then you will know Love, bliss, effortlessnes and a life of

abundance with no need for outside reference points for your Inner Security.

"Thank you God for the opportunity being presented to me right now."

"Thank you God for holding me in the Palm of Your Hand - eternally."

THE MEANING OF YOUR LIFE

The word MEAN has numerous meanings. For example, three of many meanings are:

- Mean infers interpretation of something.
- Mean infers scarcity in giving, as in stingy, tight fisted, etc.
- Means infers a measurement as in Greenwich Mean Time, statistical mean, etc.

So if MEAN is not easily understood to be only one thing, how can you expect the Meaning of your life to be clear cut?

In The Book of Evolving Relationships, Lesson 10, The Meaning of Chocolate Cake - Understanding Conflict Resolution, We explained that the only meaning something has is the meaning you give it.

What Comes After ME?

If We start with the word MEAN and separate it, as We have done before with other words to show you another form of interpretation, then We separate ME and AN.

If you start to look for the interpretation, ME could be the scarcity of being unconcerned with anyone else but you. Me, me, me is a common call of many people on the earth plane. The five fingered statement - What's in it for me? is commonly expressed in words, gestures, attitudes and has developed into a belief system for many. Me people believe in a scarcity mentality, they believe that there is not enough to go around for everyone so they grab what they can for themselves, unconcerned about others.

They can be described as ME AN nobody.

What Comes After AN?

So the question that starts to emerge is "What comes after AN?"

The meaning of your life hinges on that question!

If you are looking for the interpretation of the meaning of your life then the answer will come

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when you decide what comes after AN.

For example, ME AN You; ME AN You, and You, and You, and You; ME AN the Universe.

In this example you can understand that starting with ME and ending with ME AN the Universe takes you from scarcity to abundance.

Simply by deciding what you are going to add after ME will determine the meaning of your life.

If you are only a ME person and nothing comes after ME then nothing will be attracted to you, willingly at least. The meaning of your life will be self-obsession.

What you decide to come after ME will determine what meaning your life has.

ME AN the person next door, ME AN the people in town, ME AN the world.

What is MEANING?

Now We are going to take you to another understanding, another interpretation of the word - MEANING.

ME AN IN G(OD).

The meaning of your life is that you (ME) AN (are) IN G(OD).

The meaning of your life is that you are in God - that you are a Part of God as We continually tell you:

God is Love.

You are a Part of God.

You are Love.

How awesome is that! How abundant is that! How meaningful is that.

If you can live your life knowing that you are a Part of God, if you can live your life knowing that God is Love, then you can live your life knowing that you are Love.

If the meaning you give your life is the meaning of Love, Now, your life has the true meaning.

Let Our Vibrations Evolve.

What do We mean by the meaning of your life is to be Love?

LOVE means Let Our Vibrations Evolve.

All We/we are is vibrations.

A rock has a very low and slow level of vibration.

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A rock creates a foundation on which to build, and a rock comprises of sand which is used as an invaluable building material.

At the other end of the vibrational spectrum, at the highest level of vibration, is the Light some call God.

Every level of vibration has a meaning and vibrational levels are not judged as important or unimportant. Every vibrational level creates something of importance in the structure of the universe.

For example Us, as your Spiritual Guides, have a much higher vibrational level than you do on the earth plane. When Souls return to the earth plane to reincarnate into physical bodies they have to slow down their vibrational levels substantially.

That is why We say you come from Love, from God, as a Part of God, because your Souls have known the vibrational level of the God/Love spectrum. Your meaning in this lifetime is to increase your vibrational level to re-member what Love is. You do this by allowing yourself to Be Love, to be beloved and to experience Love. You then return to becoming the Member, the Part of God you really are.

So that's how you become more spiritual, more

like Spirit, and that gives your life the meaning it is supposed to have :

ME AN IN G(OD) - You are in God - You are a Part of God, God is Love, You are Love.

The meaning of your life is to become more Godlike and you do that by Being Love. As We have told you before, you think, act, say and do:

"What Would Love Do Now?"

Finding Meaning in Daily Routines.

So much for the meaning of your life, in spiritual terms, but how do you give your life such meaning in your day to day existence in the physical plane you call earth?

Let Us assume that your life is one that you do routinely, and you may say is routinely boring. Each day, more or less the same, blending into each other, day by day, week after week, month after month, year after year. How do you bring Love into this routinely boring day to day existence?

You awake from your sleep, still tired, longing for more sleep. You drag yourself to your bathroom to do your ablutions and get washed and clothed for the day ahead. You head for the kitchen to make some breakfast, feed the family, do the

dishes, get everyone off to school and work, stay home to tend to the house or go to work. If you stay home the drudgery of house work is unrewarding and no sooner do you get things neat and clean then the family return to mess things up.

If you go to work the commute is slow, frustrating and unpleasant. At work it's the same routine stuff then you crawl home in the traffic, make supper, watch TV and go to bed.

Where is the meaning in this life you ask yourself often enough.

Having an Attitude of Gratitude.

The meaning of your life depends on your Attitude of Gratitude. This has been well covered on GuideSpeak.com and We suggest you use the search engine facility to research this topic.

If you can do everything you do with Love in your heart, Love of yourself and Love of your Loved ones, then every thought, word and action is done with the intention of expressing the Love that you feel in every action of the day.

When you awake your first thought is one of gratitude to be alive to enjoy this day to its

fullest. You get out of bed with an attitude of "seizing this day" and making it a most memorable, enjoyable day. When you go through your cleansing and dressing for the day ensure that you look as good as you can with what you have got. Elevate yourself and elevate your vibrations with a sense of pride and enjoyment of who you are. You make your bed as neatly as possible as a sign of respect and honor for the bed that supports your need for a restful sleep every night. You put your clothes away in your cupboard, clean your room ensuring that your increasing vibrations can resonate throughout your room without blockages of things lying around. Your room is your sacred space desiring to be respected and honored to allow your vibrations to evolve. This allows your self-worth to develop further. This allows the ME of MEANINGful to emerge in a positive vibrationally growing way.

Increasing your Vibrations of Love.

Now that you have cleared your sacred space you can venture past your door to start adding the AN of MEANINGful. You open your door and the first person you greet is likely to be a member of your family. Instead of ignoring or grimacing at them, open your arms wide and give them a big hug and a smile, telling them that you Love them. A HUG means Hi Unto God

and increases your vibrational energy.

If possible, walk hand-in-hand or arm-in-arm towards your kitchen to prepare food for the day. This food should be acknowledged, respected and thanked for giving its life for your consumption and physical energy. By adopting a positive Attitude of Gratitude you and your family grow your vibrational energy to evolve as your Love increases towards each other, your food, your home, your family and into the Universe.

If everything you do for yourself and your family is with Love then you seek a higher level of perfection in giving what you do with Love. This giving of Love is done from the inside out, not for the appreciation and recognition from others, but because of your Love for them and for their enjoyment of what you do and provide for them. Your inner satisfaction of giving them Love raises your vibrational frequency of increasing Love in your life.

By doing this without seeking outside thanks enables you to realize that you are Love and your thoughts, words and actions enable you to add to the vibrational quality and quantity of Who You Really Are - a Part of God, a Part of Love because God is Love.

By recognizing that when you give Love to yourself and your family, you feel so much

meaning in your life, this meaning is that you Love being Love - Who You Really Are. You and your family are giving you the opportunity to become and feel Who You Really Are. Their thanks are unnecessary, your feelings of your Love inside of you recognizing that You Are Love is the real reward.

When you prepare food with Love in your heart and a smile on your lips your family will feel that Love and consume it as they eat.

Your Love has now been transferred inside of your family and becomes the true nourishment that you are providing.

With the same attitude you can sit in the traffic using this time to think to yourself or talk to your Loved ones in loving tones. Your thoughts, words and actions will determine what lies ahead for you this day. If you come with Love you will be greeted with Love. If you come with fear you will be greeted with fear.

That is the meaning that you decide for yourself by adding the words of ME AN -
ME AN FEAR or ME AN LOVE.

Seek to Be Love.

That will determine whether your life has meaning because if you can choose ME AN IN

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LOVE, ME AN IN G(OD), then your life has meaning.

Seek every opportunity, moment by moment, to be Love and so increase your vibrations. When your vibrations have increased to a level that your every thought, word, deed and action is "What Would Love Do Now?" then you become Love.

If you have Love in your life, by Being Love always and all ways, then your life has meaning. By returning to the Love That You Are - as Part of God - then the meaning of your life has been fulfilled. You are MEANT to be Love always and all ways.

BE LOVE -Let Our Vibrations Evolve.

That is the true MEANING of your life.

30 KEYS TO FORGIVENESS

Forgiveness is non-negotiable. If you do not forgive you will not heal yourself. If you do not heal yourself you will suffer and know pain. If your inability to forgive persists over a long period you will begin by being ill-at-ease within yourself, and eventually you will be diseased and this could lead to long-term suffering, and possibly the death of your body, with your Soul passing over into Spirit.

Now, what was it that was so terrible that you could not forgive either yourself, someone else, or something else?

You have free will. We will not interfere in your choices, however, We are always, and all ways, available to guide you in your choices.

Because the inability to forgive is so poisonous to your well-being We are going to give you 30 keys to understand and apply forgiveness so you can

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grow through the experience, spiritually, emotionally, intellectually and physically, by not harming yourself.

1. For Giving is For Receiving healing for yourself now.

2. To forgive is not about the other person, people, or events that may have damaged you in some way. It's only about for giving you an opportunity to heal by replacing the fear you have with Love.

3. Everything you do you do for yourself. You may think it's for others but ultimately it affects you either positively or negatively.

4. Your ultimate personal empowerment is your ability to change your mind.

5. Whatever caused the situation in your life that requires you to change your mind and "let it go" via forgiveness has already occurred - in the past.

6. It is most probably not occurring now. It happened in the past. The past is tense! The past is over - it's history. The past is never coming back to affect you - only if you let it.

7. The past is only a thought in your mind. You can empower yourself to change your mind about the past and how it is affecting you right up to this present moment of Now.

8. If you allow this past to persist into the present moment of Now then your Now moment will be poisoned and your future moments will be damaged by this poisonous environment.

9. It is now time for giving you the opportunity to heal yourself by changing your thought processes.

10. It is now time to select your memories. Only select the memories where Love was present in your life. Let go of the memories where fear dominated your life. You have the power to change your mind. You can move miraculously, from fear to Love. You can look at every situation now with an attitude of thoughts, words and deeds being "What Would Love Do Now?"

11. How long do you want to suffer for? Something was done in the past but it's not being done now to you. See the people, or situations, that are showing up now. The people have probably moved on, grown up, seen the mistakes they appear to have made in the past. If they are not negatively affecting you now, other than you affecting you with your negative

memories about them, then see them for who they are now, not as they were in the past. Now it's your opportunity to change your mind about them and see them as they are now allowing you to move from fear to Love. For giving you the opportunity to heal yourself, in Love, with Love.

12. What about when it was you who damaged yourself. How do you forgive yourself for something you did in your past? You change your attitude. Your attitude is that you made a mistake. Lighten up on yourself - it wasn't a mistake, it was a "learning experience". You found out what not to do. You learnt from it. It's only a mistake if you did not learn from it and you repeated it. For giving yourself a pat on the back for learning from it. For giving yourself an opportunity to grow from it. For giving yourself an opportunity to come from Love, Love of yourself. For giving yourself an opportunity to heal yourself, in Love of yourself.

13. What about when you did it, and possibly still do it, continually, mistake after mistake, after mistake. We will get to that in the next point.

14. OK, so some of you are already convinced and are ready to forgive in the understanding of "for giving you an opportunity to heal in Love of yourself". However, others of you are not. Your

grievances run deep. You want justice, you want vengeance, you want revenge, you want blood to spill, you want the other person to suffer like you have suffered, only worse. Forget about forgiveness, I want them to be in pain like I have known pain. Forgiveness is for weaklings. I want to hear them scream in pain!

Even if it's me who hurt myself, I want "me" to scream in pain. Welcome to the world of addiction. No one can hurt you like you can!

15. So, let's discuss pain and where it comes from.

PAIN - *Past Anger In Now, or if you prefer*

PAIN - *Personalized Anger Internalized Negatively*

Either way it hurts!

Where does the pain come from?

Let's start at the beginning - Who You Are?

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

When you deny yourself Love, when you are denied Love from another or when you deny Love to another, you know pain. The emotional pain you feel is the denial of Love. It's painful when you are not Who You Really Are - which is Love. If you are not Love then you are Fear. When you are Fear you are afraid. Being afraid causes emotional distress. Enough emotional

distress and pain is felt emotionally. Feelings are the language of your Soul. Your Soul is Love - when you are not Love your Soul cannot show you Who You Really Are. When you are not Love/Soul you are Fear/Afraid/Painful.

16. In your denial of feeling Love you are in pain. This is the pain you feel when either you, someone or something else, has hurt you - by denying you Love. They did this damage by words or actions, or both. They abused you, angered you, made you feel worthless. They denied you Love, made you full of fear, made you afraid, caused you pain - made you believe that you were not worthy of Love.

17. So now you want justice, vengeance, revenge, blood. You want them to suffer pain like you have suffered pain, even worse.

And then what? After you have extracted everything you want from this vengeful action how do you think you will feel - full of Love or full of fear? Can you sleep with one eye open for the rest of your life waiting for them to exact their counter revenge? Are you going to be full of Love, or full of fear? If it's fear and it's bound to be, living in fear, afraid, will simply worsen the pain you have been feeling. Now you will know pain for a very long time. An eye for an eye can

make the whole world blind! This is bad enough when it's between you and someone else. But when you exact this revenge on yourself it's like self-mutilation.

18. So if We can't convince you spiritually, We have to use tactics you can understand better. If you continue to choose to deny Love to yourself and to others, then for giving yourself endless pain is definitely not forgiveness - it's madness! The Law of Cause and Effect, the Law of Karma, will be instantly in action as you trade blow for blow with your adversary. No one wins a war, the "winner" is the one who loses less than the other "loser". Both are losers, both suffer pain, both know fear and death, affecting generations to come.

When so much fear abounds, so much hate, so much anger, so much retribution, it breeds so much unhappiness, so much dis-ease, so much disease, so much death.

All it took was for Love to be denied.

How easy it is to change - Love your neighbor as yourself - think, act, say, do "What Would Love Do Now?"

19. If you choose Love, pain will disappear. If you deny Love, pain will be present. In every moment of Now you are choosing to offer Love or project fear. It's your free will. Our guidance will always be to choose Love because Love is all there is -

everything else is an illusion. If you choose to live in the illusion, you choose to live in fear, then you will know pain.

20. Now you can understand that everything you do you do for yourself. If you choose to forgive yourself an opportunity to heal in Love you need to forgive yourself or the other person/people or things. By choosing to forgive you only have to open your heart and give them forgiveness. They do not have to even be aware of your forgiveness. Everything you do you do for yourself.

When you offer your forgiveness simply pray for their well-being and sincerely state "I forgive you for (-----)". This will release the fear from you, the pain from you and allow you to return to Being Love - Who You Really Are. You will know Love, freedom, lack of pain. You will know happiness and, in time, bliss.

21. Now that We have shown you, at a practical level, why and how to deal with forgiveness We would like to return to our Spiritual roots and show you some more Spiritual understanding and applications of forgiveness. As you return to Being Love this knowledge will elevate your Spiritual growth when you understand and apply it.

22. To err is human, to forgive is divine, is an old, true, saying. The forgiveness We talk about is for giving you an opportunity to heal and for giving you an opportunity for receiving Love, Love of yourself, and to know God's Love. For you to return to being Who You Really Are - at Soul level - Pure Love.

23. How do you deal with yourself or the other person or people or things which denied you Love and damaged you that you required forgiveness?

We need to remind you of Soul Contracts so that you can distinguish between a person's Soul and their body in the physical earth's plane of existence. Please go to the Book of Evolving Relationships - Lesson 46 - The Three Commitments to Yourself - No.1 Trust the Process. This lesson explains Soul Contracts.

Accepting that you have referred to this lesson then you can see that the Soul is eternal and the body is a temporary housing of the Soul for this journey of the Soul to the Earth's plane of existence.

This body is a mask, a costume, an illusion, a charade, a part in a play acting out Soul Contracts in a per-determined manner so that

Spiritual growth for all Souls involved here can occur.

The body that is the attacker, the abuser, the damager, etc., is only playing a character part in the illusion of life's play. The Soul occupying this body is very courageous to agree to play such a negative person's role. The physical body and its mind, personality and Ego are even more courageous in possibly choosing to become a "pariah" in their community for fulfilling this role.

In terms of your Soul Contract you had to be attacked via the denial of Love so that you could grow spiritually and they had to attack you to experience their own denial of Love.

Their Soul Contract also requires them to grow spiritually and by being the attacker they also have the opportunity to reject being denied Love and, in their way, moving from fear to Love. Their seeking of forgiveness from the person/people/things they denied Love to, in their attack of them, is also for giving them an opportunity to heal, in Love, and in Love of themselves. In this way they have the opportunity to remember to Become Who They Really Are, Love, a Part of God. Only their seeking of forgiveness can assist them. Your prayer for their well-being and forgiveness of

their words and/or actions provides impetus to their healing providing they take responsibility and also seek forgiveness by approaching you directly or via a silent prayer involving opening their heart, praying for your well-being and asking for your forgiveness of their words and/or actions.

Everything you do you do for yourself.

24. In dealing with the other person's physical body, mind and ego in terms of forgiveness you have a number of choices. If it is possible for you to do you can embrace them physically in Love or by words. This is only possible to do if the other person/people/things are sincerely, genuinely remorseful of their words and/or actions which denied you Love in their attack of you.

If that is not possible to do you can then accept what was done to you, release them in Love of yourself and pray for their well-being, whilst granting them forgiveness in the spirit of for giving yourself an opportunity to heal, in Love of yourself.

You can choose to ignore them. However, what you resist persists and ignoring them keeps some poison in your body and mind. It is better to move to acceptance and best to move to

embracing them physically as detailed above.

If you choose to resent them, this will turn to hate and anger soon enough. This negative energy will turn inwards in your body and mind affecting your balance and your health. The longer it's there the worse it becomes. The entire purpose of dealing with this issue at body and mind level is for giving you an opportunity to heal yourself, in Love of yourself. You are not responsible for the other person/people/things.

25. Now We will show you how to acknowledge this at Soul Level.

Each Soul entering into a body comes with a certain level of consciousness. This level of consciousness, or awareness, or awakedness of God's presence in their life, of being a Part of God, is the Soul's journey of growth towards Perfection/God/Light. Each Soul has to grow and enters a body lifetime after lifetime for this purpose of growth. Every Soul in every body has a different level of consciousness.

This may be difficult for you to accept, however it's true -everyone is doing the best they can do from their current level of consciousness.

That is why you have saints and sinners, and

people in between on the earth's plane of existence.

Those people who consciously choose to grow spiritually have the opportunity to give and receive Love and so improve or increase their level of consciousness during this lifetime.

This increased level of consciousness also brings an increase in responsibility in terms of the Law of Karma (Cause and Effect).

We continually tell you not to judge people because you are not aware of their level of consciousness. In the Bigger Picture We can see, Soul Contracts are being played out perfectly for the growth of Souls by experimental means on the earth's plane.

You would not expect a 6 year old starting school to write school leaving final exams. Then why expect a Soul, in a body, with a low level of consciousness, to be a saint?

Everyone is doing the best they can do from their current level of consciousness. Do not have unrealistic expectations of people, learn acceptance of "What Is!"

26. At Soul level there is no such thing as the need for forgiveness. There is nothing to forgive - only gratitude and thankfulness that people or

things have played their assigned character parts to enable you to grow spiritually through their interaction with you, thereby increasing your level of consciousness.

If you look back at your life and you will see that when "bad" things happened to you, they forced a re-think from you as you changed direction and eventually found new and, possibly, better opportunities for growth being presented to you.

When the young bird's parents kick it out of the nest to fly and grow, it appears to be cruel and unkind. With the ability to fly and feed itself the young bird obtains a new-found freedom, reaching new heights, and a new life creating its own nest and family.

You must learn the ability to change your mind and see the actions of others not as being "denying of Love" but as an opportunity to kick you out of your "comfort zone" and force you to CHANGE - Clearing Healing And New Gifts Emerging - and then to grow Spiritually, emotionally and in other ways as well.

If you can grasp this concept then there is no one and nothing to forgive - only people and things to be grateful for in terms of your growth in consciousness.

You then know that, with faith in God, everything happens for the best, in the long run.

27. You can now thank the other person's Soul for everything that was done to you which appeared to be classified as "A Denial of Love" but in reality was a wonderful growth spurt for you in many areas of your life.

"Thank you the Soul of (name of person) for enabling me to grow through this process and achieve (-----), (-----), (-----), etc."

28. As We spelt out in Trust God Now by not judging anything but by learning to accept What Is Now and to Surrender to God's will in your life, you then learn to know that :

God will give you what you need (not want) when you need it for the higher growth of your Soul. Learn to accept God's timing for you now - it is always perfect. Know that your inner security comes from being a Part of God, not from the decisions of man. Trust God Now. God knows what you need now.

29. If you believe that We/we are all One then the only forgiveness required is for giving One and All the opportunity to know Love - by giving and receiving Love in your every thought, word, deed, by being conscious always and all ways of "What Would Love Do Now".

30. We end where We started - For giving is for receiving healing for yourself and Love for yourself. Everything you do you do for yourself. However, you are Part of God and therefore everything you do you do for God. For giving God Love and for receiving Love from God. This is the ultimate key of for giving.