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LOOKING INTO YOUR ILLUSION

Your illusion is how you see and respond to your world. Not *the* world, but your own private world. You have your own private view on your world. Parents, partners, children or any other cannot enter into your mind to view this. Everyone has their own view on their own world and this is what they respond and react to.

This personal world builds over time, consciously or subconsciously, from childhood into adolescence and adulthood. As you grow, it materialises into reality, based on your deeply held belief systems. Not on your outer choices which change erratically, but your deeper and true (to yourself) feelings i.e. if deep down you feel that you will never have a partner, yet on the outer level you can attract many potential partners and stay with none, it will be your inner belief system that will be your true reality, so you will have no partner.

Your deep inner belief systems ARE your will and the words and thoughts attached to these belief systems are your tools which empower you to create. What you are creating are your feelings not the physical world, the physical world is only temporary in order to show you your feelings or what you are creating.

All your feelings and emotions belong to the “I AM” or spirit self. It is your “I AM” self that has the power to create and has been creating your present reality. What you have built around you is your illusion and it is very real to you, be this a mansion or a cardboard box, a palace or a prison cell. Whatever it looks like is immaterial. It does not matter. What matters is that this is your reality *now* and you have created it this way with your belief systems for you to see and experience your deeply held feelings. You will have been born with these feelings and you have the creative power to change them (how you feel) and to will the feelings to be something different.

Repeated thoughts, words or feelings experienced attract the same energy to themselves i.e. I am angry, I am angry. This thought, word or feeling, over and over again, passing through your mind simply causes more of the same energy so your anger increases or grows and will do until you stop and change. You tell yourself “I am ok, I am ok now”. Then the anger stops and you feel ok. Repeating is a mantra and mantras help us create. “I am lonely” as a belief system brings loneliness. “I am unhappy” brings unhappiness. “I am sad” brings sadness. “I am diseased” brings disease. “I am wanting” brings more wanting. What “I AM” wants “I AM” gets, this is how powerful your creative power or energy is and like all energy it can be used negatively or positively.

Mantras not only bring the energy we are requesting, they also create the conditions and the circumstances that are needed in order for us to receive that which we requested.

With this “knowing” of how you create, you can now look at how you are creating within your illusion and the feelings you are expecting from it.

First, look at how you built this picture in your mind; what you wanted or would settle for or felt you were entitled to. How you expected that this is how it should or will be

and how you respond or react when it is not so; when your illusion is shattered, and your feelings don't match your expectations and you blame something outside of yourself and out of your control.

The keys to bliss lie herein.

Your dream, your illusion, your own vision of success is built on expectations and a belief system that fulfilment will come as you piece together your perfect picture of happiness, achievements or success; your house, partner, children, occupation, leisure and pleasure.

This is a basic belief system of incompleteness or unworthiness. The purpose or intention of most of the content of this book is to equip the reader with a different view, another way of seeing and an opportunity to change one's core belief system and accepting your own wholeness or holy-ness, which needs nothing to complete itself.

It has been written with the intention of expanding your awareness of yourself as a spiritual being who's true nature is that of love, peace and joy; a being that lives beyond the lifetime of your human body and beyond time itself.

With expanded awareness, you will learn of all that you are not, and all that you have made of yourself. You will learn to choose between what is temporary and what is eternal. Using expanded awareness you can heal the feelings of emptiness, loneliness and fear that are experienced with non-expanded or restricted awareness that comes with being "*only human*".

Expanded awareness is taking responsibility for your every action and reaction and responsibility for the changes you will make as you change your actions and reactions into joyous, loving and peaceful ones.

This book is not just about gaining knowledge; it is essentially about gaining experience and a new way of living life.

THE JOURNEY

Over time under pressure, is a diamond born of coal
Released is hidden treasure
On a journey of a soul.

Oceans turned to desert sand
Mountains lost at sea
Molten lava giving birth
Moments in eternity.

Cities built and crumble slow
Populations fall and grow
One by one days come and go
In the journey of a soul.

Battles fought, no one wins
So we live to fight again
An inner struggle, our own sins
Return again to haunt us.

A tiny seed can crack a rock
A thought of truth once planted
Will grow unhindered, stopped by nought
A search will end, once started.

Patterns form in head and heart
Shattered dreams with short lived pleasure
Until one day we make a start
And seek for hidden treasure.

Over time and under pressure
A diamond born of coal
In your own time and at your own leisure
You are the journey of that soul.

CHAPTER ONE

THE SEED OF PEACE

In my previous book I wrote of a time in my life when I was angry and rebellious and how at the age of 14, I rejected both school and religion. Using some colourful language, I shouted at a Catholic Church building “I Will find my own way to God!”

I am now over forty years old and I can joyfully shout, “I made it”. I have found God and I did “do it my own way”. It wasn’t the easiest way or even the most difficult of ways - it was just simply my way.

What I found was not an understanding of whom or what God is, but an experience: a feeling, a sense of knowing and a deep sense of completion.

The emptiness that I had felt over and over throughout most of my life is gone. And I know it is gone forever. In its place is a wholeness or holiness that I can feel and it shines from me. I also know this from what I am told and by what I witness when I am doing group or one-to-one work.

So how and where did I find God? And exactly who or what is this thing called God you may well ask?

Before I answer these questions, first let me explain that I never set out to find God. In fact, I didn’t even believe in what I had been brought up to believe to be God; that is, the God of the Catholic Church, or my understanding of it; a God or Being or King-like figure that was out there somewhere, separate from me yet in control of me. A vengeful God, who can punish, send me to hell, judge me or condemn me. Label me as a sinner, unworthy of his love. And so, pleading and begging for mercy and forgiveness while suffering for my sins in this world, was the way to his world.

This didn’t fit right with me. And so, from an early age, I rejected the whole notion of God. While I acknowledged that there had to be someone or something that created and sustains life and even an after-life – “I’ll find out when I die” was my thinking on the whole subject.

I was getting on with life, which entailed at one time or another – drink, drugs, sex, petty crime, gambling, and the odd run-in with the law, politics, war, crisis and drama. Like a thread running through the day-to-day struggle to make ends meet. Doesn’t sound like a search for God, but I was searching for something; something to fill the emptiness that I felt inside; the loneliness and the feelings of abandonment. All of this list and more were only distractions. The highs were short lived and they all brought a feeling of guilt and remorse. Yet I was stuck in this cycle for over 20 years.

As explained briefly in my previous book, a series of what seemed to be coincidences and the passing into spirit of a loved one, led me onto a spiritual path and I began to look at and see things differently. I was allowing my mind to open. Not changing to another point of view, but opening; opening up to no point of view, to the unseen and the unknown (to me).

This is how I found God. By allowing my mind to open, which in turn allowed me to continue to learn and grow (a process which I had stopped in my angry youth). I learned how to be still and quiet with myself. I learned about healing my past. I learnt about my own responsibility for what I think about each day in the present and how my own thoughts were affecting my feelings, emotions and behaviour. I took a look at my patterns and what triggered them. I chose to stop them and change them in order to change me.

I simply stopped the inner conflict and found an inner peace. I didn't have to search for it. It was and is there already, inside me. That's where I found God - inside me. And it is also where I realised who and what God is. It is everything. He's every man. She's every woman. Every breath, every heart beat. God cannot be defined into him or her, this or that, because God is a source of life - all life. Through my experience, I have learnt that God is only love without limit or condition, ever expanding, giving, giving, giving of itself, himself, herself.

During one of my meditations, I was sitting in a state of mind that I call bliss - an overwhelming feeling of love and peace without a thought in my head or care in the world. I suddenly heard a voice in my inner ear say to me "Draw the outline of a human body", which I did. The voice then said "Put a dot in the heart centre of the body", which I did. In an instant, I got a teaching about the breath of God and what the concept of that means. The body was a representation of God. The space outside the body was also a representation of God. The dot in the heart centre was a representation of me, of this world, this galaxy, and this universe. The voice then said "I hold you and all that exist, in my heart. The breath you take is my breath. Your heartbeat is my heartbeat. You are within me, a part of me. I am within you. I am a part of you". As I was experiencing this feeling of oneness, I realised the thought of and even the words we, you and us are only stepping-stones on the journey back to oneness. Back to the "I Am". And beyond the I Am to an experience or state of being that I or we have labelled love. The I Am is itself another stepping stone towards a state of being that is beyond what can be described with words, thoughts, feelings or emotions. It is beyond the concept of mind - the thinking or creative. It is beyond understanding and past experience and so no teachings from any lineage or masters can prepare for what is beyond "I Am".

Yet, I have an overwhelming sense of reassurance that whatever is beyond the I Am, awaits us all.

I also have an overwhelming sense of preparation on a personal level and on a collective level. I am/ we are preparing for a shift in our level of consciousness. This is a shift in or step forward on humanities evolutionary process and what humanity is proceeding to is the awareness of our spirituality, our oneness.

Our children and the next few generations will learn and know that conflict can only arise within them and what one takes, one takes from oneself. What one gives, one gives to oneself. Divine law will prevail on earth (not to be confused with human law or interpretation of divine law). We will learn from our history and it will stop repeating itself. This will happen at the level of the individual (as it has with me) and expand outward into families, communities, countries and continents.

This is not a prediction or a prophecy. It is already in motion. It is happening now. Whoever is reading these words has a part to play in the evolutionary process. The seed of peace is planted within your soul. It is nourished and nurtured by love, which you also have within your soul. Your awareness of this is the catalyst. As you live and breathe love, the seeds of peace grow.

CHAPTER TWO

ARCHANGEL MICHAEL - THE HOMECOMING

As explained in the previous book - "Healing Messages from Angels" - the symbols are from source or GOD. They are being brought to earth on the eighth ray hosted by the collective consciousness of the ascended masters. This in turn has opened another doorway or vortex of energy from source to the masters so as to assist and ensure that the plan is carried out in accordance with the Divine plan that was set in motion before time began.

This energy from source is in the form of angels, overseen by archangels and in conjunction with all the higher offices within the angelic world. It is a continuation of what started with the beginning of time, the return home or end of illusion. This is not the end of the world or the destruction of the planet earth. What this ray or energy is heralding is an end to the original idea or thought of separation and the human feeling of abandonment. A feeling of oneness will replace this. A new wave of co-operation will wash over the entire planet. From deep inside of one it will pass to deep inside of another, with a touch, a smile, a look, a thought. It will pass from one to one, one by one.

This is a process and it will take a number of generations for the process to be complete and in place. The first phase of the present plan - The Homecoming (or ascension as it is being called) - was initiated over two and a half thousand years ago, when the masters or enlightened ones asked God/source, to help awaken those spirits caught in a belief system of separation. This belief in separation has precipitated a cycle of lifetime after lifetime of karmic retribution (unnecessary from an aware point of view). However, beings with a core belief system in separation, BELIEVE that this retribution is necessary, believing that there is someone or something that they need to make retribution to, and so choosing to reincarnate into the illusion. This can be likened to when you wake from a vivid dream and then try to get back into it. It is rarely that you succeed. On occasions that you do get back into it, you know it's only a dream and it hasn't got the same energy that you were first chasing. Reincarnation is full of disappointments. It is a game of chance, since, at birth you forget where you have been and what and who you are. At birth, your reasons for returning are also forgotten. Unless you become aware of these reasons, chances are that you will live another lifetime, unaware of your reason for living. In all cases or to put it another way - there is only one reason for living an earth life. That is to find LOVE and in doing so, find PEACE and JOY and GRATITUDE and share this energy. It is not unreasonable to seek and expect this.

No matter what your background or circumstances are, if and when you find love, these become a tool or learning aid for yourself and to teach others. Light is brought to bear on all of your thoughts and emotions and in this light, truth enters and truth brings change to untruths.

This world that you occupy and the body that you occupy within this world are but a tool or learning aid. It is not the be all and end all and neither is it the totality of your existence or being. This is now becoming more evident as you advance in your communications and technological aids that distribute this new age of global communication and co-operation.

The truth is emerging from the stream of untruths. Fear (and acts that are fear based) is being brought to light and faced on an unprecedented level globally. This is actually a universal happening and this world is included in this. Spiritual and angelic contact and communication is spreading and will spread at an ever-increasing rate as more and more people awaken to their true nature, as eternal beings of the purest love and light. Illusions and dreams are being shattered as these untruths are emerging and yet those who carry the light of truth are seeing dreams come true as they manifest their own reality in accordance with the divine plan.

What is termed as past or history in this world has been for humanity as a whole (the collective spirit) a learning and developmental process, preparing the way for the return to oneness. Conflicts, termed as war, freedom struggle, terrorism, ancient tribal and internal tribal divisions, are coming to a close. Some are coming to a head or peak before they close, as is the case of all conflicts. Your ability to communicate and co-operate has brought peace to the tribes. Whole nations of people that were once caught up in conflict, are making headway towards each other and are offering hands of peace and assistance to those still caught up in conflict

All conflict is empowered or fuelled by the energy of those involved either directly or indirectly i.e. those for whom a war is being fought or waged, be it religious, political, national groupings etc. It is based on fear in the minds of the majority of the relevant group, manifested in the leaders who this majority allow to continue the path of conflict. This forms a mass or cloud of negative energy. This is not God's creation but wo/mans. It hangs over that group and outbursts into violent attacks as the climate or intentions allow or dictate. The world was once shrouded in this cloud, hence our world conquests and world wars and what is termed as the dark ages. And as can be observed, these world conflicts have almost ceased and those resisting this cessation can clearly be seen, as conflict still rains down upon them.

The mass or bulk of this cloud has diminished with time, aided by communication and co-operation and most importantly, the intentions of the collective will of humanity for an end to their suffering and that of others. This will to end conflict created a new mass of energy (it did not create **the** energy that is God's creation; it merely allowed it to mass). It is based on the will to face and overcome fear. This new mass of positive energy is love and light. Where light shines, the darkness is no more.

The earth is now, as it has always been, going through a period of change - adapting and adjusting - as are all life forms. Humans living on the earth are also changing, adapting and adjusting. The unprecedented interest in spirituality worldwide is an indication of this positive energy at work. Of all the life forms on earth, adult humans are the slowest to adjust.

As has always been the case, the children are the future. As they grow into a global community, old, racist, radical and isolationist thought forms and ideas will not resonate or feel right and will be rejected. This will take some generations, the number of which is in the hands of the parents, guardians and teachers of these children and the societies and the atmospheres that are created in which they learn and grow.

The results or fruits of this mass of positive energy (love) can be traced back in what is termed as history to early tribal peace treaties or pacts. These came about when one side was faced with extinction or annihilation. Pride was broken or swallowed as their very survival was threatened. In other words change was forced upon them, with the more powerful or aggressive tribe gaining control over land, water and belief systems or rituals practiced.

This may seem over simplistic, yet it is still the way in what is termed “today”, with more invented complications added. Rules and regulations - ethical codes of standards called civilization by the so-called victor. Those born into this “civilization” integrated into whatever level was permitted by the power, as they knew no difference and learned to accept their place in society. This has resulted in divided worlds and their corresponding citizenship - 1st, 2nd, 3rd class world citizens.

The time is fast approaching when earth is the homeland and all are equally recognised as equal citizens of earth and what is termed as its wealth and resources will be shared equally. Multicultural societies are the pioneers of this endeavour. Acceptance and inclusiveness of all so-called minorities and ethnic or indigenous groups will be received (by the so called majority) and forgiveness and healing regarding past deeds will herald the true meaning of the United Nations.

Tolerance is the key that will unlock the stuck mind-sets that are resisting and delaying (not stopping) the free flow of this energy. Tolerance must be practiced or lived as a way of life by the individual, who in turn adds this positive energy to that of the collective consciousness and so creates change in the society that they live in.

Each one has a part to play.

Go in peace - Live in peace.

Using the symbols will greatly enhance your contribution to the divine plan.

MICHAEL

HEART IN HAND

What will you return to your creator with, as you stand there heart in hand?
 With what have you filled up the heart of your soul, as you walked on sacred land?
 How have you used all the time in the world?
 How do you use it still?

You were born of pure love that filled up your heart
 God's gift to the world right from the start
 You were also born with free will.

How have you willed it to be in your life?
 How have you used your free will?
 As you walk the sacred land of the world
 How do you use it still?

Do you know of this love that you are made of?
 Is complete and connected to all?
 There is no thing it can be afraid of
 No problem too big no worry too small.

This love is at your disposal, as you walk on sacred land
 How have you disposed of your love?
 How do you dispose of it still?
 Yours for the giving, yours for the taking
 You make the choices, you have free will.

Do you know that the heart of your soul is a vessel?
 A chalice of purest gold
 You fill this up with emotions and feelings
 A drop at a time as your life unfolds.

With what have you filled up your vessel of love?
 As you walk on sacred land through time with free will
 With what do you fill it still?

A heart full of love flows over
 A heart full of hate turns to stone
 A heart full of sadness turns bitter
 A broken heart means you feel all alone
 A heart full of pain leads to illness
 A heart full of pleasure to lust
 Stubbornness eats away at your heart from the inside out
 Like a rust
 A heart full of anger and violence turns inwards to beat you up
 Judgment of others blinds you to yourself so you never look in so you just look out
 A heavy heart shatters illusions when your dream has come to an end
 Leaving you in a state of confusion, to start dreaming all over again.

You have total control of your heart
As you walk on sacred land
What will you return to your creator with as you stand there heart in hand?

CHAPTER THREE

BRINGING LOVE TO YOUR RELATIONSHIP

In order to bring something and give that something to another, the bringer and giver must possess that something first and foremost before it can be passed on or shared. In order to receive this something, the receiver needs to be able to recognise it or they will not be aware it is being given to them.

The spoken words “I love you” are music to the ears of those who hear them. They represent safety from loneliness for those who hear and those who utter them. They seem to make the bond or connection between two people complete.

If this were so, if these spoken words were truth, you would never again feel alone or lonely, sad or disappointed, angry or jealous, used or manipulated, taken for granted, invisible or unwanted, suspicious or untrustworthy, guilty or fearful, inadequate, unhappy or unloved.

Where any of the feelings from the above list can be felt or experienced, love cannot be. For love cannot contain that which is not love.

If you are experiencing anything but bliss in your relationship, it is not love. Bliss **is** possible in your relationship.

If you are caught in a cycle of in and out of love, love / hate, break up / make up, from complete to incomplete, your relationship is not based on love but your own perception, vision or expectations of love. This is in conflict with your partner's, parent's or child's (or whoever you are trying to relate with) perception, vision or expectations.

The way to introduce bliss into a relationship is to stop the conflict and make an admission to yourself that bliss is not there; to stop pretending, putting on or putting up a front, accepting what is clearly not love, as love. Making “the best of what you've got” and “getting on with it”, is choosing to stay on the treadmill of conflict.

You may feel there is nothing you can do, that you are trapped or it's not you but your partner. Even believing that bliss is too much to ask for and you are just doing the same as everybody else. This is the belief that you are not worthy or deserving of bliss or true love and as long as you believe this, you will not feel what you do not believe in.

So the first step is to change the unworthy belief system.

This involves facing your own defences because it is your own defences that are stopping you from healing the hurt, pain, loneliness and frustration that goes with an out of balance relationship.

Not wanting to believe that your relationship is not working, not what you expected, you defend yourself against what you perceive as failure and you put up a front in defence of your belief system and in defiance of your truth.

This defence is ego based and its first line of defence is pride. When you encounter your pride, you will respond to it in any number of ways depending upon the amount of energy invested in this part of your defences and what its composition is. Is it positive or negative energy? This will determine the strength of its impact on you and how people close to you will react. This dictates how you experience life and what you add to that experience. This will fluctuate according to your humour or mood. It is triggered or activated by your emotional self or state of mind which in turn is governed or controlled by your mental self or how you are thinking at any given moment - which brings you back to the ego self – who you think you are or should be, what you think you should have, how the world (or people) should react with you.

The ego self is built upon a foundation of knowledge - what you have been taught and what you have learned for yourself - all the things you have seen, heard, smelt, touched and felt - everything you have experienced and it is all based in the past.

You decide or judge what bits of this mishmash of information or experiences you like or dislike, accept or reject, remember or forget, need or want. You judge what is good or bad, right or wrong, important or unimportant. You put your own personal value on all of this and this forms the way you think or who or what you are or want to be. Then you act accordingly to this image that you have pieced together of yourself in a world of images.

This is your ego self or little “I AM”. This part of you thinks it is in control of the events or people in its life and fears its own death or losing control. It uses its defence system it has created with its thoughts to protect this image at all costs.

In this state of mind or being, the idea of bliss or peace, love and completion are things to be achieved or are short lived when you think you have achieved them. Here in this constant disappointment lies the belief that you are unworthy. Your ego fears of losing its self image then protects this belief system, locking you into a cycle or loop of wanting or craving what you think you haven't already got; chasing one dream after another.

Changing this belief system is the key to unlocking or breaking the cycle or loop. To change an old belief system takes practice, patience, courage and above all else, your willingness.

Your willingness to let go is the second stage of changing. The first being the recognition and acceptance of the cycle or loop you are caught or locked into and the fear of loneliness that goes with the unworthy belief system (this must not be confused with the belief system that if someone else or a situation changes, things will be better or healed).

This change is not about them, that or us. It is about you: your “I AM” presence. I can only feel my pain. I can only see through my eyes. I can only know my thoughts. I can only judge, label, condemn or blame. I can set limits, standards, and boundaries

around myself. I create my own belief systems and I defend what I have created. Only I can change.

If you are hungry, thirsty or tired, someone else cannot quench your thirst by drinking for you or fill your stomach by eating for you or sleep for you when you are tired. The same is true when it comes to change. No one can do it for you. Only “I” can change. In recognising this, you can then start to make the changes you need to make or at least start to look to see exactly what they are. At the same time, you can also start to detach from the idea or belief system that other people or outside circumstances have to change first or change with you in order for you to change.

So, two belief systems are being examined here. That you are unworthy or undeserving of better than you have got and that it is not up to you to change but someone or something else.

This is not a magic formula that will suddenly make things better. What it will do is empower you with responsibility for yourself so you can make the decisions and choices that will allow for what you do not want in your life to become clear to you. With responsibility comes truth. You are true to yourself about yourself. No more hiding or pretending how you really feel. No more putting up a front, pleasing others at the cost of your own displeasure. Giving all your love while you remain unloved, this is conditional love.

Responsibility or truth brings you right back to yourself. Back to the “I AM”. I am hungry, I am thirsty, I am angry, I am fearful, I am anxious, I am demanding, I am wanting, I am expecting. It does not matter who or what has you feeling this way. The truth is that you are feeling it and responsibility starts and stops with you. You decide when to eat or drink, to satisfy your hunger and thirst. You choose or judge what makes you angry. You choose the fearful thought and become anxious in the process. You demand what you think you deserve or are entitled to and so become wanting. You expect people or things to be, act or behave according to your view of how it should be. All this is based on who or what the “I AM” has made of itself and how it projects or sends an image of itself into the future and then expects this image or picture to become real.

Here lie the underlying issues behind difficulties in relationships. Every “I AM”, every one of you has a personal image of yourself and your future based on your past, on your own individual journey through life and all the belief systems and behaviour patterns that you learnt on that journey. The image is built around a framework of basic needs, wants or desires - a place to live, a job or career, a partner, family, friends, status.

Within this basic framework - which can be quite loose and flexible through to exact, rigid and detailed - are the finer subtleties of your image; the location and size of the place in which you live or want to live, the type of work you do or would want to do. Your partner - what size, shape, colour, appearance, age, religion, he or she should be - and more. Because this image is governing how you live your life on an ongoing basis, you extend it to your children or children you want to have. How many? At what stage of your picture or image of your future do you want them? How you will

or will not treat them? What they should behave like? Even down to what you would like them to do. Not all would go this far but a great many do.

And so you go on through this life journey doing what you know best. What you have been trained or educated to do. Taking bits and pieces of a mishmash of billions upon billions of simultaneous events and making a few of them that you have chosen to be your truth or who or what you are, into your “I AM”.

Here is where “what you want to be” goes out of the window. You can only ever be what you are now. This can never change but you can and do as you always have – growing from child into adult, growing into your awareness of who you are – learning as you grow.

Now has always been the time and place for change. At a deeper level within yourself, you know this already.

Behind the image, ego self or the outer self (which is the part of you that relates, responds and reacts to this world full of other images, personalities and egos) there is the other you – the “I AM” that feels; the emotional you that only you know and experience. The outer you thinks and responds to how others think. The inner you knows and feels and responds to your truth about yourself and you cannot hide it from yourself no matter what type of front or act you put on for others. Behind the smile you know if it feels real or not.

This is where and how conflict arises in your life. When the outer you, the ego I AM, does not correspond with how reality really is for you and so creates a conflicting situation between your expectations and your reality.

This is your own personal conflict between two very different parts of you. Your outer I AM and your inner I AM. Both are looking for the same thing – love, peace, rest, end of conflict.

The inner you is using the outer you to seek out and bring what you crave so much for inside – love.

The outer you is seeking what it has learned to think love is, based on what it has learned from its own learning experiences.

The inner you is also seeking to recognise love from what it knows love to be.

And so the ego I AM working in a world of images seeks love in images, other images like parents, partners, children, houses, money, sex, popularity, achievements, and success.

Initially, the inner you accepts what the outer you thinks is love. Because you have faith and trust in yourself and there is no conflict, you feel good, on a high. You have something you love – you are fulfilled.

Then you come down off your high. You don't feel so good. You question what you have and you feel unfulfilled and then conflict returns.

These highs and lows form a pattern. The inner you will know this pattern well. The outer you will put up its defences to hide your true feelings and can even deny it has any inner self or feelings, effectively cutting off any communication between the two. This causes separation and both parts suffer a lack or absence of love and get on with life as best you can in the circumstances that you have built up and / or choose to stay in. Unaware or unworthy of the love you crave and desire so much.

You are in conflict with yourself, first and foremost. It is this conflict that is brought into your relationship and this intensifies when two or more people in conflict come together.

Returning to the conflict within yourself is where you start to end conflict. When this happens, you find bliss, love, peace and rest.

How to do this:

Recognise the opposing inner and outer you. You can then start a peace process with yourself. Open lines of communication and acknowledge the existence of each other. Take some time to look at how the inner you responds to the outer you. How the defences of the outer is having an effect on the inner. You can then take time to get to know the inner self.

Everyone has a conscience; an inner voice that warns you subtly not to do or say, or go, or eat or take, one thing or another. When you ignore this voice, which you inevitably do, you end up feeling sorry or guilty or angry or ashamed, and back into conflict (inside you knew this would happen). Life is full of these little patterns or cycles.

When your ego self lets go of its defences and the idea of being in control, you can then start your inner journey. This is where you will find bliss. You have it already. If you can accept that all of what and who the ego self has brought to you, in its outside search for fulfilment or love, has **not** brought you a **lasting** fulfilment or love then you can accept that it is not to be found in anyone or anything outside yourself. Shared with, yes, but not from outside.

You, the "I AM", can only feel for yourself. It is the same with love. If your partner or child puts their finger into a fire, you may flinch or recoil, you may even say I feel for you, but you don't. The truth is you cannot feel anything but your own feeling. You may use words like empathy or sympathy or even just pity, but this is you imagining what someone else must feel like. No amount of imagination can make what is not truth into truth. You can only ever feel within yourself. And so it is with love.

When you hold a child or your partner in your arms, when you see a spectacular view, when you stop to notice the song of the bird or feel the wind in your face, when you see or smell the beauty of a flower or an animal playing, when anything outside of you that you can see, hear, smell or touch invokes a feeling in you that you relate to love, you label these people or things as what you love. Yet at other times you can be with the same people or things and be oblivious to any of these feelings of love.

You can see there are times when love is invoked in you and times when it is not. When it is invoked all is well, when it is not it can be hell and you crave and will do almost anything to get it back.

If you can accept this, you can take responsibility for your own feelings of love and fulfilment. You can invoke your own love yourself, for what you see as love in others is but your own love reflecting back given that you cannot feel outside of yourself.

If you take this point that your love reflects itself back to you by way of people and things, and this only happens sometimes and not constantly, this shows you when you do not feel love reflected back you are not giving out love, but another energy, and this is what is reflected back to you, your own feelings. Feelings do not and cannot leave you or anybody else.

Ask yourself this.

What do I feel other than love?

Who or what invokes these other feelings?

Can I feel outside of myself?

If what you love is but a reflection of your own inner love, then the same is true of all other feelings that you experience. If someone or something makes you angry or invokes your anger, it is simply your "I AM" that is angry and so it is with all your feelings.

If you can accept this as well as responsibility for this, you can start the healing or peace process.

Start by taking some quiet time for yourself, with the clear intention of healing or just having a look at yourself. This healing work is best done with as little disturbance or disruption as possible.

Exercise To Feel Your Truth

Get yourself into a comfortable position (preferably not lying down as you may drift off to sleep).

Close your eyes.

Take in a few slow deep breaths and release them slowly.

Imagine a ball or cloud of white light floating in front of your face.

Imagine that you can breathe in this white light and with 6 or 7 breaths fill yourself up with white light, bit-by-bit, and breath-by-breath.

Sit in this white light for a few minutes, breathing in and out light.

Then imagine a picture of a person or a thing that you love in front of you.

Become aware of how you feel when you look at this person or thing; be aware of the feeling that is rising in you (not coming from the image but from yourself).

Know this is your own love.

Allow yourself to fill up with this love and to know that it is yours, that you are loved already, that you are love itself.

Tell yourself this, use the powerful words I AM, I AM (your name), I AM strong, I AM loved, I AM love itself.

Repeat these empowering statements over and over again, breathing into and feeling the strength and power behind them.

Know this strength and power is you.

If you feel it, you are it.

After a few practice periods of this exercise you can start to do it anywhere, anytime and you can replace the image with the real thing, feeling your love reflecting in your loved ones.

This will bring bliss to you, not to your relationship; you have to bring it with you, in you, through you, into any or every relationship.

If you accept that you are love, you can stop looking and expecting it to come from someone or something outside of you. You can change from needing to be loved into giving love.

With the awareness of self-love comes the awareness when it is missing. As you go through the highs and lows of life you become aware that your own expectations are leading you from one feeling into another and you are blaming or allowing your expectations to control your reactions. This is what you have always been doing and will do so until you realise that love is inside not outside.

This will never change. It is not just you that love is inside, but everyone and everything. As everyone only feels their own feelings, so they must find their own peace within themselves, in their own time, on their own journey.

You can show others that you have found this love and peace, simply by feeling it in yourself, for it shines or emanates from itself. In order for you to hold this feeling you must work through the list of people, places, circumstances and events that you blame for how you have been feeling before you found self-love, also the way you have been behaving. This blame is all based on past experiences.

Love is like your breathing or heartbeat, it only ever happens now. You cannot hold onto past breaths or heartbeats. In order to continue growing and learning, you must let go of the old and renew, this is change. Yet at the same time it is changeless. This is bliss, to know that every breath and every heartbeat is an opportunity for you to choose love over conflict and to make the choice in favour of love.

You can use this knowing as a tool or technique to break your behaviour and emotional patterns. When you find yourself enmeshed in old situations that you have been allowing to trigger off old emotions and behaviours, take a moment to breathe into and invoke your inner love. This will not change the situation but your reaction to it.

When you realise that you are learning and have learned from your own experiences in your own way, you can then let go of the wish or need to control or change others and allow them to do it their own way, in their own time.

Another vital tool or technique in holding the feeling of bliss is forgiveness. Without this you are holding grudges, blame, anger or hate towards someone or something

from the past and the past cannot be undone, (the past is a moment ago or a billion years ago) no matter how many times you relive it or analyse it. If you accept that you cannot undo what has been done, yet you are still allowing your emotional or behaviour patterns to be controlled by it, with forgiveness, you can take control and end the patterns, not change them but end them. This is bliss. This is end of conflict. This is taking responsibility for yourself now.

The blame, grudges, anger and pain that you feel are yours. You can only ever feel for yourself and you, only you, can let them go.

This is where the communication lines between the inner and outer you come into play. After you connect with your inner self you can then look at your patterns from a different angle or in a different light. It is the ego self that you must convince, it has to let go of its way of seeing. Your ego self holds others in judgment. It condemns, and in doing so condemns you to hold those feelings that are in conflict with love.

Forgiveness ends the conflict - it is the gateway to constant bliss. So the first step in ending conflict is to find your inner peace. Look at what interrupts this feeling by thinking of an issue or person that you are blaming for the hurt that you are feeling to arise in your mind. Whatever took place, no matter how awful or horrific it was, it is in the past. Be aware of how your feelings are changing. Be aware of how you are responding to a memory. Acknowledge to your ego self that this *did* happen and that you are now aware of how the memory of it is connected with your feelings; feelings which trigger or provoke your reaction. Acknowledge the pattern and inform your ego self that you are now ending this pattern.

In truth, you cannot hold the past against another, they get on with their own life, whatever that may be. You can only hold the past against yourself, which means that you cannot or will not get past it and so you keep remembering, reliving and reacting to it.

Forgiveness starts with and ends with you. When you can forgive yourself for holding the past against yourself in the form of anger, hate, victim hood, self-pity or feelings of inadequacy or whatever negative feeling you are holding, and realise that it is stopping you from feeling bliss, that you are stopping this by not forgiving, you can then forgive yourself for not forgiving yourself. Don't beat yourself up for lost time - let the past go and rejoice in the now or the new.

You can inform your ego self to look upon the person, memory or situation, as past and forgiven. You can then extend this forgiveness to the actual person or situation, for forgiveness is for-giving to others. If you cannot give it then you have not received it for yourself. When you truly receive it you can truly give it. To receive forgiveness you only have to accept it into the now, for you have it already and you must become aware that you have a thing before you can go on to give that same thing to another. You cannot give what you do not have (an awareness of) to give.

I WANT TO BREAK THE CYCLE

I want to break the cycle
To step off the wheel of misfortune
To be able to feel sweet success for myself
And to live life full of love – I'm entitled.

I want to stop this behaviour
Silence over and over again
You stew in your juices
And I stew in mine
Until it plays itself out
It's the same every time
There's a pair of us in it
But it's different this time
I want to break the cycle.

I can't do this anymore I've been doing it too long
I've been here before
It's a chapter in the book of my life
I've read it so often
Now I've a new chapter to write
I am turning the page – opening a door
And allowing myself freedom to change and explore these feelings inside me - that
are not left behind me
I'll face them with courage
They are not going to drive me
Back to the start like they've done in the past
This time I'm determined
I'm changing my part
I want to break the cycle.

Now I've taken control once again
My feelings are mine – I've no one to blame
I'll write this new chapter as it unfolds
I won't run away ahead of myself
That type of thinking is old
It's tried and it's tested
And now it's rejected
No more I say
The answer is no.

With no expectations of what's round the next bend
I've learned from mistakes – I won't make them again
With myself as the author of how that I feel
The storyline changes - it now becomes real
The twists and the turns – the characters, the plot
The ups and the downs I'm dropping the lot.

As I'm writing my own destiny
Filled with peace and joy and harmony
I can't change the world
What I can change is me
Now the cycle is broke
I am free.

CHAPTER FOUR

LOVE IS A SPIRITUAL PRACTICE

Forgiveness, love, peace and bliss are all spiritual qualities, belonging to the inner self, the inner I AM, the spiritual you.

Anger, hate, vengeance, punishment, judgement and retribution are all of the outer world of images and so belong to the ego self, the outer I AM, or physical you.

Finding, knowing and holding love or bliss is a spiritual journey, an inner journey and a whole or holy personal journey. You cannot bring your partner, parent, or child with you on this journey, but you can bring your wholeness or holiness to the world of images (where they are) and shine your love onto them unaffected by how they react or respond. Simply by holding peace in yourself do you add peace to your surroundings. If you can find self-love for an instant, you can find it for a lifetime.

Herein lays the practice. To remind you that love does not come from an outside source but is already inside. I AM LOVE. Keep on reminding yourself this as often as you need to until you know this to be true (this is reprogramming or unlearning the old belief systems). Choose love over all other feelings.

Be aware that when you start your inner journey, ALL other feelings that you are holding will arise in you for you to become aware of them and choose love instead of or over them. One by one they will rise to be healed, as they have been doing throughout your life, yet went unhealed, only to arise again and again in repeating patterns and cycles. This process will take years. The people and circumstances connected with these feelings may or may not change over time but the feelings you are holding onto and carrying with you remain the same.

Once the ego-self has detached from responding in the old pattern, the issue or feeling is held on the physical level. It will then move to the emotional level where you can feel how deeply it was affecting you. Inner stillness is required here, to sit through the pain or hurt or anguish, safe in the knowing that it is being healed.

These are testing times and some effort will be needed.

Having a prepared practice, a way to retreat from conflict, will help you greatly. So when you sense old patterns and feelings arising, the moment you become aware of these you can divert and so interrupt them by focusing onto positive actions leading to positive feelings, with you in control. If you make self-love into your spiritual practice, you can retreat into it from conflict, in a matter of seconds or minutes at most. If this does not occur, the other feelings have taken hold and will play themselves out in the old, familiar patterns.

It is possible to get to know the unwanted feeling before the ego self allows them to be triggered by outside circumstances. This is done similar to the exercise of “Feel your love reflected in others” (see page 18). Replace the photo with an actual event

that triggered off the pattern in you. Invoke the feelings. See this event as a videotape that you can stop, play and rewind.

Watch this in your mind. See at what stage the unwanted feeling started to emerge. Stop and rewind. Connect to the feeling. Play again. Get to know this feeling before it takes control, and then see yourself diverting this with your positive action.

Practicing this with the inner I AM makes the possibility of achieving it with the outer I AM, far greater than without any practice.

Practice will be needed and is required. Old patterns and fears that take many years forming and many more years of playing themselves out simply won't go over night. This is learned or habitual behaviour and must be replaced with newly learned and habitual behaviour. Replacing what is negative for you with what is positive for you.

Someone else changing their behaviour in order to make you feel good is external change only. This may satisfy your ego I AM, but it will not heal the inner I AM.

Although it has been said that love does not come from outside yourself, it has also been said that love is inside everything and everyone outside of you. If you look for it outside, you only see your own feeling reflected back. So when you find your inner self and learn to know it as love, you then see it reflected back to you from outside as love. **LOVE COMES FROM OUTSIDE WHEN YOU STOP NEEDING IT TO AND NOT BEFORE.**

As love extends and shares itself from you it meets with the love that is being extended, shared and shined from all outside of you, beyond and through the images, and so inner love opens you up to outer love.

Giving is receiving.

With regular practice you can learn to live only in this energy of love. You can learn to breathe or soak it in from outside, connect or add to it with your own inner love and breathe or shine this out.

This is bliss and it takes patience and practice. It is simply a matter of choice to which I AM, the inner, or the outer, that you give your time and attention to. As the title of this chapter suggests, love **IS** a spiritual practice. To be simply aware of your own love as your own spirituality is the only requirement to this practice and practice is its only requirement.

Giving is receiving.

The difference between the inner and the outer I AM is obvious. The outer I AM is a body that grows from fertilized seed through the birth process into the world of images and then decays. The time it takes to do this varies with each body born. This I AM is the part that thinks. It thinks about its surroundings and the people it is surrounded by. It thinks about its past and its future. It thinks about how it looks and how others look and how others are thinking. It even sometimes thinks that it knows

everything. Its whole existence is thought based. A collection of thought patterns resulting in behaviour patterns which constantly interact with one another.

The inner I AM was never born and will never decay - it is eternal. The inner I AM **knows** that what is happening with the outer I AM is an illusion. The inner I AM is the part that feels peace, love, joy and gratitude and it **knows** that what it feels **is** the real truth and holds this for and on behalf of the illusion which is the outer I AM.

It knows what it needs and in this knowing all its needs are met. This is when you are at peace with yourself. When you allow even a moment of peace to arise in you, all your worries and cares, aches and pains, vanish for that moment.

For many, these moments are few and brief. This is because there is a separation between the inner and the outer I AM. Thinking is an obstacle to knowing and this obstacle effectively closes the gateway to bliss. Yet, as the gateway to bliss is forgiveness, it can never actually close; you know this as truth when the obstacle is removed. Bring the two I AM parts together as one and the way to bliss is clear.

If you can accept this concept of the separation between who you are and who you think you are, you can then change the thought patterns resulting in changed behaviour patterns, ending the separation and ending conflict.

Meditation through the Gateway to Bliss

Use the same technique as on page 18 to reach a relaxed and receptive state.

When you have connected with the inner I AM, visualise yourself standing in front of a full length mirror and see the reflection as your ego self.

Now see the mirror as the gateway.

Feel the light within, the inner self, getting stronger and brighter and shining from your heart, your hands and your eyes, through the gateway onto the image of yourself.

Know that the light that is with you, that you are shining from you, is the light of forgiveness and say:

“The “I AM” that knows forgives the “I AM” that thinks. There is no separation, we are one”.

Shine your light until there is a reaction or response from your reflection. Then see your reflection walking through the gate towards you. See you embracing yourself and merging as one.

Remind yourself again that there is no separation.

The I AM that knows has forgiven the I AM that thinks.

This is a good meditation to retreat into when you feel that you are clearing old issues. After practicing it for some time it can be shortened to a simple choice between thinking and knowing. Direct your words and thoughts at your inner “I AM” as you

say “I AM THAT I AM”. Clearly choosing or pointing to peace over conflict with the word THAT.

I AM THAT I AM, when used as a mantra or affirmation, together with a clear knowing and intent of which I AM the word THAT is pointing to, speeds up the healing process.

I AM THAT I AM also links you with the divine energy in everything. You can point at anything in this world and label it “THAT”.

The first **I AM** is the divine or eternal in you – The inner you.

The **THAT** is everything outside of you.

The second **I AM** makes “THAT” divine – The outer you or the illusion.

I AM THAT I AM links the inner and the outer, cancelling out any differences or separation between the first and the second “I AM”. It is simply “I AM” in another form.

Repeating I AM THAT I AM in meditation while pointing or focusing your awareness towards the divine or source is the end of separation; the ending of conflict. This allows the divine presence in everything to be in control and allows the outer “I AM” or ego self to experience peace.

INTERTWINED

We may have forgotten the creator
And turned against him into sin
The creator has never forgotten us
And awaits until we turn back again.

We may have forsaken our life-force
And taken for granted her gift
Our life-force has never forsaken us
She awaits until we make a mind shift.

The creator and the life-force intertwined into one
The mother and father of all
Awaiting to welcome us all home into their heart
And whisper so sweetly, we did not sin at all.

Never forgotten or forsaken but eternally forgiven
And thoughts of death that we dreamed of as sin
Turn back into thoughts of living
Of joy and of peace and love for yourself
As well as love for all others
When we see there is just one father, one mother
We will see we're all sisters and brothers.

As we return to our parents, as we turn back with our mind
We will see there was no separation
The creator, the life-force and you
Intertwined.

CHAPTER FIVE

THE ART OF INNER PEACE

The name or title speaks for itself. Inner peace means “inside”. It can only be found and experienced within. It is there inside you already. You don’t have to do anything to activate it except to choose or will to experience it.

However, peace is total and cannot be experienced in part or partially. You cannot have a little bit of peace. You can only experience peace in the present moment, and so you can have a “few moments of peace”, which can be interpreted as a little bit of peace - and those moments that are experienced as peaceful are “totally peaceful”. Only total peace can be described as peace, any other experience cancels out or replaces peace.

It is in your “being aware” of when, where, and how these other experiences take over that the Art of Inner Peace lies.

These other experiences are in conflict with peace and this is a one-sided conflict. It is not a war or battle between two or more sides or experiences, because peace means peace, and it is not and cannot be in conflict, battle or war with anything or anyone. It simply remains as it is, unchanged by any and all conflict that surrounds it.

The conflict that surrounds peace has many names and titles, all resulting in the same outcome, removing you from a peaceful state of being, and into inner conflict.

Fear, terror, insecurity, nervousness and anxiety seem to be and sound quite different and seem to lead to different levels or strengths of experiences of inner conflict. These levels are experienced differently by the individual, i.e. one person's nervousness can be another person's terror, and slightly worried seems incomparable to grief, yet they all have the same effect or outcome, which is to remove one from peace, (this is presuming that one has found peace in the first place).

In the case where peace has not yet been experienced and accepted, all other experiences simply show the reality that has been chosen in its place. Choices, freely chosen for whatever reason, are honoured by the “creative power” of your own choosing and application - either ego or spirit. This simply means that you are creating your own reality by the choices that you make. The reality that is referred to here is your state of being, your true (inner) self. It has nothing to do with the outside world or anybody or anything in that outside world. Your power of choice will only ever have an effect on you, because you can only ever feel your own feelings and experience your own experiences.

What is meant by the “creative power” of your own choosing and application is that you get what you ARE, or give. This is the law of like to like - or - what you give you will receive, and the application of this will adjust to your particular surroundings or circumstances. This is your “creative power” at work or your “God Self” - the part of your being that is a continuation or extension of the creative energy or source, and as this is unconditional love, it cannot and will not and is incapable of restricting,

limiting or denying itself the ability to create as it wills, and this means as YOU will. Again, the “*you*” that is referred to here is the inner you and not the outer image or ego self. This outer self is connected to the brain or thinking organ of a body. It is a tool or place for learning.

The creative power responds only to the inner, no matter what the outer or thinker wants. No thinking is involved in true creating, which is perfection itself, and as such needs no more creating. This means that only what is not true or untrue can be created by the individual or divided spirit using free will.

The divided or individual spirit is simply a thought of separation held in the mind and chosen as real. In truth, separation cannot actually occur because there is no thing or place outside of, or apart from “true creation” to go to, until it is created by the individual spirit. It is therefore created as an untruth and experienced as such, but with the belief that its own creations are true because it can, has and is experiencing them as such.

A simple example of how the creative power responds to the inner would be, if deep down you are fearful but on the surface you are smiling and acting confident, the creative force (remember this is an extension of yourself) is responding to your fear and “sees” this as your will and so fear is applied and supplied to you in whatever form it needs to be in accordance with your own surroundings and circumstances that is your reality. This is not fear being given to you by an outside force or source; it is merely your own creation returning to you, as creation is extension.

Practicing the art of inner peace is to go beyond the thought of separation, the thinking and all the facts and figures collected by the brain and observe your innermost feelings and, using your true will power (unconditional love flowing outward), choose to heal and remember only love.

Making this practice your number one priority in your every day life is the way of the peacemaker.

CHAPTER SIX

SPEAKING YOUR TRUTH

Speaking your truth, like forgiveness and love, starts within you. It is about admitting to yourself the truth of how you really are feeling. There is healing in truth, it cannot be anything but healing, no matter how long it seems to take. When the truth is acknowledged and accepted, the healing has happened. It is a personal confession. Truth belongs to the inner “I AM”, where it is held in safety and peace. The ego self is terrified of truth as long as there is separation.

When you deny the truth or your truth and distract yourself with a million and one excuses, thoughts and activities to try and hide the truth from yourself, you are choosing fear, and fear becomes your truth. Truth based on fear cannot pass through the gateway to bliss.

This fear-based truth belongs to the ego self. What it thinks is truth, its opinions and judgements, become its truth. It uses this truth to justify why the inner “I AM” feels lonely and abandoned, hurt or scared, vulnerable and helpless and sometimes hopeless. It is in the interest of your ego self to keep it this way; it has put a lot of time and energy into building this image of itself and may not let go of its control without a fight. This will be in the form of conflicting thoughts, when the ego self realises that you know about the inner self, it fears for its own existence. It will condemn you, feed you thoughts to cause you to doubt your true self, walk you to the edge of temptation and urge you to take the final step. It will want you to feel guilty, sorry and even dirty, so as to cut you off from your inner true peaceful state. It will try to convince you to look for complication in simplicity, so you overlook the simple truth in your analytical search for complications that do not exist outside of its own thinking.

Constantly keeping yourself in check. This is speaking your truth, to be aware of how you are thinking and feeling. Aware of which part of you is responding to any circumstances that you find yourself in and adjust this to the response of your inner self which will always be accepting of life as it is, while remaining calm and peaceful.

For as long as I involve myself in this illusion -

All that is - is. This is my truth.

All that was - was. This is my truth.

All that will be - will be. This is my truth.

It is quite simple - I need not change it. In fact, I cannot change it.

I have played my part in what was. I AM playing my part in what is and will play my part in what will be.

This is my truth. I adjusted myself to know my truth. Truth remained changeless; it did not adjust itself to suit me.

Speaking your truth is best practised in silence. Your truth is always about you, it starts with I. I AM, I feel, I want, I think.

If it does not contain a message of your thoughts, feelings or emotions (what you know), it is about someone else or something else and is what you think, your view or opinion of what is outside of you, and this is avoiding your truth.

As you become aware of your truth self, the inner you that is love, you can use the lines of communication to gently nurture and reassure the ego self, the outer you that fears.

In meditation or stillness, talk to yourself, speak your truth. I know you feel alone, hurt, angry etc. I know why you feel this way. I know why you think this way and I know that you do not have to, anymore. I know I AM love. I know I AM strong. I know I want peace. I know you want peace. I know I have peace because I feel peaceful. I know you can feel it.

Convince or convert the ego self to let go of its own importance and join with you in harmony and peace.

Speaking your truth is living your truth; this will involve change to your life or lifestyle. You will no longer accept what you know to be untrue or fear based truth (when you are fooling yourself) and your decisions and choices will be based on your true feelings, so you may not stay where you do not really want to be you will accept people and things as they are. You will change you and your world and not others or the world. You will no longer need acceptance, notice, permission or approval from another or others.

When you are true to yourself you live your life your way and you become an example of truth for others to observe. Truth cannot be forced onto anyone; it can only arise or dawn on an individual mind within that individual mind. It will share itself when asked, with words or in silence.

To a divided mind or ego self, one's truth is one's own. This is indeed true for those in conflict who still hold the belief system of separation. To an undivided mind or inner self, there is one truth for all which is the feeling, the knowing and the living of peace, love, joy and gratitude and all is well.

If you can accept that you are still growing and learning about the inner level or spiritual level, you will see the spiritual value in all you experience. When you learn what any experience has to offer you (every experience has a lesson to offer) you can move on and the experience will stop repeating itself; when it is brought to the light of truth.

WHEN THE ANGELS BECOME REAL

When your angels become real - just like people
When you don't have to rely on the phone
When you make a connection for divine intervention
You know that you're never alone.

When you know you're surrounded by angels
And there's never a time when you're not
When you know that they're guiding each step of the way
And you're grateful for whatever you've got.

When you're patient and trust in your angels
To send you the guidance you need
Relax and wait for the signals
Consider it a done deal.

Your angels, they really do love you
They are only just one thought away
Bringing their joy and peace to your world
They offer you heaven on earth every day.

When you talk to your angels, they hear you
When you listen they talk back to you
You can breathe in and bathe in their presence
They are waiting with patience and trust as they do
To remind you, you're of the same essence.

When your angels become real just like people
When you wake up and know they are there
You're at peace with yourself; your mind is quite still
Let the outside world carry on as it will
In the loving hands of the angels.

When you walk in this world with the angels each day
All of the happenings that come your way
Hold lessons and meaning, a chance of self healing
Interspection, changed reaction, inner peace, satisfaction.

When you know that your angels are real
It's a whole different world, with a whole different feel
I know my angels are real, I know I'm home
I know my angel whispered the words of
This poem.

CHAPTER SEVEN

TRUTH

Truth cannot live in the past, for the past is not now and only now holds truth. What is past is past wholly and cannot be brought back in parts to be proclaimed as truth. From time to time, certain events are recalled into the mind, events that seemed to have taken place along a linear time line, events that occurred before now. When these memories return into the present it is for a reason, one reason and one reason only. It is for the light of forgiveness to be shone upon the memory or feeling that the memory evokes in the mind (individual or collective mind) of those who are affected by the memory.

The memory is selective in what it chooses to recall time and time again into the ever-changing moment, where nothing has ever changed - now always remains now. This idea of the past is thrust upon the mind like an obstacle to be overcome. The pain and suffering connected with this thing called the past is unnecessary and it is a conscious decision to evoke it and relive it. The past made real is hell, obscuring you from the purity of now. Put the past to this simple test - is there life in it now? Only what has life *now* is ever true, the past can only be reviewed as images, lifeless images, even moving film footage is lifeless (movement of images does not equate to life).

The memory is a collection of images and each image is connected with a feeling and emotion. These images are simply moments in time frozen (time is memorized experience) and when they are brought to mind or remembered, the feelings or emotions are also brought to mind and remembered or relived. They are experienced as reality and because they are experienced as reality, it is thought of as truth.

Truth and thoughts of truth differ - they are not one and the same, in fact or in truth, they are opposites. Thought, any thought, is an intrusion or shadow cast upon truth and truth needs no thought or belief system to be what it is, nor does it need to justify its existence by thinking itself real or into existence.

Truth simply is. Truth is eternal, ever pure, peaceful, joyful, loving, ever-expanding, sharing itself by means of experiencing itself without restriction, obstacles, or limits. Truth cannot be contained, stopped, captured, ruled or dominated, manipulated, possessed or owned. It cannot even be understood, which would be limiting it to the extent that the logical or scientific mind would allow, dictated by the extent of its own limited understanding of any given subject, which in turn is dictated by other more sublime or subtle limitations such as pride or fear, and other ego based barriers; the most obvious and limiting of these being the human body and its brain.

Truth is a spiritual quality or energy; it is before and beyond time and so before and beyond the earth experience. Time is the epitome of restriction, boundaries and barriers, yet truth exists within time and the earth experience. Because truth cannot be understood, it cannot be explained; yet it can be experienced.

When the mind is quiet and still (inner quietness and stillness, not outer), this has been called meditation or prayer. Prayer and meditation in truth is a quiet reflection of

your inner truth, your own true self, shining in gratitude and love, not the endless or meaningless repeating of spoken words to an outside source. It is in this state of mind that truth can be experienced; it is a wholly (holy) personal experience. To reach this quiet and still state of mind/being, all other and outer thoughts and belief systems must be relinquished. This can happen quickly and painlessly or as slowly and painfully as the individual mind allows. Most people only face this letting go process as they reach their own demise or death, when all that they have busied their minds with does not matter quite as much as it used to. All the knowledge, accolades, prestige, money or attention in the world, suddenly become meaningless when the part of the mind that put so much importance on such matters is faced with the truth.

The truth cannot be avoided, dodged or ignored. Sooner or later it will be faced.

Facing truth with fear on your mind, speaks for itself - you are fearful and you will remain imprisoned by the logical thinking mind.

Facing truth fearlessly also speaks for itself - without fear the truth will set you free.

To face truth before it is forced, thrust or imposed on your mind (reluctantly facing it), is a giant step or leap of faith towards freedom. Meditation or prayer is how to reach truth, it is within you already, and it is within you now. What limits or stops you reaching truth is the level or amount of importance that is attached to the thoughts that arise in your mind, whether you meditate or not.

Here lies the difference between what's true or seems to be true, and truth. What is true belongs to the human being, what you believe or have proof of, such as your scientific facts, technology and technological breakthroughs, historical facts and feats, medical and educational achievements and advances, the quickening of your communication and transportation means and methods, not forgetting your means of killing each other in greater numbers with minimal effort and greater efficiency. All this is true of and for the human; and more. The past is true also. You forecast the future and it becomes true. You are surrounded by what you believe to be true. Of course, all or most of this is subject to debate, and as perception gives different meaning to what is true, depending on who is doing the perceiving, so what is true for one may not be true for another or all. All of what is believed to be true will change as new thoughts and belief systems overlay themselves on what is called the old. This is called progress.

There is only one thing in truth that humans can progress towards and that is truth itself.

All is well.

Because truth is eternal it permeates all and so it exists in time, that is, all that is believed to be true has an element of truth or a spiritual meaning attached to it. All that is thought to be true is pointing the way to truth, like signposts along a journey telling you that you are not yet at your destination and giving further direction or instruction. While the earth experience is a collective journey for many countless spirits or soul-parts, to the individual spirit or soul-part it is purely and solely a personal experience. This truth will dawn or arise in all, no matter what group one is

connected to. This may take many lifetimes for some and it has already taken many lifetimes and will take further lifetimes still for many others.

These lifetimes are unnecessary, for once truth arises or dawns upon you and you choose this to be your only reality, you are free from the earth experience. This means being at peace over and over again no matter what is happening in your illusion. You cannot change anything except yourself and the only change you can effect is which *self* is true – the inner or the outer. A lifetime is a free will choice and so be it that the cycle continues. The cycle of birth/ death is broken when truth interrupts the flow of thoughts that are creating the cycle in the first place, for it is only thoughts, one thought after another, endlessly arising in the mind to proclaim themselves or be claimed as true and in place of and in opposition to truth. The first of these thoughts is that of separation, and it will also be the last thought, for when one relinquishes this absurd thought, truth will return to the mind of the thinker, or dreamer, illuminating and resurrecting it to its true glory, the oneness that it has never left even for a moment. Just as the mind encased in a body does not detach or leave the body as one sleeps and dreams weird and wonderful dreams one after the other, and then awakens to find that they are still attached to the body, the dreams were not real and you feel safe again within the body. In truth the earth experience is a dream and you are the dreamer, and you are safe within the body of the One, the most Holy, all loving, source of all that is.

This is a wake up call.

For you who choose to hear and respond to this call, rejoice for thy will be done on earth as it is in heaven. Simply make it a priority in your life to seek the stillness and quietness, make it your number one priority. Give your time to this pursuit in all your endeavours, for all you do can still be done in a state of inner stillness and quietness or meditation. Practice, practice and practice. It truly does lead to the perfection that is now. Keep in your mind the thought of your truth-nature, over and over again come back to this nature; it is as personal and individual as your breath and your heartbeat. Thoughts will continue to arise or come to mind, all sorts of thoughts with no sense of connection between them, most from the past or of what the future could hold. Treat them equally the same, as just thoughts that are distracting you from your own truth, these will not stop. What *you should be*, or *need to be doing* will come to mind from your truth-self. Begin each day with a few minutes of inner reflection, turning or mastering your thoughts towards oneself, to the truth that lies within and reflecting this into or onto the outer world of form Fill your energy field or aura, your being, with this truth and continue your day, reconnecting each time you become aware that the mind has drifted and other thoughts have taken the priority position reserved for your truth self. You need to trust this part of you, and more importantly you need to get to know and love and live this part of you.

CHAPTER EIGHT

LOVE AND SEX

Love and sex are two very different energies. Love is purely a spiritual quality. It is constant, belonging to the eternal and it resonates in you at a soul or spiritual level. It is complete in itself and increases as it is shared. It will not and cannot be forced or force itself onto anyone or anything as it is already a part of everyone and everything. You will only ever feel your own feelings and your own love. As there is no separation in love, your love encompasses all and all love encompasses you.

Love can be brought within you to a sexual relationship; it does not come from a sexual relationship.

Sex as a word – it simply separates male and female.

Sex as an act or action – is simply a bodily function, sometimes used to procreate, mostly used as a form of pleasure.

Sex as a feeling - it simply stimulates pleasurable feelings via the brain and the nervous system to the body.

Sex as a thought form - this is simply where sex is giving its meaning to you, by you, and this feeling can change depending on who is in control of your thoughts - your ego self or your inner self.

The ego self equates sex with love; it thinks that a sexual act is making love. The ego self thinks it is capable of self fulfilment, yet nothing can satisfy its appetite, in all that it seeks, craves, longs for, demands or takes, in all its achievements and conquests, it is still unfulfilled and will seek more, just one more or lots more, it makes no difference - more is more.

When the ego self believes that pleasure is love, this is what it seeks, and when the pleasurable feelings wear off, as they inevitably do, the ego self feels unloved and suffers withdrawal symptoms in the form of emotional and behavioural patterns.

Because the ego self is built completely on past experiences, cultural and religious traditions will form part of its identity, whether in acceptance or rejection. Some cultures or religious traditions have an open and healthy belief system regarding sexual behaviour, while others surround it with fear and guilt.

Loves extends itself without the need or want to control and it is without fear or guilt.

What the ego believes is love is based upon fear. It wants to control, possess or own and it will manipulate the mind and body to this end. It wants to control for fear of either losing control of what or who it possesses, or in fear of not being controlled, possessed or owned by another. Both belief systems of being controlled or being in control are based on the fear of being alone or abandoned, which is a fear of responsibility for yourself. Both belief systems use guilt or blame as a means to avoid the responsibility.

This results in power struggles within relationships, with guilt being off-loaded from one and piled onto another. Whoever has the least amount of guilt holds the power and this is fought for in the repeating cycle of emotional and behaviour patterns either subtly or obviously.

Sexual activity is sometimes used as a tool in this power struggle. When sexual activity is seen as love, it will be seen as a gauge to judge the extent or amount of love, believing that love can be controlled and measured and can be given and received in measures. Patterns also form here, where you top up or fill up on love at regular intervals, in some cases this can become an obsession or the focal point of a relationship.

Any sexual activity is simply a bodily function and when seen as such it ceases to be equated with love and can become just another shared activity or experience, with another with whom you share your love.

When guilt is equated with sexual activity, as it is in some traditions, pleasure is seen as what is called sin, and sin must be punished, so guilt is used as a form of self-punishment. In other traditions where strict, rigid behaviour patterns have formed, sexual activity is controlled by what are called morality laws and guilt is used as a collective punishment - the guilty must be punished.

In all of this there is no room for forgiveness and so no room for love, resulting in feelings of emptiness, guilt and fear of being unloved or unlovable.

If you believe in guilt, you will feel it.

If you believe in punishment, you will feel it.

If you believe in fear, you will feel it.

This is an unworthy belief system built by the ego-self and is a block or obstacle in the way of love, your inner self.

Sexual activity of itself is simply a function of the body and so has no spiritual value, as the body will decay. The thoughts and feelings connected with sexual activity have spiritual value insofar as to whether they block your true self from experiencing self-love. So sexual activity simply offers another opportunity to love and grow.

If you accept that fear and guilt are a block to self love, you can bring your fearful and guilty thoughts one at a time as they arise in meditation to the gateway to forgiveness.

When you practise living from your inner self, the body becomes a means by which you share or expand love, as love cannot hold fear or guilt. Pleasure is experienced as simply pleasure; love is being *worthy* of joy, happiness, peace and bliss and being *worthy*, all your experiences can be experienced with pleasure.

Sexual thoughts or fantasies about controlling or imposing your will over another are not in accordance with unconditional love which shares itself only by consent. These thoughts are of the ego self and will accomplish nothing except guilt and so block any feelings of self love during sexual activity. Promiscuity is simply a search for love through the body, where the ego self believes that any type of notice or interest in you

is love and the body and mind controlled by the ego self will use and abuse other bodies that think alike without emotional and spiritual involvement.

It is not right or wrong, good or bad but simply another way to find love. Those who practise promiscuity know within themselves an emptiness that no amount of sexual activity or number of partners can fill. This search for love as with all ego based searches will eventually lead to an inner search. All walks of life, every path, leads to the true you, the inner you. Promiscuity is simply part of that search through sexuality. Money is another path (whether through poverty or wealth). Religions and all they contain are another, as are politics. These are common paths walked by all, with individual avenues or personal lessons or missions to be learned or carried out along the way. All ways are valid, all come the same way and go the same way. All walk together the same way.

THE WAY HOME

The stillness and the quietness of the lakeside touched me deeper than I had ever known
The silence I experienced reminded me of heaven
Home.

I felt blessed with life that moment
The sky reflected, made me see
Stillness and quietness on the outside
Was reflecting the inner me.

“O my god” is what I thought
“O my goddess” too
As I was blessed, I bless the world
To give is to receive, this I know is true.

As you read or hear these words
Know God’s blessing is on you
And with you and in you and through you
So God bless all others, they’re your sisters and brothers
Our father is waiting for me and for you.

CHAPTER NINE

LOVE, COMMITMENT AND TRUST

Love has no conditions attached to it, it needs nothing in return. As love increases as it shares itself, giving is receiving. This too is without condition. Love is unconditional. Love trusts only love.

When you are living from your inner self you spread only love, like the light of a candle needs nothing in return it simply gives out light, warmth and comfort (sometimes) where it's cold and dark.

As love is unconditional it has no expectations, wants or desires. It demands no loyalty or commitment, it does not seek to own or possess. It does not judge or condemn, it does not seek revenge or punishment and as it is eternal it cannot be extinguished.

Love based on fear, or what the ego self believes is love is entirely full of expectations and so full of disappointments. It is built on loyalty or commitment to and from another. It will judge and condemn, seek revenge and punishment if and when it thinks it has been betrayed with broken or unfulfilled commitments or disloyalty. This idea of love is placing your trust outside of true love or self-love, on the condition that something (a show of loyalty) is received in return.

When trust is placed outside of you, mistrust and doubt enters, resulting in fearful thoughts.

Trust is placed outside of your self because you do not trust yourself. You do not trust only love, your self love. You do not trust that this will be enough. You do not trust that love is complete in itself, and so you become needy, needing to be loved, noticed, reassured, approved of, rescued, taken care of and even adored. Or else you need to give (what you believe is) love, notice, reassurance, approval, to rescue and take care of and even adore. All in the name of giving and receiving love. This is what many relationships are about and the ego self sees these needs as a way of showing commitment. You need to show and/or be shown proof of loyalty and commitment as a price or condition on giving and receiving trust and so love.

This results in the feeling that love is capable of being withdrawn, switched on and off, and what you feel becomes your reality and so your ego self thinks it is capable of withdrawing love and so you get "turned on or off", these are the ups and downs of life, falling in and out of love, how your mood switches in an instant.

These are the basic structures of the repeating patterns or cycles within you, the individual, and within relationships.

When two or more needy people share the same space, tensions build up between them, in the atmosphere, and it can be sensed and felt. As you are what you feel, the people then become tense, defensive and barriers and distracting behaviour patterns are formed to try and hide the empty and vulnerable feelings of neediness.

Within this type of relationship, with those involved being needy or unaware of self love, no one is sharing, because you cannot share what you do not have or think you do not have.

Finding and practising self-love breaks the pattern or cycle, because love shares itself unconditionally, ending or replacing neediness. When one changes, change is introduced into the relationship. Others involved in the relationship will have to adjust to the changes in whatever way they choose to, while the one practicing self-love can detach from any tension or conflict into peace, forgiveness, love, and bliss.

If you are experiencing a relationship that is on/off, or going from drama to drama or crisis to crisis, or if you are going from one relationship to another, you are needy and you will feel unloved, alone or abandoned, and fearful of change and for your future.

Love is the only way out of fear. In order to find the way out, you must acknowledge and accept that you are fearful or living with or in fear. You must speak your truth as there is healing in truth. This is the meaning of “Only say the word and I shall be healed” (from the Catholic faith). The word is truth. *Your* truth about how you really feel. Speaking your truth is not voicing your opinion; in fact it is best practised in silence where you are admitting to *yourself* your true feelings.

If you can accept and acknowledge that how you think affects how you feel, how you feel then becomes your reality. If you can accept that thinking is of the ego self and that what the ego self *thinks* of as love is in fact full of disappointment and fear and your ego tells you that you *need* to be loved. If this is your truth (that you are needy) and if you accept that this *is* your truth, inside at your core you will know this already because of how you feel when love seems to be withdrawn or absent. You will also know that pride is the barrier between your inner self and your ego self. What this means basically is that you wont give in until you get what you want or think you need – **love from an outside source**. This pride is the difference between how it looks and how it feels; the image and the reality. Speak your truth to yourself. Acknowledge this and admit it to yourself. Your ego self will think that this is surrender and public humiliation but the truth is that it is a very private and personal confession to yourself that you are in need of love and not giving love and you will find that you can forgive yourself and once the truth is known, truth heals.

Love, commitment and trust belong to yourself first and foremost and you must know and feel these for yourself before you are capable of sharing them with another or others. Faithfulness - that is, being faithful to another person or another body is misplaced faith. Faithfulness belongs to God the creator and no other shall stand before God and demand faithfulness. To do this is to place yourself before God and turn your back to the light, casting a shadow over those that you demand faithfulness from. Like love, faithfulness is for yourself, when you have faith in your own divinity and love, you will have faith in the source of that love, and neither give or demand any other idea of faithfulness. Nobody can be unfaithful to you, only to himself or herself, as you can only be unfaithful to yourself. Breaking promises is not unfaithfulness; it is simply a change of mind. Breaking vows no matter how holy or solemn they may seem to be is not unfaithfulness, this too is simply a change of mind, usually with more fear, guilt, and penalties attached than a broken promise.

Faith and faithfulness is the link or bridge between you and God. Unfaithfulness and being faithless is when you ignore and dismiss the link, even though some think they can sever the link - they cannot. No child of God can ever be without the faith that God has placed in them. Know you are worthy to receive love, say the word and you shall be healed. The word is your truth.

All is well –
I AM THAT I AM.

ONE FATHER

Though I set foot in hell my heart is in heaven
Forever united with the source of all love.

I judge not what I look upon with eyes that are mortal
But ooze out compassion to one and to all.

I compare not myself to any one other
I be not above nor be I below
But equal to each one
Be they sister or brother.

One father between us
In my heart this I know.

CHAPTER TEN

BRING LIGHT TO THE ILLUSION

In order to bring light to the illusion, you must first know the light, or know self love. In order to find self love you must first accept that there is no other love, only self love (as you can only ever feel for yourself and your own feelings) and that what is seen, accepted or thought of as “love” is not really love, and that what is not real is an illusion.

Each one of you has your very own illusion, yet each one of you walks the same, common paths - sexuality, money, religions, politics, so there is also the common illusion. This is the world you see around you. Within the common illusion, you, through your ego self, builds or pictures your own illusion, based on your past learned and expected experiences, and you believe the illusions are real or true, thus forming a belief system based on what is not real or true, but believed to be and defended as truth, locking you into your illusion, like a recurring dream or nightmare that presents itself as reoccurring feelings and emotional patterns.

This brings us back to the belief system of being unloved, unlovable, unworthy. This is the illusion, as it was and is created and recreated by the ego self, it is not GOD’S creation as GOD’S creation is complete and needs no re-creation, when we say (in spirit) GOD is still creating in you, me, this, that - what is meant by this is completeness experiencing completeness, satisfaction feeding off satisfaction, wholeness becoming wholeness, joy rejoicing, laughter laughing, peace being peaceful, light becoming lighter, brightness getting brighter. By saying GOD is still creating is a statement to inform the inner you that all is well and when you join in that creation you shatter the illusion, you see through it, you become master of your self over the ego self, which is part of the illusion.

You don’t suddenly leave the body and float away to some spirit world. You become as GOD created you - complete, satisfied, whole, joyous, peaceful, loving, lighter and brighter - this is bliss, without fear of death.

It can be and will be a bit of a struggle to overcome the ego self. If you start with a “knowing” that all on earth have in common. That is, that one day you will leave everything and everybody (including your own body) behind. You will pass beyond this world or die as you call it.

If you take this as your starting point (or first step) now, and not see it as an ending point somewhere in a perceived future, you can accept that you have to and will detach from it all sooner or later. In order to end the illusion you must choose to detach from it now. Choosing not to is choosing to stay in it. So be it. The next (second) step will involve a process of detachment, again the ego will put up a struggle, with its rules and regulations, and its face - saving excuses, it will laugh and jeer at you, plant thoughts of guilt and doubt, it will try to get you to question your own sanity as it holds its viewpoint up against what it sees as flimsy and untrustworthy - your faith.

Your faith is the high note that shatters the sphere of illusion. The inner you holds this patiently and lovingly for you to embrace it and live it. The inner you is it. When you finally make the choice to stop searching in the outer world of illusion for proof, you will find your faith within and you will feel it. Yes, you will feel it, not just know of a concept of it or the promise of it in some afterlife, you will feel it now.

Faith in yourself - not belief in yourself, but *faith* - are two very different and distinct ways of being. Belief is of the intellect of wo/man and faith is of GOD. Faith in your self is faith in your GOD-SELF or the GOD within you, the divine expression that you are, the energy that gives you life - that is life and is in and all around you, now, making you part of that energy.

Making this connection with your GOD self is how to dispel the ranting and raving of the ego-self. Learn how to withdraw to your inner self and then practise withdrawal from the conflicts that arise in you. They do not arise in your life, they arise in you, through how your ego self judges what it sees and holds that up against what it thinks it knows or has learned or expects.

A conflict in you is anything you react to in a negative way, what you see as upsets, problems, disasters and tragedies. From little ones to global ones, personal or collective, it is all the same conflict in you.

How you react to conflict within is personal and individual, even when you think you are part of a collective or group - your feelings will always be your own. Yet inner conflict has a common truth for all who choose to experience it, that is, that it does nothing to change the outside world. It cannot undo what is past and does not change any given situation or circumstances; it never has and never will. Worry and stress, screaming, shouting and demanding, changes nothing except you, and will add to what you think is a problem, ensuring that the conflict will continue. Peace ends conflicts, all conflicts. Peace is within you - it **is** you. This is what you must have faith in, your own peace. Peace already exists - it is part of GODS creation. You do not have to or need to create it yourself, only feel it within yourself. This will end all your conflicts, both individual and collective.

When you find your peace it shines or emanates from you and you become a peacemaker simply by being peaceful - even in war zones, you can be at peace.

Your faith is your strength, your ego - self lack of faith is your weakness. Overcome each and every weakness you experience with your faith, simply by breathing in the breath of GOD, it is in the air all around you. When you breathe in air it becomes yours and you add your essence or belief system to it as you breathe it out. If you add a negative belief system, i.e. guilt, fear, judgment etc, this is the energy that you will breathe in. This belief system is contained within the subtle energy of your aura and contaminates the breath of GOD as it passes through your energy field. When you find peace, this is what fills your aura and this is open to GOD'S breath and so spreads your own peace to the world. This is heaven on earth when as you are as GOD created you, at peace, in love, joyous and indeed worthy.

Be gentle and forever forgiving of your self, this is how your inner self is. It "knows" that it is now, always has been and always will be, forgiven. It knows not of sin, for

sin (the idea of) is a contradiction of unconditional love, born with the idea of separation and was forgiven the same moment it was thought of. Sin is as unreal as the illusion of separation.

End your belief in sin, yours and anybody else's, forgive them for they know not what they do, detach from conflict and bring light to the illusion.

During the detachment process, all the people, things and issues - both past and present - that you are attached to will arise in you for you to change how you respond to them. These will include all your inner child feelings and emotions. Your ego - based ideas of how these things and people should be and how you react when they are not what's expected, as well as your judgments of yourself and others, your disappointments, your anger, vengeance, fear and hate - all the beliefs of your ego self. They are all your feelings, no matter what or who you think triggered or caused them, you choose each time one of these arises in you, to stay attached or detach.

If your ego self tells you "it is hard" or that "you are only human", acknowledge these thoughts and go beyond them. It is harder not to, for you ARE a spiritual being, an eternal being and not "just" or "only" a human being. The inner self that "knows" feels this spiritual, eternal you; the light in you is what you have brought into the illusion and you can bring it to your illusion and find peace.

Remember as you experience your ego-based feelings that they are yours. Whatever you feel or believe is happening to you, the feelings are yours and only yours and are coming from within you. All feelings come from within you and cannot be imposed on you...even pain and love. If you believe you are being lied to, cheated on, used, abused, taken for granted, ignored, neglected, hurt, controlled, trapped and abandoned, by somebody else - you are not. Your ego self has you, thinking, and so, feeling this way.

Even if it is the case that any or all of the above list is actually physically happening to you, this is because you choose to stay with people or situations out of fear of being unloved, alone or abandoned, or fear the responsibility of self love, fear of letting go of what you think is best for you. In the case of what is termed as "violations" i.e. muggings, robberies, assaults, rape, murder, tragedies and disasters, remember that the body is but a tool or vehicle for the spirit to learn and grow. These experiences are chosen for that purpose - to learn and to grow. Even what are called the vilest or despicable acts will have to be brought to the gates of forgiveness by both those who have inflicted them and those who have had them inflicted upon. This is the way of the world of illusions.

These words will be of little comfort to those who see themselves as victims, yet the truth is - the past cannot be undone. Two minutes ago or two million years ago, you must learn and grow from all your experiences. To choose to remain a victim of anybody or anything is to choose to remain a victim of your own choice. You can choose to let it go to where it belongs - in the past. Stop reliving it in your mind and holding the hurt and pain or anger and bitterness inside yourself, for this is what choosing to remain a victim is.

People who choose to be a victim, will give out or transmit negative vibrations and so they will attract “like to like” energy i.e. negative. As negative energy (which is but negative thought form) feeds off itself, it preys off itself in a vicious cycle of fear, anger, worry, stress, judgments, pain and disease - all manifested as things going wrong, moving from one problem to another, seeing or fearing the worst possible outcome of anything untried or new to them.

Many are actively engaged in the “victim” state of mind - looking for worries and problems where none exist, swapping their tales of woe from the past and making them part of their now, engaging in malicious gossip, casting their negative opinions onto anything or anybody that is positive, or threatens to bring change. Some are addicted to this state, which hardens the unworthy belief system and which is defended as truth and held close to their hearts, making it near and dear to themselves. Fearful of letting this energy go because it defines who and what they think they are – victims, and it gives them a sense of belonging, being part of something bigger, other victims and victim hood.

Fear is an energy or state of being, created by thoughts. When people are fearful of letting go of fear, it is accepted as reality and lived as reality - justifying itself as it projects fearful thoughts into the future, creating fearful circumstances, conditions and situations as well as attracting other fearful people or spirits into these situations. Its justification is based on its own predictions or projections of doom and gloom, convincing the ego self it is right. It knows all the pain, suffering, misery, worry, sadness and loneliness are real to itself, not just thoughts and so it sees no justification for changing. All the happenings in the past are true; this is its truth, constantly reinforcing its present reality with its past truth. It leaves little room for change or truth as it really is, to enter, except for wishing for outside intervention, such as luck, chance, or some tablet or doctor or healer or preacher to take away all their woes and worries, aches and pains, sadness and loneliness. This will happen when fear is let go, for no body or spirit can take away what one holds onto so dearly.

In order to bring light onto the illusion, the past must be let go and the present moment, the now, the eternal, accepted as truth. This is the foundation stone on which your future will stand, without all the past intruding to pull it down.

How to do this? How does one change one’s thoughts?

By taking responsibility. What does this mean? You have the ability to divert your mind and so your thoughts. You do it all the time, thinking of one thing and then another and another and sometimes the same one over and over again. You are capable of diverting your thoughts and thinking from the past or future and into the moment, and you are capable of doing this as often as you need to, as often as you find that you have slipped away from the moment - where peace abides - into what is not now, i.e. the past or future. With awareness, you can bring yourself back to the moment. Be aware of your thoughts. Be aware of your responses to them and your ability to control, divert and correct them. As often as they get out of control is as often as you will need to take control. Nothing from the past will change or will it ever be able to change. In reality, it cannot exist in the moment; it does not exist in the moment or will it ever.

White light breathing, white light thinking, white light living, are the simplest and the most effective and powerful tools available to you. It really is that simple. You need to make it a practice and not simply know about this. You need to do it, to be it, to actively focus your thinking mind onto white light and peace, over and over until it becomes second nature to you and then it will come natural to you - your first nature- which is spiritual nature.

This is not something to believe in, it is something to experience, to know it for yourself.

Eternity is not a future event; it does not begin after death, on some imagined Day of Judgment or resurrection. That is a contradiction of eternity, which has no beginning or ending and so cannot suddenly start on an appointed day or time. Eternity is now; you are part of the eternal now, always.

All is well.

Peace truly be with you all.

MISSION OF PEACE

He is with me I know
In his presence I grow
I strengthen inside and grow to perfection
Close my eyes to the madness
The pain and rejection.

He is with me I know
He hasn't gone far
On a mission of peace
I think we all are.

CHAPTER ELEVEN

SPIRITUAL DEVELOPMENT BEYOND THE ILLUSION

As humans we have a tendency to get bored quickly - leading to a need for some sort of activity in order to keep the mind stimulated.

The mind gets its stimulation from one of three sources that interact with each other:

- 1 The brain or mental body or self.
- 2 The emotional body or self.
- 3 The physical body or self.

These three bodies or parts are contained within the physical body (this is called the ego self), that in turn is held within a fourth body, the spiritual self, aura or energy field.

This is how people (including many healers and light workers) perceive what's called life - as this is what they see, and for most people seeing is believing. If they can see it, it must be real, if it cannot be seen, it cannot be real. Further to this it must be seen constantly or repeatedly in order to be believed. Images that are seen briefly or glimpsed are not believed as true and are explained as figments of imagination. In this situation most people don't believe their eyes, and so this forms the basis of the belief that the body, physical or ego self is real or that this is our true nature and so all our energy is focused onto it and we make it our number one priority. We even think that it gives to us, contains and sustains our life force or spiritual essence, with belief systems such as, the body is a container or vessel, a temple or house that holds the spirit, like a genie in a bottle. This interpretation puts limits on or around the spiritual self, which has no limits and cannot be contained - except in the mind of the individual spirit through the use of free will, or put another way - through the thought of separation. The genie in the bottle is indeed separate from what is outside of the bottle, just as the thought of separation will distract you from your true nature.

Here I would like to introduce a concept that will reverse and replace this belief system of separation, and like all belief systems it will take repetition and practice before it is accepted and made real or brought into your reality.

It is this:

I AM a spiritual being first and foremost. Being spiritual I AM connected with the spirituality in all things at all times, as well as before and beyond time or eternity, or - put another way - I AM an eternal spiritual being **NOW**.

I AM an energy source without limits or boundaries and cannot be contained in a body, any body.

And as the body seems to be alive or even seems to **be** me or who I AM, and as no body lasts forever, the “I” that I sense or seem to be, the I that I AM, must be bigger or beyond or outside of the body.

This is a long way of saying that the spiritual self contains the body and not the other way around, or my true nature is divine. As one becomes aware of ones own divinity and the process of becoming that presence on earth starts, the body or ego self also starts a process or to be more precise a protest. The ego self will use everything at its disposal in order to distract or disrupt the process of becoming whole again. The very thought of this wholeness is a threat to the ego self, which in itself is only sustainable on the basis of the thought of separation, and so as more and more light seems to enter the physical, mental and emotional bodies by way of the spiritual body, the ego self responds using what it knows best - negative thoughts and belief systems such as guilt, anger, hate, pain, suffering, attack, revenge and death, none of which are true for the divine being that you are in your natural state.

It is stated earlier that more light “seems” to enter. In truth the light has never diminished. It merely seems to get shrouded in a mist or cloud of darkness or negative energy or thoughts and beliefs which are but thoughts that one holds on to or holds dear or deep and protects and defends more so than other thoughts.

Your divinity is recognised with the realisation, acceptance and conceptualisation that all thoughts are equal. The ego self learns this as it is revealed at the mental level and adjusts its methods accordingly, always trying to argue and trip you up, throwing questions and what ifs and buts, judgments and condemnations, sneering and jeering, scaring, frightening and terrifying you into numbness or a state of submission. This is when the ego self seems to be in charge or in control, or thinks it is. What it thinks it is in control of is you, your world, how you perceive your world and how you react and respond to that perception. Its function is to distract you from truth, for in truth it sees its own demise. What it does control is the level or amount of fear that’s projected onto your mind or into your thoughts and so into your world. Thoughts being equal or neutral, drift across the screen of the mind and get energised by whatever is projected onto them by the perceiver.

If you could practice this one concept alone - of observing your thoughts as just a mishmash of information passing over your head, like clouds flouting across the sky. Each cloud or thought is like a separate TV screen playing its own show over and over again. If you can take a backseat for just a few minutes and observe, you will find that your thoughts change rapidly and repeatedly with apparently no sense of connection or reason, just random images and memories flashing like a never-ending slide show, even into your sleeping or dream time - a random nonsensical stream of events and occurrences which seem to be replaced by thoughts in a seamless or perpetual flow.

This is the brain at work, the ego self, showing what it knows, who it thinks it is, to itself, trying to (and in most cases succeeding) to impress, to make itself feel good, important, satisfied, useful, wanted even loved. It uses the body or physical to do this very convincingly, believing that the body is you, that you are no more than a body and destined to die. Here lies the ego’s greatest or best tool, the belief in or thought of death, and it attaches it to all other tools and thoughts that it uses to control the mind

or you - as this is who and what it thinks it controls. It sees death as an ending of itself or yourself and this makes it fearful and how it uses this fear is to impregnate all thoughts with fear, and so conflict is ensured and expected. This is when all that the ego or physical self can offer or give, ends or ceases to be, the good turns bad, success turns to failure, satisfaction becomes longing, useful-useless, wanted-unwanted, loved-unloved, any respite, rest or relaxation from this is hard won and short lived, ensuring the imprisonment or keeping in/down of the spiritual self.

From the viewpoint of the observer (who is merely watching the thoughts unattached, unmoved and unaffected by them), it is clearly seen that all thoughts are indeed equal, and it is one's own reaction to any thought that gives it its importance or power that it seems to have over you. The thought itself is powerless. This is without exception - all thoughts are powerless and they are also meaningless until you give them power and meaning by your response and reaction. But responsibility rests with you - not the meaningless and powerless thoughts. With awareness comes responsibility for all your responses and reactions to all situations in your life.

Another concept that I would like to introduce is that there is a spiritual purpose to this lifetime, outside of just responding and reacting to a mishmash of unconnected thoughts; a divine purpose or divine plan. A plan designed especially for you. The "you" that I refer to here is not the ego or physical you, but the spiritual eternal self, that part of love, the holy spark of life itself that you are. This part of you resides outside of and within the body, it contains the very thought of the body and so all of the thoughts that the body holds are also held within a part of the spiritual self. In order for your divine plan to unfold before you, you must become aware of your divinity. Without this awareness or acceptance - only opportunities for you to become aware will unfold or be presented to you, over and over day in and day out - but not the divine plan itself or your part that you have within it.

All happenings are in divine order. There is nothing out of order, there are no mistakes. Every event, no matter how big or small, is an opportunity for someone and everyone to become aware of the divine nature that you are. All have a part to play within the divine plan. There is nothing within wholeness or holiness too big or too small, nothing overwhelming or insignificant. This is without exception, no matter how "wrong" or "bad" some of the happenings within the illusion seem to be, or how "real" they are experienced or for what length of time. In truth there is life, in life there is truth, learn the lessons that this lifetime has to offer you. There is no-thing or thought that cannot be healed.

Let go and let GOD
 All is well
 Be at peace
 Live in peace
 Peace be with you.

WISDOM OF AN ANGEL

With the innocence of a child
Of God
And the wisdom of an angel
Of God
I make the changes in my life
With the perfection of all that is, I blend in
With God
All is well.