

A

Conversations with God Serious Student's Study Guide

This is a synopsis of the Major Messages in the Conversations with God dialogues.

NOTE: Some information appears in multiple places below. The appearance of a message here more than once is not by accident. Repetition has been used intentionally to allow the Mind to gather, absorb, and *internalize* significant truths, transforming them from simple data streams into comprehensive understandings.

Students are advised not to brush over that which is encountered here a second or third time, but rather, to pay particular attention to that which has been reiterated.

Included here are summaries of...

The Five Steps to Peace
Five Fallacies About God
Five Fallacies About Life
The Ten Illusions of Humans
Four Levels of Human Consciousness
Three Levels of Awareness
Seven Steps to Friendship with God
The New Revelations

The Differences Between Yesterday's God & Tomorrow's God
The Major Messages of Creation Education

The 16 Differences between an Awakened Species & Humans Living in an Unawakened State Five Ways to Know If You Are Fully Awakened

The Seven Tools of Integration
Four Wonderful Ways to Meditate
The Four Fundamental Questions of Life
The Three Realms in the Kingdom of God
An Abbreviated List of Lists from the CWG Dialogues

Also found here will be the 50 Question Test, with Answer Key, assessing the depth of one's knowledge of the passages and messages of *Conversations with God*

THE FIVE STEPS TO PEACE

There are five steps we can choose now if changing the world, and the self-destructive direction in which it is moving, is what we wish to achieve.

- 1. We can choose to acknowledge that some of our old beliefs about God and about Life are no longer working.
- 2. We can choose to acknowledge that there is something we do not understand about God and about Life, the understanding of which will change everything.
- 3. We can choose to be willing for a new understanding of God and Life to now be brought forth, an understanding that could produce a new way of life on our planet.
- 4. We can choose to be courageous enough to explore and examine this new understanding, and, if it aligns with our inner truth and knowing, to enlarge our belief system to include it.
- 5. We can choose to live our lives as demonstrations of our highest and grandest beliefs, rather than as denials of them.

These are the Five Steps to Peace, and if we take them, we can shift everything on our planet.

FIVE FALLACIES ABOUT GOD

- 1. God needs something.
- 2. God can fail to get what He needs.
- 3. God has separated you from Him because you have not given Him what He needs.
- 4. God requires you to do something from your separated position in order to get back into His good graces.
- 5. God will destroy you (*i.e.*, condemn you to hell) if you do not meet His requirements.

FIVE FALLACIES ABOUT LIFE

- 1. Human beings are separate from each other.
- 2. There is not enough of what human beings need to be happy.
- 3. To get the stuff of which there is not enough, human beings must compete with each other.
- 4. Some human beings are better than other human beings.

5. It is appropriate for human beings to resolve severe differences created by all the other fallacies by killing each other.

A CONCISE NARRATIVE TO HELP IN UNDERSTANDING AND DISPELLING THE TEN ILLUSIONS OF HUMANS

Here are The Ten Illusions. Get to know them well, so that you will recognize them when you see them.

- 1. Need Exists; 2. Failure Exists; 3. Disunity Exists; 4. Insufficiency Exists;
- 5. Requirement Exists; 6. Judgment Exists; 7. Condemnation Exists;
- 8. Conditionality Exists; 9. Superiority Exists; 10. Ignorance Exists

The first five of these are The Physical Illusions, having to do with life in your physical body. The second five are the Metaphysical Illusions, having to do with non-physical realities.

God's messengers have through the ages brought forward the Truth within their hearts, as best they understood it, as purely as they knew how. And while they have each done so through imperfect filters, they have nonetheless brought to our awareness extraordinary wisdom, from which the whole human race has benefited.

What is amazing is how similar their insights have been, despite being offered at vastly different times and places and separated by legions of centuries. Now it is time to expand this list to include others, living today, as God's latest messengers.

All things emanate from one Source, then permeate the "Is-ness" all over, and reveal themselves as Individuations of the Whole. The continuing process of the translation of Divinity into Physicality produces endless variety within God's unity. The variety of the unity is what God calls "Individuation" – the individual expression of that which is *not separate*, but which can be *individually expressed*.

The purpose of individual expression is for God to experience Himself as the whole, through the experiencing of Her infinite aspects. *You are the Sum of God*. God has told you this many times before and many have heard this as the *son* of God. That, too, is correct. You are the sons and daughters of God. Yet it does not matter what labels or names you use, it adds up to the same thing. You are the Sum of God.

Everything can truly be "on earth as it is in heaven," when the time of separation is over and the time of unification is at hand. Unification with God, unification with all others, and with every living thing. This is what God has come to tell us once more through the messengers of today. You will know them as God's messengers because they will all be bringing the same message: **We Are All One.** This is the only message that matters. The fact that you have so far failed to receive it (you have *heard* it often, but you have failed to receive it) is what has caused every misery, every sorrow, every conflict, every heartache in your experience. It has caused every murder, every war, every assault and attack,

mental, verbal, and physical. It has caused every illness and disease, and every encounter with what you call "death." The idea that we are *not* One is an illusion.

The human race has been living with illusions for a long time. This is not because the human race is stupid, but because the human race is very smart. Humans have understood intuitively that illusions have a purpose, and a very important one. Most humans have simply forgotten that they know this. And they have forgotten that their forgetting is *itself* part of what they have forgotten – and therefore part of the illusion. Now it is time for humans to remember.

The Ten Illusions of Humans are very powerful illusions that you created during the earliest part of the species' experience on Earth. And you create hundreds of smaller ones every day. Because you believe them, you have created a cultural story that allows you to live these illusions and thus make them real. They are not really real, of course. Yet you have created an Alice in Wonderland world in which they seem very real, indeed. And like the Mad Hatter, you will deny that what is False is false, and that what is Real is real. You have, in fact, been doing that for a very long time. A cultural story is a story that has been handed down from generation to generation, across centuries and millennia. It is the story that you tell yourself about yourself. Because your cultural story is based on illusions, it produces myths, rather than an understanding of reality.

The cultural story of humans (and the illusion which created it) is that:

- 1. God has an agenda (Need Exists)
- 2. The outcome of life is in doubt (Failure Exists)
- 3. You are separate from God (Disunity Exists)
- 4. There is not enough (Insufficiency Exists)
- 5. There is something you have to do (Requirement Exists)
- 6. If you do not do it, you will be punished (Judgment Exists)
- 7. The punishment is everlasting damnation (Condemnation Exists)
- 8. Love is, therefore, conditional (Conditionality Exists)
- 9. Knowing and meeting the condition renders you superior (Superiority Exists)
- 10. You do not know that these are illusions (Ignorance Exists)

This cultural story has been so ingrained in you that you now live it fully and completely. This, you tell each other, "is just the way it is." You have been telling each other that now for many centuries. Indeed, for millennia after millennia. For so long, in fact, that myths have grown up around these illusions and stories. Some of the most prominent myths have been reduced to concepts such as "Thy will be done," "Survival of the fittest," "To the victor go the spoils," "You were born in Original Sin," "The wages of sin are death," "Vengeance is Mine, sayeth the Lord," "What you don't know won't hurt you," "God only knows," and many others, equally destructive and non-serving.

Based on these illusions, stories, and myths – here is how many humans have come to think about Life:

"We are born into a hostile world, run by a God who has things He wants us to do and things He wants us not to do, and will punish us with everlasting torture if we don't get the two right.

Our first experience in Life is separation from our mother, the Source of our Life. This creates the context for our entire reality, which we experience as one of separation from the Source of All Life. We are not only separate from all Life but from everything else in Life. Everything that exists, exists separate from us. And we are separate from everything else that exists. We do not want it this way, but this is the way it is. We wish it were otherwise, and, indeed, we strive for it to be otherwise.

We seek to experience Oneness again with all things, and especially with each other. We may not know why, exactly, yet it seems almost instinctual. It feels like the natural thing to do. The only problem is, there does not seem to be enough of the other to satisfy us. No matter what the other living thing is that we want, we cannot seem to get enough of it. We cannot get enough of love, we cannot get enough time, we cannot get enough money. We cannot get enough of whatever it is we think we need in order to be happy and fulfilled. The moment we think that we have enough, we decide that we want more.

Since there is 'not enough' of whatever it is we think we need to be happy, we must 'do stuff' to get as much as we can get. Things are required of us in exchange for everything, from God's love to the natural bounty of Life. Simply 'being alive' is not enough. Therefore we, like all of Life, are not enough.

Because just 'being' isn't sufficient, the competition begins. If there's not enough out there, we have to compete for what's there. We have to compete for everything, including God. This competition is tough. It is about our very survival. In this contest, only the fittest survive. And to the victor go all the spoils. If we lose, we live a hell on Earth. And after we die, if we are losers in the competition for God, we experience hell again – this time forever.

Death was actually created by God because our forebears made the wrong choices. Adam and Eve had everlasting life in the Garden of Eden. But then, Eve ate the fruit of the tree of Knowledge of Good and Evil, and she and Adam were driven from the Garden by an angry God. This God sentenced them, and all their progeny forevermore, to death as the first punishment. Henceforth, life in the body would be limited, and no longer everlasting, and so would the stuff of Life.

Yet God will give us back our everlasting life if we never again break His rules. God's love is unconditional, it is only God's rewards which are not. God loves us even as He condemns us to everlasting damnation. It hurts Him more than it hurts us, because He really wants us to return home, but He can't do anything about it if we misbehave. The choice is ours.

The trick is, therefore, to not misbehave. We need to live a good life. We must strive to do so. In order to do so, we have to know the truth about God, and we cannot avoid offending Him, if we do not know right from wrong. So we have to know the truth about that. The truth is simple to understand and easy to know. All we have to do is listen to the prophets, teachers, sages, and the source and founder of our religion. If there is more than one religion and, therefore, more than one source and founder, then we have to make sure to pick the right one. Picking the wrong one could result in us being a loser. When we pick the right one, we are superior, we are better than our peers, because we have the truth on our side.

This state of being 'better' allows us to claim most of the prizes in the contest without actually contesting them. We get to declare ourselves the winners before the competition begins. It is out of this awareness that we give ourselves all the

advantages, and write our 'Rules of Life' in such a way that certain others find it nearly impossible to win the really big prizes. We do not do this out of meanness but simply in order to ensure that victory is ours — as rightly it should be, since it is those of our religion, of our nationality, of our race, of our gender, of our political persuasion who know the truth, and therefore deserve to be winners. Because we deserve to win, we have a right to threaten others, to fight with them, even to kill them if necessary, in order to produce this result.

There must be another way to live, another thing that God has in mind, another larger truth, but if there is, we don't know it. In fact, it is not clear whether we are even supposed to know it. It is possible that we are not supposed to even try to know it, much less to truly know and understand God. To try is presumptuous, and to declare that you have actually done so is blasphemous.

God is the Unknown Knower, the Unmoved Mover, the Great Unknown. Therefore, we cannot know the truth that we are required to know in order to meet the conditions that we are required to meet in order to receive the love that we are required to receive in order to avoid the condemnation that we are seeking to avoid in order to have the everlasting life that we had before any of this started.

Our ignorance is unfortunate, but should not be problematic. All we need do is take what we think we do know – our cultural story – on faith, and proceed accordingly. This we have tried to do, each according to his or her own beliefs, and thus we have produced the life that we are now living, and the reality on Earth that we are creating."

This is how most of the human race has it constructed. You each have your minor variations, but this is, in essence, how you live your lives, justify your choices, and rationalize the outcomes. Some of you do not accept all of this, yet all of you accept some of it. And you accept these statements as the operating reality not because they reflect your innermost wisdom but because someone else has told you that they are true.

At some level, you have had to make yourself believe them. This is called make-believe. Yet now it is time to move away from make-believe and toward what is real. This will not be easy, because Ultimate Reality will differ a great deal from what many people in your world are now agreeing is real. You will literally have to be "in this world, but not of it."

And what would be the purpose of that if your life is going well? Nothing. There would be no purpose. If you are satisfied with your life and with the world as it is, there would be no reason for you to seek to shift your reality and to stop all this make-believe. This message is for those who are not satisfied with their world as it is.

Let's now examine The Ten Illusions one by one. You will see how each one has caused you to create life on your planet as you are now living it. You will notice that each illusion builds on the previous one. Many sound very much alike. That is because they are alike. All of them are simply variations of The First Illusion. They are grander distortions of the original distortion.

You will notice that each illusion was created to fix a flaw in the illusion just before. Finally, tired of fixing flaws, you simply decided that you did not understand any of it. Thus the final illusion: Ignorance Exists. This allowed you to shrug your shoulders and quit trying to solve the mystery. But the evolving mind would not allow such a retreat for very long.

In just a few short millennia – a very brief time, indeed, in the history of the Universe – you have come to the place where ignorance is no longer bliss. You are about to climb out of primitive culture. You are about to make a quantum leap in your understandings. You are about to see through ... The Ten Illusions.

AN EXPLANATION OF THE TEN ILLUSIONS OF HUMANS

1. Need Exists

This is not only The First Illusion, but the grandest. On this illusion are all other illusions based. Everything you currently experience in life, everything that you feel moment to moment, is rooted in this idea, and your thoughts about it.

Need is non-existent in the Universe. One needs something only if one requires a particular result. God would need something only if God required a particular result, but God does not require any particular result. God is that which produces *all* results. If God needed something to produce a result, where would God get it? There is nothing that exists outside of God – God is *All That Is*, *All That Was*, and *All That Will Ever Be*. There is nothing that is, that is *not* God. You may better grasp this idea if you use the word "Life" in place of the word "God." The two words are interchangeable, so you will not alter the meaning; you will merely increase your understanding. [Nothing that is, is not Life. If Life needed something to produce a result, where would Life get it? There is nothing that exists outside of Life. Life is *All That Is*, *All That Was*, *and All That Will Ever Be*.]

God, Life and the Universe need nothing to occur except that which is occurring. This is the nature of things. *This* is how it is, not the way you have imagined it. In your imagination you have created the idea of Need out of your experience that you need things in order to survive. Yet suppose that you didn't care whether you lived or died. Then what would you need? And suppose that it was impossible for you not to live. Then what would you need? Nothing at all. Now here is the truth about you: It is impossible for you not to survive. You cannot *fail* to live. It is not a question of *whether* you will live but *how*. That is, what form will you take? What will your experience be?

You need nothing to survive. Your survival is guaranteed. God gave you everlasting life and never took it away from you. To this, you may say "Survival is one thing, but happiness is another." You may imagine that you need something in order to survive happily – that you can be happy only under certain conditions. This is not true, but you have believed it to be. And because belief produces experience, you have experienced life in this way, and have thus imagined God who must experience Life in this way as well.

Yet, this is no more true for God than it is for you. The only difference is, God knows this. When you know this, you will have mastered life, and your whole reality will change.

Now here is a great secret: Happiness is not created as a result of certain conditions. Certain conditions are created as a result of happiness. This statement holds true for every other state of being as well including for example, love, compassion, and abundance, because "beingness" precedes experience, and produces it. Because you have not understood this, you have imagined certain things must occur in order for you to be happy – and you also imagine a God for whom the same is true. Yet if God is First Cause, what can occur that God did not cause in the first place? And if God is all-powerful, what can occur that God does not choose to occur? Is it possible for something to occur that God cannot stop? And if God is choosing not to stop it, is the occurrence itself not something which God is choosing? Of course it is. Yet why would God choose things to occur that would make God unhappy? The answer is: *Nothing makes God unhappy*.

You cannot believe this because it would require you to believe in a God without need or judgment, and you cannot imagine such a God. The reason that you cannot imagine such a God is that you cannot imagine such a human. You cannot believe that you can live that way. When you come to understand that you *can* live that way, then you will know all there is to know about God. Masters know this. And nothing makes Masters unhappy.

In the early days of your primitive culture, most humans were not in this place of mastery. Their only desire was to avoid unhappiness, or pain. Their awareness was too limited for them to understand that pain did not have to produce unhappiness, and so their life strategy was built around what later came to be described as The Pleasure Principle. They moved toward what brought them pleasure and away from what deprived them of pleasure (or caused pain). Thus, The First Illusion, the idea that Need Exists, was born. It was what could be called the first mistake.

Need does not exist. It is a fiction. In reality, you need nothing to be happy. Happiness is a state of mind.

This is not something that early humans were capable of grasping. And because they felt they needed certain things in order to be happy, they assumed that the same must be true of all Life. Included in that assumption was that part of Life which they came to understand as a Greater Power – a power that succeeding generations have conceptualized as a living being referenced to by a wide variety of names, among them, Allah, Yahweh, Jehovah, and God. It was not difficult for early humans to conceive of a power greater than themselves. Indeed, it was necessary. An explanation was needed for things that happened that were totally out of their control. The mistake here was not in assuming that there was such a thing as God, but in assuming that this Total Power and Complete Energy could need

anything at all; that God was, in some way, dependent on something or someone else to be happy or satisfied, complete or fulfilled.

From this creation of a dependent God, people produced a cultural story in which God has an agenda. In other words, there are things God wants and needs to occur, and ways in which they *must* occur, in order for God to be happy. Humans have reduced this cultural story to a myth that has crystallized as: Thy Will be done. Humans' idea that God had a Will forced them to then try to figure out what God's Will was. This exercise quickly made it clear that there was no universal agreement among humans on this point, so not everyone could possibly be *doing* God's Will. The cleverest humans used this rationale to explain why some people's lives seemed to work better than others. But then you forced a new question: How could it be possible for God's Will not to be done if God was God?

Clearly, there was a flaw in The First Illusion. This should have revealed the idea of Need to be false. But humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. They were right. But they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for the purpose for which it was intended, they thought they had to fix the flaw. Thus, it was to fix the flaw in The First Illusion that The Second Illusion was created.

2. Failure Exists

The idea that God's Will (assuming God has one) could not be done runs counter to everything you thought you knew about God – namely, that God is all-powerful, everpresent, the Supreme Being, the Creator – but it is one that you nevertheless enthusiastically embraced. This produced the highly improbable but very powerful illusion that God can fail. God can desire something but not get it. God can wish for something but not receive it. God can need something but not have it. In short, God's Will can be thwarted.

You have not only imagined a God with needs, you have imagined a God who can fail to have His needs met. How have you done this? Once again, through the use of projection – you have projected yourself upon your God. Once again, an ability or quality of being which you have ascribed to God has been derived directly from your own experience. Since you noticed that *you* could fail to obtain all the things that you imagine you need to be happy, you have declared that the same is true of God. From this illusion, you have produced a cultural story which teaches that the outcome of life is in doubt. It could work out, or it could not. It might be okay, and it might not. It will all be fine in the end – unless it isn't.

Adding doubt to the mix produced your first encounter with **fear**. Prior to contriving this story of a God who could not always get His way, you had no fear. There was nothing *to* fear. God was in charge. God was All Power, All Wonder and Glory, and all was right with the world. What could go wrong? But then came the idea that God could want something and actually not get it. God could want all of His children to return to Him in heaven, but His children themselves, by their own actions, could prevent this.

This idea, too, strained credibility, and again the human mind saw the contradiction. How could God's creations thwart the Creator if the Creator and the creations were one? How could the outcome of life be in doubt if the One producing the outcome and the One experiencing it were the same?

Clearly, there was a flaw in The Second Illusion. This should have revealed the idea of Failure to be false, but humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. Again, they were right. But again, they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for the purpose for which it was intended, they thought they had to fix the flaw. It was to fix the flaw in The Second Illusion that The Third Illusion was created.

3. **Disunity Exists**

To escape the conundrum of The Second Illusion, humans created a third: The Creator and the creations were *not* all one. This required the human mind to conceive of the possibility of the impossible – that That Which is One is not One; that That Which is Unified is really separate. This is the illusion of Disunity – the idea that separation exists.

Humans reasoned that if creations were separate from the Creator, and if the Creator allowed the creations to do whatever they pleased, it would then be possible for the creations to do something that the Creator did not want them to do. Under these circumstances, the Will of the Creator could be thwarted. God could want something but not get it. Disunity produces the possibility of Failure, and Failure is only possible if Need exists. One illusion depends upon another.

The first three illusions are the most crucial. So important are these illusions, so key are they in supporting the rest, that separate cultural stories were assigned to them in order to explain them, and to assure that they *would* be explained, clearly and often. Each of your cultures created its own special story, but all of them made the same basic points, each in their own way.

One of the most famous is the story of Adam and Eve. It is said that the first man and the first woman were created by God and lived happily in the Garden of Eden, or Paradise. There they enjoyed eternal life and communion with the Divine. In exchange, God is said to have required only one thing: Do not, He commanded, eat of the fruit of the Tree of the Knowledge of Good and Evil. According to this legend, Eve ate of the fruit anyway. She disobeyed orders. But it was not entirely her fault. She was tempted by a serpent, who in reality was a being you have called Satan, or the Devil. And just who is this Devil? He is, one story has it, an angel gone bad, a creation of God who dared to want to be as great as his Creator. This, the story says, is the ultimate offense, the supreme blasphemy. All creations should honor the Creator and never seek to be as great, or greater. This, despite the fact that it is the greatest pleasure of all healthy human parents to see their children reach, and exceed, their own station in life and to surpass their own achievements. God, on the other hand, was said to have been dishonored by this, and deeply offended. Satan, the fallen angel, was cast away, separated from the flock, shunned, damned, and suddenly there were two powers in Ultimate Reality, God and Satan; and two places from which they operated, heaven and hell.

It was Satan's desire, according to the story that developed, to tempt humans to disobey the Will of God. God and Satan were now in competition for man's soul. And, fascinatingly, this was a competition that God could lose. All of this proved that God was not an all-powerful God after all ... or that He was all-powerful, but didn't want to use His power because He wanted to give Satan a fair chance. Or, that it wasn't about giving Satan a fair chance, it was about giving human beings free will. Except that if you exercised your free will in a way that God did not approve of, God would hand you over to Satan, who would torture you for eternity.

In the story of Adam and Eve, many people believed that God punished the first man and the first woman for Eve's eating of the forbidden fruit by casting them out of the Garden of Eden. And (if you can believe this), God punished every other man and woman who ever lived after that, burdening them with the first human's guilt, and sentencing them to also be separate from God throughout their lives on earth.

These and other equally colorful, convoluted stories have grown into religious doctrine on your planet. And through them, the first three illusions were conveyed in a dramatic fashion that children, in particular, would not soon forget. So successful were these stories in injecting fear into the hearts of children that they were repeated over and over to each new generation. Thus the first three illusions were deeply imbedded in the human psyche: (1) God has an agenda (Need Exists); (2) The outcome of life is in doubt (Failure Exists);

(3) You are separate from God (Disunity Exists).

While the idea that Need and Failure exists is crucial to the rest of the illusions, the idea that Disunity Exists has the most impact on human affairs – impact which is felt by the human race to this day.

If your thought about The Third Illusion is that it is true, you will have one experience of life. If your thought about it is that it is not true, but is, in fact, an illusion, you will have another experience of life. These two experiences will be dramatically different. Currently, nearly everyone on your planet believes The Illusion of Disunity to be real. As a result, people feel separate from God and separate from each other. The feeling of separation from God makes it extremely difficult for people to relate to God in any meaningful way. They either misunderstand God, or fear God, or they beg for God's help – or they deny God altogether. In so doing, humans have missed a glorious opportunity to use the most powerful force in the Universe. They have subjected themselves to lives over which they imagine they have no control, under conditions they think they cannot change, producing experiences and outcomes they believe they cannot escape. They live lives of quiet desperation, offering up their pain, suffering it gladly, believing that their silent bravery will earn them sufficient favor to get into heaven, where they will receive their reward.

There are many reasons that suffering without undue complaining may be good for the soul, but ensuring one's reward in heaven is not one of them. Courage is its own reward, and there can never be a good reason to cause other people suffering — which is what complaining does. The Master, therefore, never complains, and so, limits the suffering outside of himself — and inside as well. Yet the Master does not refrain from complaining in order to limit suffering, but because the Master does not interpret the experience of pain as suffering, but simply as pain.

Pain is an experience. Suffering is a judgment which is made about that experience. The judgment of many is that the pain they are experiencing is not okay, and should not be occurring. Yet the degree to which pain is accepted as perfect is the degree to which suffering in life may be eliminated. It is through this understanding that Masters overcome all suffering, although they may not escape all pain.

Their feeling of separation from God prevents humans from using God, calling upon God, having a friendship with God, harnessing the full potential of God's creative and healing power, either to end suffering or for any other purpose. Their feeling of separation from each other allows humans to do all manner of things to each other that they would never do to themselves. By failing to see that they are doing these things to themselves, they produce and reproduce unwelcome results in their daily lives and in their planetary experience.

It has been said that the human race is facing the same problems that it has faced since the dawn of recorded history – and this is true, but to a lesser degree all the time. Greed, violence, jealousy, and other behaviors that you do not believe benefit anyone are still displayed by members of your species, although now by the minority. This is a sign of your evolution. Yet efforts in your society are directed not nearly so much at seeking to change these behaviors as seeking to punish them. It is thought that punishing them will correct them. Some people are still not understanding that until they correct the conditions in society which create and invite unwanted behaviors, they will correct nothing.

A truly objective analysis proves this, yet many people ignore that proof and continue trying to solve society's problems with the same energy that created them. They seek to end killing with killing, to end violence with violence, to quell anger with anger. In doing all of this, they fail to see their hypocrisy, and thus embody it.

Recognizing the first three illusions as illusions would stop everyone from denying the Oneness of all Life and threatening to destroy all life on your planet. Many humans continue to see themselves as separate from each other, from all other living things, and from God. They see that they are destroying themselves, yet they claim not to understand how they are doing it. Surely, they say, it is not through their individual actions. They cannot see the connection between their individual decisions and choices and the world at large. These are the beliefs of many, and, if you wish to see them changed, it is up to you who truly understand Cause and Effect to change them. Still, the separate actions of all the (seemingly) separate beings seem, in fact, to have a very real effect on Life itself. Now, at last, more and more humans are beginning to acknowledge this as they develop from primitive cultural thinking into a more evolved society.

In the past, there were not nearly as many of you ready and able to awaken the others. And so the mass of people lived deep within the illusions, and were puzzled. Why should the fact that they are separate from each other create a problem? How is it that anything other than communal living — one for all, and all for one — could not be made to work without struggle? These are the questions humans began to ask.

Clearly, there was a flaw in The Third Illusion. This should have revealed the idea of Disunity to be false, but humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. Again, they were right. But again, they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for the purpose for which it was intended, they thought they had to fix the flaw. It was to fix the flaw in The Third Illusion that The Fourth Illusion was created.

4. Insufficiency Exists

Without the idea of Disunity, the idea of Insufficiency is insupportable because if there is only One Thing, and that One Thing is All That Is, there can be no insufficiency of any kind, because that One Thing is everything, and thus it is sufficient unto itself. This is a statement of the nature of God. This is not, however, the experience of humans because humans imagine themselves to be separate from God, and separate from each other as well. Yet no human is separate from God since God is Everything that is. Therefore humans are not, and cannot be, separate from each other. This is a statement of the nature of humans.

It would be inaccurate to conclude that the idea of Disunity was a "bad idea," that it did not serve your purposes. Indeed, the idea of separation was a blessed idea, allowing The Whole to understand that it was the sum of its parts, and even greater still. The illusion serves your purpose magnificently when you use the illusion as a tool to create experience. When you forget that separation is an illusion, you imagine that it is the real state of things. The illusion no longer creates experience, it becomes experience. The device becomes the experience. By this process you have come to actually believe that you are separate; that Disunity is possible in the unified field you call the Universe. God has described the illusion of separation as the most powerful illusion, as it has had an enormous impact on your day-to-day experience. Most significantly, your belief in separation has led to your idea that there is "not enough." When there was only One Thing, and you knew that you were that One Thing, there was never a question of there not being enough. There was always enough of you. But when you decided that there was more than One Thing, then (and only then) could it appear that there was not enough of the other thing. This "other thing" that you think there is, is the stuff of Life. Yet you are Life, and that which Life is – which is God, itself. Still, as long as you imagine that you are separate from God, you will imagine that you are something other than what God is – which is Life itself. You will think that you are that which lives, but you will not imagine yourself to be Life itself.

This separation of Itself from Itself is what you have called the casting out from the Garden of Eden. Suddenly, where once there was eternal life, now there is death. Suddenly, where once there was abundance, now there is not enough. Suddenly it seems that there are many aspects of life competing for Life Itself. This is impossible in Ultimate Reality, but not in your imagination. You can create a nightmare in which all that supports your life seems to limit it. Thus, you will actually attempt to subdue that which supports you. You were told to have dominion, but you have decided that this means domination. You have used science and technology to twist and turn and manipulate nature so it bends to your will. You are slowly destroying nature as it naturally is in an attempt to experience yourself as you already naturally are. You already are what you seek to be – eternal, unlimited, and one with all – yet you do not remember this. And so you seek to subdue Life in order that you may have more abundant Life. And you do not even see what you are doing.

From this limited perspective, you produced your next imagined reality: death. A life that you thought was eternal (until you imagined that you were separate, it never occurred to you that you would not always "be") now seems to have a beginning and an end. This is the illusion of insufficiency played out at the highest level. The experience of your life beginning and ending is really nothing more than the onset and the dissolution of your idea of yourself as "separate." At a conscious level, you may not know this. At a higher level of consciousness this is always clear. It is at this higher level of consciousness that you seek to end the experience of separation, to remind yourself that this is an illusion you have created. It is a good time now to discuss once more why you have created it ...

You have created the Illusion of Disunity in order to experience the reality of Oneness. Only when you are outside the reality can you experience it. When you are part of The Whole, you cannot experience yourself as The Whole, because there is nothing else. And, in the absence of that which you are not, that which you are, is not. In the absence of cold, hot is not. In the absence of tall, short is not. If everything is short, then nothing is short, because "short" does not exist as something that can be known. It may exist as a concept, but it is not a concept that you can directly experience. It can only be an idea, never your experienced reality.

Similarly, in the absence of Disunity, unity is not. If everything is experienced as unified, then nothing can be experienced as unified, because "unity" does not exist as a discrete experience. It is not something that can be known. It may exist as a concept, but it is not a concept that you can directly experience. It can only be an idea, never your experienced reality. In this context, you cannot know yourself as Who You Really Are. Yet, it is our wish to know ourselves as Who We Really Are. Thus, we must first create the experience of Who We Are Not. Since we cannot create this experience in Ultimate Reality, we must do so through illusion. In this way, we can rejoice in what is really so, and know it. In this way, we can experience Who We Really Are. The All Of It. The One And Only. We are The Collective. The Single Reality In Multiple Form – having *taken* Multiple Form that we might notice and experience the glory of our Single Reality.

This is a simple explanation of the purpose of relativity, explained once again in a simple and clear manner so that you may understand it thoroughly so that you may awaken from your dream. Until you awaken from your dream, the Illusion of Disunity from Life will create a perceived need to survive. Before separation, you never questioned your survival. Only when you stepped away from God, and imagined yourself as separate, did Life Itself become that of which there was "not enough." You began to make decisions about what you felt you had to do to survive – to have more life. This became your primary goal – your new basic instinct. You even began to think that the reason you coupled with others was to guarantee your survival as a species. You lost sight of the fact that you coupled in response to the only real instinct, which is love. You have called your new basic instinct

The Survival Instinct. This idea is false, for your survival is guaranteed forever. Yet you do not remember this, so you imagine that there is not enough Life (which you translate into a belief in death), not enough of the stuff of Life (which you translate into a belief in lack), and even not enough of That Which Created Life (which you translate into a belief in a limited God). Because you believe all these things are limited, you believe you must compete for them. And you are destroying your planet and yourselves because of it. You are even destroying yourselves in your competition for God, which you call religion. You have been killing yourselves, sometimes seeking to annihilate entire civilizations, in your insane competition for God.

You do not admit that you are doing these things because to do so would be to acknowledge that there may be something inaccurate about the way you view life and the world – and particularly about the way you view God – and this you have not been able to do. Such an admission would require enormous humility, and humility is not presently a large part of your planet's philosophy or theology. Your theologies, in particular, have been most arrogant, assuming and proclaiming to have all the answers – leaving no questions and entertaining no doubts. Yet something about these beliefs is not working. The idea that there is not enough – not enough God, not enough of the stuff of Life, not enough Life Itself – has led to more than simple competition. It has led to brutal repression, to suppression, and to massive depression. Religions have repressed frank and honest inquiry, governments have suppressed dissent, and millions of people live, as a result, in both economic and psychological depression. All of this came out of the idea that Insufficiency Exists – for sufficiency would solve all of that. If you thought that there was enough to go around, there would be no more self-destructive behaviors, no more fighting over resources, no more squabbling over God. But there is not enough. About this you are clear. Still, if there is not enough, how does one get enough? How can survival be assured without killing and squabbling?

Clearly, there was a flaw in The Fourth Illusion. This should have revealed the idea of Insufficiency as false, but humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. Again, they were right. But again, they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for the purpose for which it was intended, they thought they had to fix the flaw. It was to fix the flaw in The Fourth Illusion that The Fifth Illusion was created.

5. Requirement Exists

If there were enough, there would be nothing you would have to do to get whatever it was that you wanted or needed. You would just reach out and it would be there. But that is not how humans decided that it is. They said there is not enough. So now they faced the question: How does one get enough? How does one qualify? You imagined that there must be something that you had to do in order to get the stuff of which there was not

enough – something that would allow you to lay claim to it without argument. This is the only way that you could figure out how to get everything – including God – divided in your favor without killing and squabbling. You imagined this to be the Requirement. You told yourselves that fulfilling it – whatever it was – is "what it takes." That idea has held firm to this very day, and has even grown stronger. You believe that when you do the things you need to do, you can be the things you want to be.

If you want to be happy, if you want to be secure, if you want to be loved, then there are things you are going to have to do. You cannot be these things unless you have enough. And you cannot have enough unless you do what it takes to get enough – to qualify for enough. This is what you believe, and because you believe it, you have elevated *doing* to the highest place in your cosmology. Even God says there is something that you have to do in order to get to heaven. This is how you have it put together. This is the Requirement.

The announcement of your species that there is a Requirement that must be met in order to acquire anything of which there is not enough — including God's love — has proven to be one of the most significant decisions the human race has ever made. It has resulted in entire lists and sets of rules and regulations, guidelines, and procedures, laws of God and laws of man, by which you imagine you must live your life. Here are a few of the things you have decided that you must do in order to have a good life on earth: Be a good boy or girl; don't talk back; get good grades and go on to college; graduate with a degree and find a good job; marry and have children; be good parents and give your children more than you were given; be cool; do as you are told; don't do bad things — or, at least, don't get caught; follow the leader; don't ask too many questions, and don't ask any of the wrong ones; keep everybody happy; don't impose on anybody, especially when you get old.

And here are a few things you have decided that you must do in order to please God and get into heaven: Don't do anything bad – and forget about not getting caught, because you will, by God; if you do happen to do something bad, for God's sake, beg forgiveness and promise never, ever to do it again; be a good boy or girl; do not play with yourself, and do not play with anyone else, either, not that way ...; in fact, do not play much at all; try to understand that all pleasures of the body are, at best, distractions from what you really came to Earth to do, and, at worst, absolute sins against God; if you must have pleasures, don't enjoy them; do not enjoy money, attention, or sex; above all, do not enjoy sex; never, ever have a sexual relationship outside of marriage, and never, ever love more than one person in "that way"; if you must have sex for any reason other than procreation, be embarrassed; do not freely or uninhibitedly enjoy it; do not take money for something truly enjoyable; and if you make a great deal of money, make sure you give most of it away; believe in the right God; beg forgiveness and mercy from God for

having been born imperfect, and ask Him for help in meeting the conditions for you to be loved again and accepted again and re-admitted to Paradise to dwell again with your Heavenly Father.

Humans have many other beliefs. These are just some examples. This is what you have to do. This is the Requirement. But who set this Requirement? Who put it into place? You say God did, and then you lay claim to God in order to justify setting yourself up as the winners in your competition. You claim, then, that yours is the One Nation Under God, or that you are the Chosen People, or that yours is the One True Faith. You do this, and then, in God's name, justify laying claim to anything else you desire.

This you have done for centuries, waving high your holy books, your symbols and your flags to justify taking "that of which there is not enough" by whatever means is necessary – including killing. You have even gone so far as to call mass killing a *holy war*, seeking to close wounds in your soul while you open wounds in the bodies of others. You have performed the most ungodly acts in the name of God, and all because you think that God has a Requirement that you must fulfill in order to receive Him, His love, and all the good stuff in Life.

As long as you believe there is something that you have to do, you will struggle to find out what it is, and then struggle further to achieve it. Achievement will be your god. Yet, if doing the right things brings you happiness and allows you to go home to God, why has all the striving to do those things felt so *unhappy*, and seemed so surely to be leading you *away* from God? And, perhaps even more important, how will it be determined whether or not all of this was worth it? By what measure, by what system, will it be decided if the Requirement has been met? This is something you did not know. These were the questions that humans began to ask.

Clearly, there was a flaw in The Fifth Illusion. This should have revealed the idea of Requirement as false, but humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. Again, they were right. But again, they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for the purpose for which it was intended, they thought they had to fix the flaw. It was to fix the flaw in The Fifth Illusion that The Sixth Illusion was created.

6. Judgment Exists

Your decision that there is something that you must do in order to obtain that of which there is not enough – including God – required you to answer difficult questions. *How will it be determined whether a person has met the Requirement or not? And what will happen to those who have not?* Your answer to these questions produced the invention of judgment.

For a very long time, the human race has held the thought that there was something you had to do in order to please God – and that failure to please God produced dire consequences. That you came to such a conclusion was understandable. Looking around you, you saw that some people's lives went well, and some did not. Primitive mind asked, why? And primitive mind came up with a primitive answer: Fortune smiled upon those who were in favor with the gods. It was the gods who had to be satisfied, and then the gods would judge. Sacrifices and rituals of all kinds grew up around this belief, all designed to mollify difficult deities. In the earliest days, your sense of insufficiency was so strong that you even imagined the gods to be in competition with each other. There were many gods to please, and it was often not easy to keep track of what had to be done to keep everybody happy. Each new earthly disaster, each hailstorm, each hurricane, each drought, or famine, or personal misfortune was seen as evidence that one of the gods had not been satisfied. How else to explain what was going on?

Now, these beliefs arose in ancient times, and through the millennia they have been refined and clarified. Most humans today do not believe that there is a long list of ill-tempered gods who have to be mollified. Today most people believe that there is only one ill-tempered God who has to be mollified. And although it may seem as if your species long ago evolved out of the primitive constructions that created an "I'm going to get you" kind of God, these ideas continue to dominate your planet's theologies. This God As Avenger model of Deity has never lost favor in your societies. You've used both personal and planetary disasters as evidence of its validity. Even in recent times, such as when your AIDS epidemic hit, there were many people - including some religious leaders - who proclaimed life's misfortunes to be God's punishments for the individual or collective misbehaviors of the human race.

Humans continue to agree in large numbers that there is a Requirement set down by God, which they must meet in order to become eligible for rewards here and in heaven. They continue to agree that there *is* a system of Judgment by which it is determined who has met the Requirement and who has not. Yet, some theologies state flatly that no one can meet the Requirement, no matter what they do. Not even if they lead a perfect life, without mistake of any kind. This is, the teaching declares, because everyone is *born* imperfect (some religions call this Original Sin), with a blotch on their soul even before they begin.

Given their belief that this is the way God has set things up between Himself and the entire human race, members of the human race have set things up in precisely the same way with each other. Taking a page out of God's book (what's good for God ought, certainly, to be good for you), humans have put a "blotch" on each other even before *they* begin. They do this to others of the "wrong" gender, color, or religion. They extend it to those of the "wrong" nationality, neighborhood, political persuasion, sexual orientation, or whatever other "wrongness" they choose to create. In so doing, human beings "play God." Yet, it is

God, you say, who taught you to prejudge like this, for it is God who put the first blotch of imperfection on your own soul – who prejudged you, even before you had a chance to prove yourself, one way or the other. Pre-judgment – or prejudice – must, therefore, be okay, for how can what is acceptable for God not be acceptable for man? And why did God supposedly declare everyone imperfect at the moment of birth? Because, you believe, the first humans were bad.

So we see how you have doubled back to the first three illusions to justify the fourth, fifth, and sixth. And so it is with each illusion producing the next, and each new illusion proving those preceding. Your cultural story says that Adam and Eve sinned, they were driven from Paradise, losing happiness and their claim to eternal life – and yours along with it. Other cultural stories and theologies that arose and exist on your planet do not embrace the Adam and Eve scenario, but nonetheless create their own evidence of the Requirement. On this, most agree: Humans are imperfect in the eyes of God, and there is something that they have to do in order to achieve perfection – variously described as Purification, Salvation, Enlightenment ... whatever.

Because you believe in human imperfection, and since you believe that you received this characteristic from God, you have felt perfectly free to pass it on to others. All the while you have expected the same thing of others that you have been told God expects of you: perfection. And so it has come to pass that humans have gone through life demanding perfection of those whom they, themselves, have called imperfect – namely, humans. First, they do this to themselves. This is their initial, and often most costly, error. Then they do it to others. This is their second mistake. They have made it impossible for either themselves or others to ever fully meet ... The Requirement.

Parents demand perfection from their imperfect children and children demand perfection from their imperfect parents. Citizens demand perfection from their imperfect governments, and the government demands perfection from its imperfect citizens. Churches demand perfection from their imperfect followers, and followers demand perfection from their imperfect churches. Neighbors demand perfection from their imperfect neighbors, races from other races, nations from other nations. You have accepted as reality the Illusion of Judgment, then you have declared that if God judges you, you have the right to judge everyone else. And judge them you do. Your world rushes to judge, in particular, anyone receiving rewards – fame, power, success – that are supposed to go only to the perfect, and your world condemns those in whom it uncovers the slightest imperfection. So fanatical have you become that you have made it virtually impossible for people to become leaders, heroes, or icons in your present day and time – thus robbing yourself of exactly what your society needs. You have placed yourself in a trap of your own devising, unable to release yourself from the judgments you have imposed on each other, and the Judgment you believe God has imposed on you.

Yet why should a simple observation about you make you so uncomfortable? Is simply observing that something is so really a judgment? Couldn't it be merely an observation? So what if someone has *not* met the Requirement? What does it matter? These are the questions that humans began to ask.

Clearly, there was a flaw in The Sixth Illusion. This should have revealed the idea of Judgment as false, but humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. Again, they were right. But again, they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for the purpose for which it was intended, they thought they had to fix the flaw. It was to fix the flaw in The Sixth Illusion that The Seventh Illusion was created.

7. Condemnation Exists

There had to be a consequence of Judgment. If it was true that Judgment exists, there had to be a *why*. Seeking insight, trying to find answers, you went back to your original cultural stories, and to the first illusions on which they were based. You told yourself that God separated you from Himself when you failed to meet His Requirement the first time and that death (loss of eternal life) must have been the consequence. But how could that be so? the advanced thinkers among you asked. *Everybody* dies. So how could death be the punishment for not meeting the Requirement? Perhaps the reason for the existence of death was that there simply was Insufficiency in the universe. Yet, if death was the result of Insufficiency, what was the outcome of not meeting the Requirement? There was something wrong here. Something did not add up. You went back to your original myth. God threw Adam and Eve out of the garden when they did not meet the Requirement. This created Disunity, which created Insufficiency, which created the Requirement. So Insufficiency was the result of God's punishment. The punishment was separation, and Insufficiency was the result. Death is the Insufficiency of Life – so, by a stretch, death was the punishment.

This is how you reasoned it out. The purpose of death must have been to punish you for not meeting the Requirement. For without death, there was only what there always was – namely, Life Everlasting. And if you could live forever, what was the consequence of not having met God's requirement? So what always was had to be called the reward. That's it! you said to yourself. Everlasting Life is the reward.

But now you had another conundrum. If death existed, then Life Everlasting could not. Hmmm. There's a challenge here. How to create a way for both to exist, despite the fact that the two appear to be mutually exclusive. You decided that death of the physical body did not mean the end of you. Since the existence of death precluded the possibility of a life that goes on forever, you decided that life must go on forever *after physical death*. But, then what was the point of death? It had no point, and so there had to be created in your

after-death experience, another outcome. This you called Condemnation. It fit perfectly. Now you could have your cake and eat it too. Now you could have death *and* Everlasting Life, punishment *and* reward. By placing both *after* death, you were able to make death itself not the punishment, but simply the ultimate manifestation of Insufficiency – the most impressive evidence of The Fourth Illusion.

One illusion now really began to support the other. The interweaving was perfect. Your work was complete, and this was the reality produced by your cultural story, and by your endless creation and passing on of myths that solidified it. Myths support the story, and the story supports the illusions. This is the superstructure of your entire cosmology. These are the underpinnings of all your understandings. And they are – all of them – false.

Death does not exist. To say that death exists would be to say that God does not exist, for if God is everything that is (which is exactly what God is), and if all things form a unified whole (which they do), then if one thing dies, all things die – which would mean that God dies. This, of course, cannot be, so know this: Death and God are mutually exclusive. It is not possible for them to exist side by side. If death exists, then God does not. Or, it must be concluded that God is not everything that is. This brings up an interesting question: Is there anything that God is not? If you believe that there is a God, but that there is something that God is not, then you can believe in a great many other things. Not only death, but the devil and everything in between. If, on the other hand, you believe that God is the energy of Life Itself, and that this energy never dies but merely changes form, and that this Divine energy not only is in everything but is everything – that it is the energy that forms that which has taken form – then it is a small step to understanding that death does not, and cannot exist.

This is what is so. God is the energy of Life. God is that which forms that which has taken form. Everything you see is God, in different formation. You are all God, in formation. Or, put another way, you are God's information.

God has said this to you before, yet now you may at last truly comprehend it. Much is being reiterated by design. You must have a firm grasp of every concept you have been given before you can grasp new concepts you would seek to understand. You may say "Okay, I've got it already!" Yet do you really have it? Your life lived is a measure of what you have and what you do not have. It is a reflection of your understandings. If your life is an experience of constant joy and total bliss, then you truly have it. This does not mean that your life is without the conditions that can cause pain, suffering, and disappointment. It does mean that you live in joy *despite* those conditions. Your experience has nothing to do with conditions.

This is unconditional love. When you have an unconditional love of Life, then you love Life *just the way it is showing up, right here, right now*. This is possible only when you

are "seeing the perfection." Everything and everyone is perfect. When you can see this, you have taken your first step toward mastery. Yet you cannot see this unless and until you understand exactly what everyone is trying to do, and the purpose for everything under heaven. Deepening your understanding will bring you equanimity in all the moments of your life, no matter how unpleasant you might previously have judged them. You will even find equanimity in the moments before your death, for you will see your death, too, as perfect. You will find and create equanimity even more masterfully when you understand that every moment is a dying. Every moment is the end of your life as what you were, and the beginning of your new life as what you now choose to become. In each moment you are recreating yourself anew. You are either doing this consciously or unconsciously, with awareness or completely unaware of what is going on. You do not have to be facing the moment of what you call "death" in order to experience more life. You can experience more life whenever you wish, in a hundred different ways, at a hundred different times – at the moment of your birth, at the moment of your death, or at any moment in between. Indeed, you will experience more life at the moment of your death – and this will do more than anything to convince you that there is more life, that life goes on and on, and never, ever ends. In that instant will you realize that there was never not enough. There was never not enough of Life, and there was never not enough of the stuff of Life.

Re-define your definition of death. See it as simply the end of one experience and the beginning of another. When you do this, you can have a little funeral each moment for what just passed, for what just died. Then you can turn around and create the future, realizing that there is a future, that there is more life. When you know this, the idea of not enough is shattered, and you can begin to use each golden Moment of Now in a new way, with new understanding and deeper appreciation, with larger awareness and greater consciousness. And your life will never be the same, ever.

Once you understand that there is always more Life, you will learn to use the illusion that there is not enough Life in a way that serves you. This will allow the illusion to assist you, rather than hinder you, as you walk your path and make your way back home. You can relax, because you know that you have more time, even though the illusion is that your time is running out. You can create with enormous efficiency, because you know that you have more Life, even though the illusion is that your life is ending. You can find peace and joy, even though the illusion is that there is not enough of whatever it is that you think you need in your life, because you know now that there is enough.

When you allow yourself to experience these things, extraordinary changes occur in the way you live your life. You stop competing with others. You stop competing for love, or money, or sex, or power, or whatever it is you felt there was not enough of. The competition is over. This alters everything. Now, instead of competing with others to get what you want, you begin to give what you want away. Instead of fighting for more love,

you begin giving more love away. Instead of struggling for success, you begin making sure that everyone else is successful. Instead of grasping for power, you begin empowering others. Instead of seeking affection, attention, sexual gratification, and emotional security, you find yourself being the source of it. Indeed, everything that you have ever wanted, you are now supplying to others. And the wonder of it all is that, as you give so do you receive. You suddenly have more of whatever you are giving away. The reason for this is clear. It has to do with a simple truth: There is no one else in the room. There is only one of us.

Yet the illusion says this is not so. It says that you are all separate from each other, and from God. It says that there is not enough – not even enough of God – and so, there is something you have to do in order to have enough. It says that you will be carefully watched to make sure that you do it. It says that if you do not do it, you will be condemned.

This does not seem to be a very loving thing to do. And yet, if there is one thing that all of your cultural stories have told you, it is that God is Love. Supreme Love. Complete Love. Unfathomable Love. Yet if God is Love, how could Condemnation exist? How could God sentence us to everlasting torture beyond description? These are questions that humans began to ask.

Clearly, there was a flaw in The Seventh Illusion. This should have revealed the idea of Condemnation as false, but humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. Again, they were right. But again, they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for the purpose for which it was intended, they thought they had to fix the flaw. It was to fix the flaw in The Seventh Illusion that The Eighth Illusion was created.

8. Conditionality Exists

In order for Condemnation to exist, there must be something that you don't understand about love. This was your conclusion, and you invented Conditionality as a characteristic of life in order to resolve the dilemma that this presented. Everything in life must be conditional. Wasn't this self-evident from all the illusions? some of the thinkers among you asked. Your cultural stories have been very persuasive. God has spoken in this communication largely through the stories of the Western culture, because that is the culture in which this communication began. But the cultures of the East, and all of the many cultures and traditions of humans in their wide variety, have their stories as well, and most are based on some or all of The Ten Illusions. There are more than ten illusions. You are creating hundreds every day. Each of your cultures has created its own, but in some way or another, they are all based on the same basic misconceptions. This is evidenced by

the fact that they have all created the same results. Life on your planet is filled with experiences of greed, violence, killing, and nearly everywhere, conditional love.

You have learned conditional love from your thought that the love of the Supreme Being, however you conceptualize that Being, is conditional. Or, if you do not believe in a Supreme Being, but rather, in Life itself, then you have conceived of Life as a process expressing itself within the context of Conditionality – meaning one condition depends upon another, which some of you have called Cause and Effect.

Yet what of First Cause? That is the question that none of you has been able to answer. Even your greatest scientists and philosophers have not been able to unravel the mystery or solve the problem. This is where you reach the edge of your understanding. Now we will fly off the edge ...

There is no Conditionality in the Universe. That Which Is is That Which Is, and there are no conditions under which it is not. Do you understand? It is not possible for "What Is" not to be. There are no conditions under which that would be true. That is why Life is eternal. Life always was, is now, and ever shall be, world without end. So, too, with God. For God *is* what Life is. So, too, with love. For love *is* what God is. Love, therefore, knows no condition. Love simply is. Conditional love is an oxymoron. Did you get that? Do you understand that? The two are mutually exclusive. The experience of Conditionality and the experience of love cannot exist at the same time in the same place. Your idea that they can is destroying you.

Your civilization has chosen to live The Eighth Illusion at a very high level. The result is that your civilization itself is threatened with extinction. *You* are not threatened with extinction, since you are Life Itself. However, the form in which you express Life at the present moment – the civilization which you have created, and are about to uncreate – is not unchangeable. It is the wonder of Who You Are that you can change form whenever you wish. If, however, you enjoy the form in which you now experience yourself, why change it? That is the question now facing the whole human race.

You have been given a paradise in which to live. Every possible joy of physical life has been made available to you. You are truly in a Garden of Eden. That part of your cultural story is real. Yet you have not been separated from God, and you never have to be. You can experience this paradise as long as you wish. Or, you can destroy it on a moment's notice. Which do you choose? You are about to choose the latter. Is this your choice? Is that your conscious decision? Look at this question very carefully; there is much riding on your answer.

The lack of Conditionality in the Universe notwithstanding, you have believed firmly that Conditionality exists. Every one of your religions has taught you that it exists in God's

kingdom. So it must exist in the Universe at large. It was, you decided, a fact of life. So you have spent lifetimes trying to figure out what conditions could allow you to create the life – and the afterlife – that you desire if you did not meet the Requirement. If you met the Requirement, there was no problem. But what if you did not?

This search has led you down a blind alley, for there are no conditions. You may have the life that you desire, and whatever afterlife that you imagine, simply by choosing it. This you do not believe. The formula can't be that simple, you say. No, no ... you have to meet the Requirement!

You do not understand yourselves to be creative beings. Nor do you understand God to be so. If God were truly creative, He would be able to create anything He chooses, but He seems to be dependent upon certain conditions in order to have what He wants. Humans could not imagine what conditions could possibly have to be met in order for them to get back home to God, so they did the best they could ... and just made some up. These were explained through what you call religions. Religions could not only explain the Requirement but could also explain how one could recapture God's love if one did not meet the Requirement. Thus, the concepts of *forgiveness* and *salvation* were born. They were the conditions of love. God says "I love you *if*," and these were the "ifs."

Had people looked at this objectively, the fact that every religion explained forgiveness and salvation differently might have been proof that it was all being made up. But objectivity was not something humans proved to be particularly capable of. It is not something many humans are capable of even today. You continue to declare that you are not making anything up. You say that the conditions of your return to God were established by God. And if there are several hundred different religions, pointing to several thousand different conditions, it is not because God has given a mixed message, but because the human race has simply not gotten it right. You have gotten it right, of course. It's just those other people, in those other religions, who have not gotten it right. Now, there are a lot of ways you could solve that. You could ignore them. You could try to convert them. You could even decide to simply eliminate them. Members of your race have tried all those things, reasoning it was their right and even their responsibility, being called upon by God, to do so. Were you not called upon to convince and convert others so that they might know what was "right"? And was your killing and your ethnic cleansing not justified when others could not be convinced? Was there not something, some unwritten "something," that gave you this right? These are questions that humans began to ask.

Clearly, there was a flaw in The Eighth Illusion. This should have revealed the idea of Conditionality as false, but humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. Again, they were right. But again, they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for

the purpose for which it was intended, they thought they had to fix the flaw. It was to fix the flaw in The Eighth Illusion that The Ninth Illusion was created.

9. Superiority Exists

Humans concluded that if Conditionality exists, then *knowing* the conditions would be necessary to enjoy and create the life – and the afterlife – that one desired. This conclusion was unavoidable, as was: Those who knew the conditions were better off than those who did not. And it did not take much time for humans to remove the word "off" from the previous sentence. Thus, the idea of Superiority was born.

Knowing the conditions gave one the right to ignore others, or seek to convert others, or simply eliminate others who did not know the conditions, or agree to them. Therefore, seeking to know the conditions of Life became a major preoccupation. It was called science and knowing the conditions of the afterlife was called conscience. If one knew these conditions and understood them, one was said to have "a good conscience," or to be "conscious." A "high consciousness" was said to result from the earnest study of something you called theology, from theo + logy, or loosely, God logic. After much study, it was concluded that there were certain circumstances under which the Requirement could be met, and certain circumstances under which that was impossible. There were also certain conditions under which one could be forgiven for *not* having met the Requirement. These circumstances came to be known as "the conditions."

"Having" was added to "doing" in your experience. When you have enough brains, you can do the thing called get good grades, graduate at the top of your class, and find a great job. Then you can be the thing called successful. When you have enough money, you can do the thing called buy a wonderful house, and you can be the thing called secure. When you have enough time, you can do the thing called take a vacation, and you can be the thing called rested, refreshed, and relaxed. When you have enough power, you can do the thing called determine your own destiny, and you can be the thing called free. When you have enough faith, you can do the thing called find God, and you can be the thing called saved. This is how you set up your world. When someone has the right stuff, they can do the right things – the things that allow them to be what they've always wanted to be. The difficulty is that people cannot easily do all the things they need to do unless they have all the things you say they need to have. They cannot get a good job and rise to the time, even if they have the brains, unless they are also the right gender. They cannot buy a wonderful house even if they have the money, unless they also have the right skin color. They cannot find God, even if they have faith, unless they also have the right religious beliefs. Having the right stuff is not a guarantee of getting all that you desire, but it gives you a big head start.

The more knowledge of these conditions one was thought to have acquired, the more superior one was understood to be. This is why you've had to do what you've had to do: because there was not enough so you've had to compete for it, and if you're going to compete for it, you have to have some way of figuring out who wins. Superiority (based on certain conditions) was your answer. This is what you have told yourself. Your entire species has accepted this mantra. Some humans sought to guarantee that they would win and so arbitrarily added to the conditions. They declared, for instance, that males were superior to females, that whites were superior, then later, Americans, Christians; or was it Russians? Jews? women? It all depended on who was creating the system.

Here is the truth: There is no such thing as Superiority. You have made it all up. You have defined what you think is superior, based on your preferences and your desires and your understandings (which were very limited, indeed). You have announced what you proclaim to be better based on *your* perspective and *your* objectives and *your* agenda.

Yet some of you have claimed this is God's agenda. God is the one who named the Chosen People, or the One True Faith, or the only path to salvation. All of this goes back to The First Illusion: Need Exists. You imagine that because God has needs, that God has an agenda. This was your first mistake.

Humans think that they are superior to nature, and so they seek to subdue it. In doing this, they destroy the very habitat which was created to protect them and to be their paradise. Humans think they are superior to each other, and so they seek to subdue each other. In doing this, they destroy the very family that was created to embrace them and to give them love.

Your species is making it very difficult to experience Life in its present form because of your belief in the illusions. By not using the illusions as they were intended, you are turning what was intended to be a beautiful dream into a living nightmare. But you can undo all of this right now. Simply see the illusions for what they are – realities contrived for a purpose – and then stop living them as if they were real. In particular, stop living The Ninth Illusion with such conviction. There can be no such thing as Superiority where We Are All One. A thing cannot be superior to itself. "We Are All One" is more than a beautiful slogan. It is a precise description of the nature of Ultimate Reality. When you understand this, you begin experiencing life – and treating each other – in a new way. You see the relationship of all things differently. You notice the connectedness at a much higher level. Your awareness is expanded, your insight becomes very keen. This increased ability to peer deeply into life allows you to look past the illusion and to recognize – to "know again," to re-cognize – your reality. It is by this process that you remember Who You Really Are.

This movement, from not knowing to knowing again, may be made slowly. The journey may be undertaken in small steps. Small steps can produce large advances. Always remember that. One such small step would be to put an end to better. The idea of Superiority is the most seductive idea ever visited upon the human race. It can turn the heart to stone, change warm to cold, yes to no, in an instant. A single sentence, uttered from your pulpits, lecterns, and rostrums, by your national congresses and your world summit leaders, could change everything. "Ours is not a better way, ours is merely another way." This humble utterance could begin to heal the divisions between your religions, close the gap between your political parties, curb the conflicts between your nations.

Yet how difficult, when one is caught up in the illusion, to see God in everyone and everything. And if it is not an illusion – if it is life as it really is – then how is it that precisely when we imagine ourselves to be superior, we behave in the most inferior ways? Why is it that it is exactly when we think ourselves better that we act worse?

Clearly, there was a flaw in The Ninth Illusion. This should have revealed the idea of Superiority as false, but humans knew at some very deep level that they could not give up the illusion, or something very vital would come to an end. Again, they were right. But again, they made a mistake. Instead of seeing the illusion *as* an illusion, and using it for the purpose for which it was intended, they thought they had to fix the flaw. It was to fix the flaw in The Ninth Illusion that The Tenth Illusion was created.

10. Ignorance Exists

Increasingly, as each illusion was piled upon the last, Life became more and more difficult to figure out. Humans asked more and more questions that could not be answered. If this was true, then why that? If that was true, then why this? It wasn't long before philosophers and teachers began throwing up their hands. "We don't know," they said, "and we don't know if it's *possible* to know." Thus, the idea of Ignorance was born.

This idea served so many purposes that it spread quickly and soon became the ultimate answer. We just don't know. Human institutions began finding in this not only a refuge but a certain kind of power. "We don't know" turned into "we are not supposed to know," which became "you do not have a need to know," which finally became "what you don't know won't hurt you." This gave religions and governments the authority to say what they chose, and act as they pleased, without having to answer to anyone. "We are not supposed to know" actually became a religious doctrine. There are certain secrets of the Universe that God does not want us to know, this doctrine declared, and to even inquire about such things was blasphemy. The result: There was a time in your history when certain questions asked at certain times in certain ways could get one's head cut off. Literally.

This prohibition against inquiry elevated Ignorance to a desirable attribute. It became very wise and very good manners not to ask questions. It became accepted behavior. Indeed, expected behavior. And while the punishment for the offense of impertinent inquiry may not seem quite as severe today as it was in days gone by, there are certain places on your planet where little has changed. Certain totalitarian regimes insist to this very hour that only voices of agreement be heard and that voices of dissent be silenced, sometimes in the most brutal ways. Such barbaric behaviors are justified by proclamations that they are "necessary to ensure order." Protests by the international community are met with indignant sniffs, repressive governments declaring such issues "internal matters."

The essence of love is freedom. Anyone who says they love you, and that they are looking out for you, will grant you freedom. It is as simple as that. You do not have to look further or deeper for more sophisticated understanding. God has told you before, and will tell you again. There are only two energies at the core of the human experience: love and fear. Love grants freedom, fear takes it away. Love opens up, fear closes down. Love invites full expression, fear punishes it. By this measure you can know whether someone is loving you, or fearing you. Do not look to what they say. Look to what they do. Love invites you, always, to break the bonds of ignorance. To ask any question. To seek any answer. To speak any word. To share any thought. To support any system. To worship any God. To live your truth. That's how you can know that it is love.

God loves you. That is why He has come to tell you that Ignorance is an illusion. You know everything that there is to know about Who You Really Are – which is the essence of love. There is nothing you have to learn. You need merely remember.

You have been told that you cannot know God, and that to even ask about God is an offense against God ... that there is something that God needs from you, and if you do not give it to Him, you may not return Home, to Oneness with God ... that you are separate from God, and that you are separate from each other ... that there is not enough, and that you must therefore compete with each other for everything, including God ... that if you do not do what God requires in this competition, you will be punished, and that the punishment is condemnation to everlasting torture ... that if you know and meet God's conditions, and all the conditions needed to win the competition for life, then you are superior ... and, finally, that you do not know that these statements are untrue, and that you can never know, because it is all far too much for you to understand. None of these statements are true.

NOW HERE IS THE TRUTH ...

- 1. God needs nothing.
- 2. God cannot fail, and neither can you.
- 3. Nothing is separate from anything.
- 4. There is enough.

- 5. There is nothing you have to do.
- 6. You will never be judged.
- 7. You will never be condemned.
- 8. Love knows no condition.
- 9. A thing cannot be superior to itself.
- 10. You already know all of this.

It has been clear to you for some time that there is a flaw in the illusions. This should have revealed all of them as false, but humans knew at some very deep level that they could not give up the illusions, or something very vital would come to an end. And, they were right. But they made a mistake. Instead of seeing the illusions as illusions, and using them for the purpose for which they were intended, they thought they had to fix the flaw. The answer was never to fix the flaw but merely to see it, and thus to remember what you knew at a very deep level. And that is why you could not give up the illusions without something very vital coming to an end.

It is time to be absolutely clear in your remembering ...

- ✓ The reason for the illusions is to provide a localized context field within which you may re-create yourself anew in the next grandest version of the greatest vision you ever held about Who You Are.
- ✓ The Universe Itself is a contextual field. That is both its definition and its purpose. It provides life with a way to be expressed and experienced physically.
- ✓ You are a localized version of that same contextual field, as is everyone and everything else around you. In other words, Divinity localized and differentiaed.
- ✓ Outside of this localized context, you can only know yourself as *All That Is*. And *All That Is* cannot experience Itself as what it is, since there is nothing else.
- ✓ In the absence of that which you are not, That Which You Are is not. That is, it cannot be experienced. It cannot be known *experientially*. In the absence of fast, "slow" is not. In the absence of big, "small" is not. In the absence of up, "down" is not. In the absence of here, "there" is not. In the absence of the illusions, then, you are quite literally neither here nor there. And so you have collectively produced these magnificent illusions. A world and indeed, a Universe of your own creation. This has provided you with a Contextual Field within which you may decide and declare, create and express, experience and fulfill, Who You Really Are. In the relative world, you cannot experience Who You Are except in the space of that which you are not. The purpose of the illusions is to provide precisely that a

- space, a context, within which to experience every aspect of yourself, and an opportunity to choose the Highest Aspect of which you can then conceive, in any given moment.
- ✓ You have all done this. The lot of you. Every one of you who are the Individuations of the Divine Whole. You are, each of you, seeking to know yourself, to define yourself through the process of recreation.
- ✓ Who are you? Are you good? Are you bad? What is "good"? What is "bad"? Are you big? Are you small? What is "big"? What is "small"? Are you any of these things? What does it mean to be these things?
- ✓ This is the only question God ever had. Who am I? Who am I? Who am I? And who do I now choose to be?
- ✓ This is the only question that matters, and this is what your soul is using your life to decide, every moment. Not to find out. To *decide*. For life is not a process of discovery, it is a process of creation.
- ✓ Every act is an act of self-definition.
- ✓ God is the process of self-creation and self-experience in every moment. That is what you are doing here. And you are using the experience of that which you are not in order to have the experience of That Which You Really Are. At the end of your life you will know that nothing you have done will matter – only who you have been while you have done it. Have you been happy? kind? gracious? caring? compassionate? considerate of others? generous? sharing? and most of all, loving?
- ✓ There is nothing which you are not. You are all of it, you are everything. God is All Of It. God is everything. God cannot dismember itself. We can *appear* to have come apart, but we have all simply become a *part*. Our intrinsic Unity is experienced once again when we re-member. Yet for you (God) to know the part of it that you are now expressing, you must imagine that there are parts of it that you are not. This is the Great Imagining. These are the Illusions of Life. Therefore, use the illusions, and be grateful for them. Your life is like a magic trick, and you are the magician. Expressing the glory of Who You Are in the moment that you are confronted with an illusion is what the journey to mastery is about.
- ✓ Within this context, it is important to acknowledge that the illusions can seem very real. Understanding that the illusions are illusions is the first step in using them for their intended purpose, but it is not the only step. Next comes your decision about what the illusions mean. Finally, you choose the aspect of Divinity (the part of yourself) that you wish to experience within a localized contextual field (what you would call a "situation" or "circumstance") that you have encountered (created).

- ✓ Here is the process in brief: (1) see the illusions as illusions, (2) decide what they mean, (3) re-create yourself anew.
- ✓ As your sense of Oneness increases, pain, suffering, disappointment and sorrow will vanish from your life, for pain and suffering are responses to separation and disappointment and sorrow is an announcement of its truth. Yet it is a false truth. It is something that only appears to be true. It is not ultimately true. True separation, from anyone or anything, is simply not possible. It is an illusion. It is a wonderful illusion because it allows you to experience the ecstasy of Union, but it is an illusion nonetheless.

SEEING ILLUSIONS AS ILLUSIONS ...

- Illusions seem so real because so many people believe that they are not illusions; in your Alice in Wonderland world, everything is as you believe it to be.
- In human experience, all things are considered within the context of what you think you already understand. You cannot help but do this. You know no other way to proceed. You are looking at the illusion from within the illusion. Every conclusion you come to about the illusion is, therefore, based on the illusion. And so, every conclusion is an illusion.
- How can you recognize the illusion as an illusion when it seems so real? By changing what you *believe* about it. Deny that the illusion has anything to do with reality. You will know that the illusion is not real when you see that you can easily manipulate it. By seeing the illusion as what it really is (not what it appears to be), you will be able to use it as a tool with which to experience Ultimate Reality. You will remember to create your experience that is, to cause it to be what you *wish* it to be, rather than simply watching circumstances present themselves as you think they *have* to be, out of your agreement that "that's just the way it is."
- This is what it means to "be in this world but not of it." When you are, you will begin to experience the world as you choose to experience it. You will then understand experience itself to be an *action* rather than a *reaction*; something you are creating, not something you are having or enduring. The illusion will then serve the purpose of its creator. When you understand this, everything in your life will change. When enough of you understand this, everything on your planet will change.
- Seek now to live *with* the illusions, not *within* them.
- To move away from the "harsh realities" of life is to step away from the illusions, and to see them for what they really are. When you bless the conditions of your life, you change them. For you are calling them something

other than what they appear to be. It is at this point that you begin to consciously create, and not merely notice, the conditions and circumstances of your life, for you will know that you have always been, and always will be, the perceiver and the definer of every condition. In that moment you will cease blaming any other person, place, or thing in your life for your experience. And the whole of your experience – past, present, and future – will change. You will know that you have never truly been victimized, and what you know, you will grow. Ultimately, you will realize that there are no victims. Always remember that. There are no victims.

THE FOUR LEVELS OF CONSCIOUSNESS

We are told in Chapter 6 of *Friendship with God* that there are four levels of Consciousness from which the human mind operates.

- 1. The Subconscious Mind assigned to handle all of the automatic tasks of the body, and, as well, to store every event, experience, impression, feeling, and data that has been brought to the Being through the body via the conscious mind. The subconscious level is the place of experience at which you do not know about, or consciously create, your reality. You do so subconsciously that is, with very little awareness that you are even doing this, much less why. This is not a bad level of experience so do not judge it. It is a gift, because it allows you to do things automatically, such as grow your hair, or blink your eyes, or beat your heart or create an instant solution to a problem. Yet if you are unaware of what parts of your life you have chosen to create automatically, you might imagine yourself to be at the "effect" of life, rather than at cause in the matter. You could even see yourself as a victim. Therefore it is important to be aware of what you have chosen to be unaware of.
- 2. The Conscious Mind assigned to handle the task of total data collection in each moment of Now. It also performs past-data analysis, comprehension and limited awareness understanding, present-moment decision making, future projection, and all sensory feedback functions. By this means it produces your present moment experience. You can change this experience instantly by simply moving to a higher level of consciousness. The conscious level is the place of experience at which you know about, and create, your reality with some awareness of what you are doing. How much of what you are aware of depends upon your "level of consciousness." This is the physical level. When you are committed to the spiritual path, you move

through life ever seeking to elevate your consciousness, or to enlarge the experience of your physical reality to include and encompass a larger reality that you know exists.

- 3. The Superconscious Mind assigned the tasks of total awareness understanding, body-mind-spirit connectivity, spontaneous creation, visionary insight, and the manifesting impulse, or Now Purpose, of the soul. The super-conscious level is the place of experience at which you know about, and create, your reality with full awareness of what you are doing. This is the soul level. Most people are not aware at a conscious level of their super-conscious intentions unless they are.
- 4. The Supraconscious Mind assigned all of the above tasks combined, as well as the most important function of the Being: integration of the Individuation with the Non-differentiation that is, of the Single Soul with the Only Soul. This three-inone level of consciousness is also called Christ consciousness, elevated consciousness, and fully integrated consciousness. When you are in this place, you are fully creative. All three levels have become one. You are said to "have it all together." Supra-consciousness is not simply a mixture of the subconscious, the conscious and the super-conscious. It is what happens when all are mixed, and then transcended. You then move into pure *beingness*. This *beingness* is the ultimate source of creation within you.

THE THREE LEVELS OF AWARENESS

- 1. **Hope** When you have a "hope" about something, you are wishing that it is true, or that it will happen. You are not certain, in any sense of the word.
- 2. **Belief** When you have a "belief" about something, you are thinking that it is true, or that it will happen. You are not certain, but you think you are certain, and you continue to think so unless something to the contrary appears in your reality.
- 3. **Knowing** When you have a "knowing" about something, you are clear that it is true, or that it will happen. You are certain, in every sense of the word, and you *continue* to be certain even if something to the contrary appears in your reality. You judge not by appearances, because you know what is so.

THE SEVEN STEPS TO FRIENDSHIP WITH GOD

1. **Know God** – Be willing to see God where you find God, not only where you expect to find God. See God where you find God and find God where you see God. Like a

cosmic game of *Where's Waldo*, a lot of people see God but don't find God. They're looking right at God, but they don't find God. First, you must believe that God exists. Belief precedes willingness as a tool with which to know God. You must believe that there is a God to know. Next, your belief *about* God is important (that's where willingness comes in), because if your beliefs about God make it impossible to know God as God really is, then all the belief in the world won't work. You'll continue to know what you think you know, instead of what is really so. You must be willing to suspend what you imagine you already know about God in order to know God as you never imagined. That is the key here, because you have many imaginings about God which bear no resemblance to reality.

In order to know God, you have to be "ready, willing and able." Belief in God is the beginning. Next, your openness to some new thoughts about God – thoughts you've never had before, thoughts that may even shake you up a bit (like "Our Friend, who art in heaven") – signals that you are "willing." Willingness takes great courage. Finally, you must be "able." If you are simply unable to see God in any of the new ways to which you have opened yourself, you will have completely *dis-abled* the mechanism by which you would come to know God in truth.

You must be able to embrace a God who loves and embraces you, without condition; be able to welcome into your life a God who welcomes you into the kingdom, no questions asked; be able to stop punishing yourself for acknowledging a God who will not be punishing you; and be able to talk with a God who has never stopped talking to you.

God has said "In order to truly know Me, you have to be out of your mind. Come to Me along the path of your heart, not through a journey of your mind. You will never find Me in your mind." In other words, you can't really know God if you think about God too much. That's because your thoughts contain nothing more than your previous ideas about God. Yet the reality of God will not be found in your previous ideas, but in your present moment experience. Think of it this way: your mind holds the past, your body holds the present, your soul holds the future. Put another way, the mind analyzes and remembers, the body experiences and feels, the soul observes and knows.

Your soul talks through your body, which gives you a here-and-now experience of your truth. If you want to know your truth on any subject, look to your feelings. Checking in with your body is the fastest way of doing this. If you want to get in touch with what your soul knows about the future – including the possibilities surrounding your future experience of God, listen to your body – listen to what your

body is telling you right now. Your soul knows everything – past, present, and future. It knows Who You Are, and Who You Seek to Be. It knows God, intimately, because it is the part of God that is closest to you. To know God, all you have to do is truly know your own soul.

Is this Who I Am? can be transformational. It is powerful because it contextualizes what is happening. It makes it clear what you are doing. Many people do not know what they are doing. They are creating themselves, but many people do not understand this. They do not see that this is what is happening, that this is what they are doing. They do not know that this is, in fact, the purpose of all life. Because they do not know this, they do not realize how important, how impactful, every decision is. Every decision you make – every decision – is not a decision about what to do. It's a decision about Who You Are. When you see this, when you understand it, everything changes. You begin to see life a new way. All events, occurrences, and situations turn into opportunities to do what you came here to do. It is the purpose of your soul to announce and to declare, to be and to express, to experience and to fulfill Who You Really Are.

Your choices define you. Every act is an act of self-definition. "Is this Who I Am?" places what's going on in a new, much larger context. That question and "What Would Love Do Now?" asked at the right moment can propel you forward in your own evolution faster than you might ever imagine. With your decision to ask and answer those questions at every juncture, you will move from student to teacher of The New Gospel. Awareness (not retribution) is the goal. God is not interested in getting you back; God is interested in moving you forward. This is the path of evolution you are on, not the road to hell.

2. **Trust God** – Spiritual enlightenment is not measured by how unaffected you are by rewards of the ego, but by how *dependent* you are on them for peace and happiness. Have intentions but don't have expectations, and certainly don't have requirements. Do not become addicted to a particular result. Do not even prefer one. If you require a certain result in order to be happy, you have an Addiction. If you simply desire a certain result, you have a Preference. If you have no Preference whatsoever, you have Acceptance. Elevate your Addictions to Preferences, and your Preferences to Acceptances. That is the way to peace. That is the way to mastery – learning to trust God by knowing you don't have to trust God. Rather, you have developed a knowingness that the perfect is going to occur. Not that a particular thing is going to occur, but that the perfect thing is going to occur. Not that what you prefer is going to occur, but that which is perfect is going to occur. And, as you move toward mastery, these two become one. Something occurs, and

you prefer no occurrence other than what is occurring. It is your very preferring of whatever is occurring that renders that occurrence perfect. This is called "letting go and letting God." You will have reached mastery when you are always preferring what is occurring.

Everything is perfect just the way it is, especially if things don't look perfect. That's a sure sign that there's something huge for you to remember here.

Life is designed to provide your soul with the perfect tools, the perfect circumstances, the perfect conditions with which to realize and experience, announce and declare, fulfill and become Who You Really Are. Therefore, judge not, and neither condemn. Love your enemies, pray for your persecutors, and embrace every moment and circumstance of life as a treasure, a perfect gift from a perfect Creator. Seek results and outcomes, but do not require them.

No results are unintended, although many are unanticipated. What is happening is always what you intended, but it may not always be what you anticipated. This 'intention-anticipation' disconnect occurs when you are not very clear about what you are intending. At the physical level you believe you are calling forth a particular result, but at the soul level you are calling forth another. What you always intend at the soul level is to produce the outcome that is perfectly reflective of your current state of evolution so that you can experience Who You Are. This is also the outcome that is perfectly suited to facilitate your movement to the next highest state, so that you can become Who You Seek to Be. You can't possibly know what to expect if you are creating your reality at levels of consciousness you are not even in touch with, which is why it is said "Live your life without expectations." This is also why God tells us, in every circumstance and situation, and in the face of any result or outcome, to "see the perfection."

This is why the Master never sits in judgment of another person, place, or thing. The Master knows *he put it there*. He's also aware that at some level he created what he is experiencing. And we need nothing more for our evolution than exactly what we have, and are experiencing, right now. And if we don't need anything, we don't have to trust God. And if we don't have to trust God, then we actually can trust God. Because trust then means not having to have a particular result, but rather, knowing that whatever results is for our highest good. Not needing a particular result frees the subconscious mind from all thoughts about why you can't have a particular result, which in turn opens the path to the particular result which was consciously intended.

When you face a challenge, you automatically assume that things will go well. When you face some difficulty, you automatically know that it will be handled. When you encounter a problem, you automatically understand that it has already been solved for you – automatically. You have created these outcomes, subconsciously. Things start to happen automatically, seemingly without any effort on your part at all. Life starts working. Things start coming to you, rather than you having to chase after them. This change occurs without conscious effort. Just as negative, self-defeating, self-denying thoughts about Who You Really Are, and what you can be, do, and have, were acquired subconsciously, so too, are they released subconsciously. You don't know how or when you picked up such ideas, and you won't know how or when you dropped them. Life will simply and suddenly change for you. The time between your thinking a thought consciously and it being made manifest in your reality will begin to shrink. Ultimately, it will disappear altogether, and you will create results instantly.

It's like a giant CD-ROM. Every possible outcome has already been "programmed." We experience the outcome we produce by the choices we make – like playing games with a computer. All of the computer's moves already exist. Which outcome you experience depends on which move *you* make.

This then, is the greatest secret of all about God: "I will appear to you as you see Me." God will seem to be what you seem to see. So how do you see God? Trust is not necessary, merely knowing.

3. Love God – This may not be easy on a planet where loving someone without need is unheard of, where loving another unconditionally is rarely practiced, and where loving everyone without limitation is actually thought of as "wrong." You cannot truly love each other when any of the following are present (you can call them the three, great love-enders): **neediness**, **expectation**, and **jealousy**. And you certainly can't love a God who indulges in any one of these, much less all of them. Yet that is exactly the kind of God you believe in, and, since you've declared it to be good enough for God, you've allowed it to be good enough for yourselves as well. So that is the environment in which you seek to create and sustain your love for each other.

You have been taught of a God who is jealous, who has enormous expectations, and who is so needy that if His love for you is unrequited, He'll punish you with everlasting damnation. These teachings are now a part of your cultural story. They are so imbedded in your psyche that it will be a major undertaking to root them out. And yet, until you do, you cannot ever hope to truly love each other, much less God.

In order to solve a problem, you have to first understand it.

Neediness is the most potent love killer there ever was. Yet most humans do not know the difference between love and need. "Need" is when you imagine that there is something outside of yourself that you do not now have, and that you require in order to be happy. Because you believe that you need this, you will do almost anything to get it. You will seek to acquire what you think you require. Most people acquire what they think they require by trading. They trade what they already have for what they seek to have. It is this process they call "love." You imagine that this is the way to show your love for each other because you have been taught that this is the way God shows love for you. God has worked out a trade deal: if you love God, God will let you into heaven. If you don't love God, He won't. Someone has told you that this is the way God is, and so this is the way you have become. Thus have you created in your human mythology a story that you live out every day: love is conditional. Yet this is not a truth, but a myth. It is part of your cultural story, but it is not part of God's reality. In reality, God needs nothing, and thus requires nothing from you. How can God need anything? Understanding that God has everything, is everything and requires nothing is part of knowing God. Once you truly know God, you begin to disassemble your myth about God. You change your mind about who God is, and how God is. And once you change your mind about how God is, you begin to change your mind about how you have to be. That is the start of transformation. That is what a friendship with God does. It transforms you.

You are made in the image and likeness of God. This you have always understood, for this, too, you have been taught. Yet you are mistaken about what God's image and likeness is. Thus have you been mistaken about what your image and likeness can be. You, too, are without needs. There is nothing that you need in order to be perfectly happy. You only think that there is. Your deepest, most perfect happiness will be found within, and once you find it, nothing exterior to your Self can match it, nor can anything destroy it. You seek to experience Who You Are through others, rather than allowing others to experience Who They Are through you. Yet when you reach mastery, you will allow others to experience Who They Are through you. This is how you will know a Master when you see one: the Master is one who sees you. The Master gives you back to your Self, for the Master recognizes you. A true Master is not one with the most students, but one who creates the most Masters.

Go within. To find what is within, go within. If you do not go within, you go without.

• Expectation – Even if you manage to eliminate need from your relationship with each other, and with God, you may still have to struggle with expectation. This is a state in which you have an idea that someone else in your life is to perform in a particular way, is going to show up as who you think they are, or who you think they should be. Like need, expectation is deadly. Expectation reduces freedom, and freedom is the essence of love. When you love someone, you grant them total freedom to be who they are, for this is the greatest gift you could give them, and love always gives the greatest gift. It is the gift that God gave you, yet you cannot imagine that He is giving it to you, because you cannot imagine a love so great.

This is how you have it constructed: if God is to grant you your reward in heaven, God expects you to do things His way. And this you call God's love. Then, you hold each other in the same place of expectation, and you call this love. Yet it is not love, in either case, for love expects nothing save what freedom provides, and freedom knows nothing of expectation. When you do not require a person to show up as you imagine you need them to be, then you can drop expectation. Expectation goes out the window. Then you love them exactly as they are. Yet this can only happen when you love your Self exactly as you are. And *that* can only happen when you love God exactly as He is.

Can you love God unconditionally? That is the big question. All this time you may have thought that the question was, Can God love you unconditionally, but the big question is, Can you love God unconditionally? Because you can only receive God's love in the way you give God yours. You can only receive another's love in the way that you give them yours. They can love you their way as long as they want. You can only receive it your way. You cannot experience what you do not allow others to experience.

• <u>Jealousy</u> – Out of your decision to love God jealously, you have created the myth of a God who loves jealously. You have tried as hard as you can to co-opt God's love. You have tried to be the sole owner. You have laid claim to God, and done so viciously. You are the chosen people, you are the nation under God, you are the one true church! If someone claims that God loves all people equally, accepts all faiths, embraces every nation, you call that blasphemy.

This jealously-ridden kind of love is not the way that God loves, yet this is the way that you have perceived God's love, because this is the way that you have loved God. This is also the way you have loved each other, and it is killing you. You have been known to kill each other, or yourselves, because of your

jealousies. If you love another person, you tell them that they must love you, and only you. If they love another person, you become jealous. You are not only jealous of other people, you are jealous of jobs, of hobbies, of children, of anything that takes the focus of your loved one away from you. Some of you are jealous of a dog, or a game of golf. Jealousy takes many forms. It has many faces. Not a one of them is beautiful.

Get rid of jealousy by getting rid of your idea (i) that happiness depends on anything outside of yourself, (ii) that love is about what you get in trade for what you give, and (iii) that by getting rid of your claim on any other person's time or energy or resources or love. Live your life for a new reason. Understand that its purpose has nothing to do with what you get out of it, and everything to do with what you put into it. This is also true of relationships. The purpose of life is to create your Self anew, in the next grandest version of the greatest vision ever you held about Who You Are. This requires nothing of the other people in your life – or any other person in particular. That is why you can love others without requiring anything of them.

The idea of being jealous of the time that those you love spend playing golf, or working at the office, or in the arms of another is an idea that can only occur to you if you imagine that your own happiness is compromised when the one that you love is happy. It is a sign of growth not to have your peace taken away from you, not to disrupt your life, not to end your life, and not to kill another, because of these things. Because your loved one loves another, does that mean they do not love you? Must they love you only in order for their love to be true? This is where confusion between love and need becomes apparent. Most people think these two experiences are interchangeable. They aren't. Loving someone has nothing to do with needing them. If you love someone because you need them, you have not loved them at all, but merely what it is that they have given you. When you love another for who they are, whether they give you what you need or not, then you truly love them. When there is nothing that you do need, then you truly can love them.

Love is without condition, without limitation, without need. This is how God loves you. Yet this is a love that you cannot imagine receiving, because it is a love that you cannot imagine expressing. And that is the sadness of all the world.

Masters give themselves the freedom to make any choice they wish – and give those they love the same freedom. Freedom is the basic concept and construct of life everywhere, because freedom is the basic nature of God. All systems which reduce, restrict, impinge upon, or eliminate freedom in any way are systems

which work against life itself. Freedom is not the goal of the human soul, but its very nature. By *nature* the soul is free. Lack of freedom is, therefore, a violation of the very nature of the soul. In truly enlightened societies, freedom is not recognized as a right, but as a fact. It is something that is, rather than something that is given. Freedom is not granted, but rather, *taken* for granted. What is observable in enlightened societies is that all beings are free to love each other, and to express and demonstrate that love to each other, in whatever way is authentic and true and appropriate to the moment. The people who decide what is appropriate to the moment are the people doing the loving. There are no laws of government, societal taboos, religious restrictions, psychological barriers, tribal customs, or unspoken rules and regulations regarding who, when, where, and how one may love, and who, when, where, and how one may not.

Yet here is the key that makes this work in highly evolved societies: All the parties who are in love must decide what love would do now. One party may not decide to do something because he thinks it is loving, if there is no agreement from the other party or parties. All the parties must also be adult and mature and capable of making such decisions for themselves (this eliminates questions about child abuse, rape and other forms of personal violation).

That said, granting another full freedom does not mean granting them the right to abuse you, nor does it mean sentencing yourself to a prison of your own devising, in which you live a life you would not choose, in order that another may live a life that they do. Yet granting full freedom does mean placing no limitations of any kind upon another.

No one, and nothing, is limited in God's kingdom. And love knows nothing but freedom. Nor does the soul. Nor does God. And these words are all interchangeable. Love. Freedom. Soul. God. All carry aspects of the other. All are the other.

You are free to announce and declare Who You Are in every moment of Now. Indeed, you are doing so, without even knowing it. You are not free, however, to declare who someone else is, or who they must be. This, love would never do. Nor would God, who is the essence of love itself. If you wish to announce and declare that you are a person who needs and requires the exclusive love of another in order to be happy, in order to feel comfortable and appropriate and secure, you are free to announce that. You will show it with your actions in any event; they will be your announcement. If you wish to announce and declare that you are a person who needs and requires the largest portion of the time and energy and focus of another in order to be happy, in order to feel comfortable and appropriate and secure, you are free to announce that, too. Yet, if you allow

your declaration of Self to translate into jealousy of another, or of another's friends, or job or hobby and outside interests, your jealousy will end your love, and may very well end that other's love for you.

The good news is that defining who you are, and who you choose to be, does not have to translate into jealousy of another, nor into control over them. It simply and lovingly states who you are, and how you choose Life to be for you. Your love for another goes on, even as you lovingly and compassionately work through whatever differences may exist between you, and however you change the nature of your relationship as a result of those differences. You do not have to end a relationship in order to change it. Indeed, you cannot end a relationship, but can only alter it. You always have a relationship with everyone. The question is not whether you have a relationship, but what kind of relationship do you have? Your answer to that question will affect your life forever – and, indeed, could truly change the world.

- 4. **Embrace God** Get close to God. There is more than one way to the Self, and more than one way to God, but you may most profitably begin by being with the silence, being with the Self, for a few golden moments each day. Once you have found your Self, you may wish to begin to move out from the Self, to create a newer world. To do this, touch others as you would have your Self be touched. See others as you would have your Self be seen. Embrace others as you would seek to embrace God, for when you embrace others, you do embrace God. Embrace all the world, for all the world embraces who and what God is. Reject nothing in the world, and no one in it. Yet while you are in the world, and the world is in you, remember that you are larger than it. You are the creator of it, for you are creating your own reality as surely as you are experiencing it. You are both the creator and the created, as God is. You can choose to have the experience of being the creator, or that which is created, at any given moment. Making friends with God means making friends with all people, and with everything – every circumstance and condition. Resist nothing, for what you resist, persists. The solution is love. There is no condition, no circumstance, no problem that love cannot solve. This does not mean that you must submit to abuse. It does mean that love, for yourself and others, is always the solution. There is no person that love cannot heal. There is no soul that love cannot save. Indeed, there is no saving to be done at all, for love is what every soul is. And when you give the soul of another what it is, you have given it back to itself.
- 5. **Use God** Use all the tools and gifts God has given you. The gift of **creative energy**, which allows you to form your reality and create your experience with your thoughts, words and deeds. The gift of **gentle wisdom**, which allows you to know the truth in times when it may be good to judge not by appearances. And the gift of

pure love, which allows you to bless others and accept them without condition, granting them the freedom to make their own choices and to live them, and giving your Divine Self the freedom to do the same, each of you re-creating your Self anew in the next grandest version of the greatest vision ever you held about Who You Are. Divine Force in the universe is made up of these three things: creative energy, gentle wisdom, and pure love. When you use God, you are simply using this Divine Force.

Go now, and do that which you have given your Self to do. Change the world "by force." And use God. Use God all the time, every day. In your darkest hour and your shining one, in your moment of fear and in your moment of courage, in your ups and your downs, your highs and your lows. You will have all of these. And have had them. For everything there is a season, and a time for every purpose under heaven. A time to be born, and a time to die; a time to plant, and a time to harvest that which has been planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn, and a time to dance; a time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to cast away; a time to rend and a time to sow; a time to keep silence, and a time to speak; a time to love, and a time to hate; a time for war, and a time for peace. What time do you choose for it to be now? The world awaits you and your decision. It will put into place what you place into being. You will place into being what you are being. This is how it works. This is how it is. And now is the time of your awakening to this truth. Go forth and spread this message to all the world: the time of your deliverance is at hand.

6. **Help God** – God doesn't need help, but He enjoys having it. It makes things easier. In Ultimate Reality, what helps you, helps God, because in Ultimate Reality, you and God are One. There is no separation. Yet within the separation paradigm in which you live, within the illusion you are experiencing, such a statement has no meaning. In order to make things easier for God, you have to understand what God is up to. Here is how you can help God: live your life **deliberately**, **harmoniously** and **beneficially**. Do the third and the first two will come automatically. Determine to live beneficially – decide that your life and work will benefit others – and you will find yourself living deliberately and harmoniously. There are three tools with which you can be sure you are living your life beneficially: **awareness**, **honesty** and **responsibility** (these are the core concepts of 'wholistic' living).

You can live **deliberately**, **harmoniously** and **beneficially** by using the gifts God has given you: **creative energy**, **gentle wisdom**, and **pure love**.

Creative energy has been placed by God in your entire being, and in everything that proceeds from it. Thoughts, words, and deeds are the Three Tools of Creation. When you know this, you can choose to be the cause of your experience, rather than being at the effect of it. Life proceeds out of your intentions for it. When you are aware of this, you can live your life beneficially. The things you think, you think deliberately. The things you say, you say deliberately. The things you do, you do deliberately. Everything you do, you do on purpose – and your purpose in every moment of your life is, indeed, to live the grandest version of the greatest vision ever you held about Who You Are. When you use creative energy, you help God be more of what God is, and seeks to experience of itself.

Gentle wisdom has been placed by God in your soul. When you use this gift, you live harmoniously in any situation. Your very Being is harmony itself. Harmony means feeling the vibration of the moment, of the person, place, or circumstance you are now experiencing, and blending with it. Bring a gentle wisdom to your moments. Watch it change them. Watch it change you. You have gentle wisdom within you. God has placed it there, and it has never left you. Call on it in times of difficulty and stress, in times of decision or enmity, and it will be there. For when you call on it, you call on God. When you use gentle wisdom, you help God be more of what God is, and seeks to experience of itself.

When you express **pure love**, you give yourself the direct experience of Who You Are. It is the greatest gift. It looks as if you are giving a gift to others, and you are giving it to your Self. That is because there is no one else in the room. It only looks as if there is. Pure love allows you to see the truth. When you come from a place of pure love, you live a life that is beneficial to everyone. You make sure that everyone benefits from your having been here. "Kindness" becomes an important word to you. Suddenly, you understand its deeper meaning. Kindness means not only goodness, it means sameness. You realize when you live in pure love that you and all others are of "like kind." You are truly kin, and now, suddenly, you see that when you express pure love you are expressing kin-dness. This is what it means to be a kin-dred spirit. This is what it is to know a Oneness with all things. And when, in any circumstance or situation, you use pure love, you help God be more of what God is, and seeks to experience of itself. You help God when you help yourself to God. So have a big helping. Help yourself to as much of God as you like. For this is the food of life, by which all things are nourished.

7. **Thank God** – Gratitude is not something God requires. It is not an ego salve, a greaser of the skids, an oiler of the wheels. It does not make God more likely to be good to you next time. Life sends you good things whether you are grateful or not. But with gratitude, life sends them to you faster. That is because gratitude is a state of being. You create most effectively, most efficiently, and most rapidly when you create not from the subconscious, but from the supra-conscious. The supra-conscious is the name given to that level of experience reached when the super-conscious, conscious, and subconscious, are all rolled into One – and then transcended. This is a place above thought. It is your true state of being, and this true state is Who You Really Are. It is unperturbed, unmoved, unaffected by your thoughts. Thought is not first cause. True Being is.

Beingness is, thought does. Beingness is not action, it is not an undertaking, it is not something that occurs. Rather, it is an "is-ness." It is what is. It is a "so-ness" – it is what is so. Thought is a process, a "doingness", something that happens. Being is first cause. Being causes everything. What you are "being," you are experiencing. Your thought about God does not create God. It merely creates your experience of God. God is.

When you think, you do not create The All. You reach into The All to create whatever experience of The All that you choose. All of it is already there. You are not placing it there by thinking about it. Yet by thinking about it, you are placing in your experience that part of the All about which you are thinking. Your True Being, which is Who You Really Are, precedes everything. When you think about who you wish to now be, you are reaching into your True Being, into your Total Self, and focusing on a part of your Total Self that you now wish to experience. Your total Self is All of it. It is the happiness and the sadness.

And so, does thinking affect being? No. Not in the largest sense. You are Who You Are, no matter what you think about. Yet can thinking create an immediately different experience of your being? Yes. What you think about, what you focus on, will be made manifest in your individual present reality. Thus, if you are being sad, and you think positive, joyful thoughts, you will very easily "think your way" to being happy. You are simply moving from one part of your Self to another! Yet there is a shortcut! – which is what we have been talking about. You can move to any state of being you wish – that is, you can call forth any part of your True Being – at any moment, instantly, by simply knowing it to be so, and declaring it to be so. What you know of your True Being is what will be so of your state of being right now. When you declare what you know, you make it so. Declarations are made most powerfully with "I Am" statements. When you make these statements of being

consciously, rather than unconsciously, you live from intention; you live deliberately. Your whole life is a message, did you know that? Every act is an act of self-definition. Every thought is a film on the movie screen of your mind. Every word is voice mail for God. Everything you think, say, and do sends a message about you. Think of your "I Am" declarations, therefore, as a sort of State of the Union message. This is your State of the Being message. You are making a statement about how it is with you. You are saying "what is so."

When you make a declaration, that is the short route to your state of being. Declarations are a calling forth of Who You Really Are – or, more accurately, of that portion of Who You Really Are that you wish to experience right now. This is beingness being creative, rather than thought being creative. Beingness is the fastest method of creation. That is because what is, is right now. A true declaration of being is made without thinking about it. If you think about it, you will, at best, delay it, and, at worst, deny it. Delay will occur simply because thinking takes time, and being takes no time at all. Denial could occur because thinking about what you choose to be often convinces you that you aren't that – and can't ever become that. The moment you think about it, you can't be it. You can only delay being it, or deny being it. Just remember this: Being is instant. Compared to that, your thought is very slow. As fast as thought is, it is very slow compared to being.

Gratefulness is a state of being. It announces clarity that you already have what you think you need. In other words, if you are thanking God for something, rather than asking God for something, you must know that it is already in place. When you thank God, you are "being" aware that all good things in life have already come to you; that everything you need – the right and perfect people, places, and events – to express and experience and evolve as you have chosen has already been put in place for you.

The wonder of the seven steps to God is that they may be reversed. If you are thanking God, you are helping God to help you. If you are helping God to help you, you are using God. If you are using God, you are embracing God in your life. If you are embracing God, you are loving God. If you are loving God, you are trusting God. And if you are trusting God, you are knowing God for sure. In the moment of your total knowing, you, too, will feel as God does always: **totally joyful, loving, accepting, blessing, and grateful**.

You now know how to create a friendship with God. A true friendship. A real friendship. A practical, working friendship. And that's what friends are for – for making your day-to-day life easier, your moment-to-moment experience more of an expression of Who You Really Are. This is your greatest desire, and God has established a perfect system where all your desires may be realized.

THE NEW REVELATIONS

- 1. God has never stopped communicating directly with human beings. God has been communicating with, and through, human beings from the beginning of time. God does so today.
- 2. Every human being is as special as every other human being who has ever lived, lives now, or ever will live. You are all messengers. Every one of you. You are carrying a message to life, about life every day. Every hour. Every moment.
- 3. No path to God is more direct than any other path. No religion is the "one true religion," no people are "the chosen people," and no prophet is the "greatest prophet."
- 4. God needs nothing. God requires nothing in order to be happy. God *is* happiness itself. Therefore, God requires nothing of anyone or anything in the universe.
- 5. God is not a singular Super Being, living somewhere in the Universe or outside of it, having the same emotional needs and subject to the same emotional turmoil as humans. That Which Is God cannot be hurt or damaged in any way, and so, has no need to seek revenge or impose punishment.
- 6. All things are One Thing. There is only One Thing, and all things are part of the One Thing That Is.
- 7. There is no such thing as Right and Wrong. There is only What Works and What Does Not Work, depending upon what it is that you seek to be, do, or have.
- 8. You are not your body. Who you are is limitless and without end.
- 9. You cannot die, and you will never be condemned to eternal damnation.

THE IMPORTANT DIFFERENCES BETWEEN YESTERDAY'S GOD AND TOMORROW'S GOD

Tomorrow's God ...

- 1. does not require anyone to believe in God
- 2. is without gender, size, shape, color, or any of the characteristics of an individual living being
- 3. talks with everyone, all the time
- 4. is separate from nothing, but is Everywhere Present, the All in All, the Alpha and the Omega, the Beginning and the End, the Sum Total of Everything that ever was, is now, and ever shall be
- 5. is not a singular Super Being, but the extraordinary process called Life

- 6. is ever changing
- 7. is needless
- 8. does not ask to be served, but is the Servant of all of Life
- 9. is unconditionally loving, non-judgmental, non-condemning, and non-punishing

IN THE DAYS OF THE NEW SPIRITUALITY...

- your presently established religions will stop fighting with each other
- your presently established religions will stop imagining themselves to have all the answers
- many of your presently established religions will stop declaring that something can exist outside of God
- the idea of using politics to define yourselves as you have defined God will be widely accepted
- humanity will begin at last to hold more basic beliefs in common, creating a more uniform standard for all political expression around the world
- the nature of God and of God's characteristics will be understood much more fully
- society's members will be clear about what is in their common interest, and will know how to arrive at that determination without bickering, quarreling, or fighting, and forevermore without violent conflict
- the message of freedom will inspire the experience of freedom itself
- the unity of all things will be experiential
- all economic, commerce, and business considerations will become part of a Whole Systems Approach to the creation of a way of life and the construction of a society that works for everyone
- the purpose of business and commerce will be changed
- wealth will be defined not as possession and power, but as access and happiness
- the economy will be transparent
- the economy will be localized
- there will be no disproportionate holding of wealth and resources, and abject poverty will no longer be allowed to exist
- it will be recognized that every human being has a right to the basics of Life and the ability to survive
- it will be recognized that natural resources belong to all
- adults will have the tools to give back to children the gift of their own imagination
- coercion and punishment will not be a part of the education process
- the focus of education will be on creation

- the priority of education will no longer be the dissemination of facts, but the increasing of sensitivity and awareness and understanding and compassion and acceptance and celebration of and appreciation for the awe and wonder of Life
- the function of education will be to draw a Circle of Relevance around the raw data and systems that support Life
- education will be about creating, not a school, but a learning environment
- human relationships will be completely re-created in both purpose and process
- human relationships will no longer be seen as a means of need fulfillment
- all relationships will be seen as holy
- all people will understand that nothing has any meaning save the meaning they give it
- all people will understand the purpose of relationship and the Process of Life, as well as their role in it, and they will bless the process and call it holy, they will engage the process and call it adventure, they will experience the process and call it joy and they will complete the process and call it Nirvana ... then to happily begin the process all over again at the time of their choosing in the never-ending cycle of bliss that is Creation itself
- it will be clear that all relationships begin and end and are created with and within the human soul
- love and freedom will be understood to be the same thing
- humans will understand that they always have total freedom in relationships, that no one can ever take that away from them because it is Who They Are, and that every attempt to blame someone else for curtailing one's freedom is simply an act of forgetfulness
- relationships will not include blame and judgment or victim-villain scenarios, but will be understood to be co-creative experiences in which all parties take responsibility for their choices and decisions
- human sexuality will be experienced as the joyous celebration of life and the glorious expression of Godliness that it was always meant to be, it will be expressed without embarrassment or shame or guilt and without restrictions or limitations of any kind, except those that are voluntarily self-imposed

CREATION EDUCATION: ITS MAJOR MESSAGES

In Chapter 21 of *Tomorrow's God* we are told: "In the days of The New Spirituality the focus of education will be on creation. Creation Education, this will be called, and it will be the biggest single difference between yesterday's schools and tomorrow's."

Creation Education will be centered around the following major messages that the New Spirituality will bring to children:

- 1. You are One with everyone and everything in the Universe including God. All things are part of One Living System.
- 2. Because you are One with God, you have the power to create how you wish to experience your life.
- 3. The way you create what you are experiencing is by what you think, say and do. All creation of your reality occurs on two levels: Your Exterior Experience and your Interior Experience. In my view, nothing is more misleading than the New Thought teaching that "we create our own reality." It is misleading because of the way this truth is taught, the way it is shared, and the expectations that it sets up. Namely, when we use all the tools that we have been given in the way that we have been instructed to, and then things don't turn out the way we expected, we start to wonder what we "did wrong." Did we misunderstand something? Did we "misuse" one of the tools? Can we rely on the process of manifestation ever again? So let's dive down deeper here. Let's move to a place of greater clarity around this teaching.

It is True that we all create our own reality, but we do not do it in the way that most people think. Most spiritual teachers leave us with the impression that we create our Reality individually. In other words, we are responsible, as creators of our reality, for everything that happens in our life. And, by extension, for everything that is happens in others' lives. Our spouse. Our children. Our Uncle Joe falling down and breaking his ankle. Our boss, crippled by a heart attack and having to close down the business, leaving us without a job. Did we do that? Did he do that? Where does our responsibility end? Are we responsible for the war in a far off country? Are we responsible for the tsunami on the other side of the globe?

Conversations with God tells us that we are not creating everything that happens, has happened, or will happen, in our life. We are co-creating those things, in collaboration with every other Soul that is touched by or experiencing the creation in any way—even if from a great distance. (There is no such thing as "distance" in Ultimate Reality, because there is no such thing as Space or Time. Everything is Right Here, Right Now.) The idea that we, individually, are creating our reality can lead us to believe that we are in control of the exterior events of our lives. We are not in control. Not unilaterally. We have collaborative control, but not singular control.

The exterior events of physical life are being co-jointly created by the lot of us. It is the *interior experience* of those events that we are creating individually. And that is what is meant by the teaching: "You are creating your own reality."

This is not unimportant. It can have great impact in our life, because the way we experience any exterior circumstance at the deepest part of our interior can often affect how the exterior circumstance continues to manifest. This is because, as already noted, the energy of life from which all manifestation springs is affected by the energy that is projected into it. If we project the energy of resistance into the energy of any exterior event or circumstance, we give it strength by making it "real" --- rather than seeing it for the illusion that it is. (As is all of life.)

When we see it for the illusion it is, we stand a far better chance of changing it, of affecting it, of altering it to more closely match our preference, because in the world of Energetics, negativity only breeds negativity. Therefore, a negative interior energetic response to a negative exterior energetic expression only strengthens the negative aspects of that expression. A positive interior energetic response to a negative exterior energetic expression shifts the energetic signature of that expression, and can actually change it to something more positive.

A positive interior energetic response can also bring us to a place of true inner peace and genuine internal serenity, no matter how the exterior circumstance continues to present itself. And peace and calmness, alone, can often dramatically alter our experience of any moment in life.

What might a positive energetic response be? Gratitude. This is a profoundly transformative energy that transmutes negativity into positivity, allowing us to move from restlessness to peacefulness with the flick of a switch in our Mind that says Yes, rather than No, to whatever is occurring or has not occurred in life. It allows us to see it as a Gift, knowing (as the Soul surely does) that All Things Lead To Good in the end, if only as a stepping stone in our own evolution as a spiritual being, demonstrating that we are "in this world, but not of it."

The world would change overnight if this tool of spiritual mastery were taught by our spiritual teachers. I am sorry to say, however, that because of the misleading, incomplete, and irresponsible way that the truth, "You Create Your Own Reality", has been passed on by many teachers, some people actually fall into what I call New Thought Depression, or New Age Anxiety when things occur which they do not welcome. They ask themselves, "Why would I create that?" when something bad happens to them or to someone they love.

The truth is, they are not "creating" it in the way that they have been taught to understand those words. They are not personally responsible for the outcome. They did not singularly cause the event to occur, the circumstance to arise, the accident to happen, or the situation to exist.

These worries and these questions go away when we come to a truly comprehensive understanding that all exterior creation is collaborative. It is (to repeat) your interior experience of the exterior conditions, circumstances and events of your life that you create unilaterally, specifically, and personally. That is, it is how you experience

individually that which you produce collaboratively that creates your reality of it. And if you are deeply involved in that process in a positive way, you can deeply affect the reality in which you find yourself at any given moment.

This is explained in considerable detail in the book *When Everything Changes*, *Change Everything*, and it is touched on also in *The Storm Before the Calm*. Says that second book:

"There is no such thing as Reality, there is only the reality you create by the way you are looking at something. You are creating your reality through the use of perspective." And, says that first book, the individual reality that you do create will depend on whether you embrace the perspective of the Mind or the perspective of the Soul.

The perspective of the Mind says that you are a single person experiencing a single reality. The perspective of the Soul says that you are united with every other person in the world. It says that we are all one. And this understanding has a remarkable impact our perspective regarding the process of manifestation.

- 4. When you create, you are fulfilling the purpose of your life, because creating is how you grow and evolve, and that is what you and all living things are on earth to do.
- 5. Life itself is your greatest teacher, and it has built-in consequences, but never punishments. Punishment is not a part of God's plan, and has no place in God's Kingdom. Learning was always meant to be easy it is actually a process of remembering what your soul has always known. This kind of "learning" will be joyful when you use the experience that you are now having to remember as much as you can about Life. Then you will remember *what* you need to remember *when* you need to remember it to make life work in the future.
- 6. Try to never harm another person, place or thing in any way, but only to help others and love them as best you can, especially when they have made a mistake or have done something that you feel is "wrong" or "not okay". If you can do this, you will create a friend of just about everyone you know, and when you need one, you will never be without one.
- 7. There is enough for everyone. It takes very little to be happy, and the fastest way to create happiness for yourself is to create happiness for another.
- 8. Your very best friend is Life itself, because it never ends. When the portion of your life that you spend on earth is over, there will be no "Judgment Day," no condemnation, and no punishment, but simply an opportunity for you to review all of the thoughts, words, and actions of your life and decide whether, as you go on to other adventures, you wish to choose them again when confronted with similar circumstances. Choice is the process by which you evolve, and ultimately experience Who You Really Are.

These are the Components of the core curriculum of the first years of Creation Education. The messages will become more sophisticated as the child moves on.

SIXTEEN DIFFERENCES BETWEEN AN AWAKENED SPECIES AND HUMANS LIVING IN AN UNAWAKENED STATE

- 1. An awakened species sees the Unity of All Life and lives into it. Humans in an unawakened state often deny it or ignore it.
- 2. An awakened species tells the truth, always. Humans in an unawakened state too often lie, to themselves as well as others.
- 3. An awakened species says one thing and will do what they say. Humans in an unawakened state often say one thing and do another.
- 4. An awakened species, having seen and acknowledged what is so, will always do what works. Humans in an unawakened state often do the opposite.
- 5. An awakened species does not embrace a principle in its civilization that correlates with the concepts that humans refer to as "justice" and "punishment."
- 6. An awakened species does not embrace a principle in its civilization that correlates with the concept that humans refer to as "insufficiency"
- 7. An awakened species does not embrace a principle in its civilization that correlates with the concept that humans refer to as "ownership."
- 8. An awakened species shares everything with everyone all the time. Humans in an unawakened state often do not, only sharing with others in limited circumstances.
- 9. An awakened species creates a balance between technology and cosmology; between machines and nature. Humans in an unawakened state often do not.
- 10. An awakened species would never under any circumstances terminate the current physical expression of another sentient being unless asked directly by that other being to do so. Humans in an unawakened state often kill other humans without that other human requesting them to.
- 11. An awakened species would never do anything that could potentially damage or harm the physical environment that supports the members of the species when they are physicalized. Humans in an unawakened state often do so.
- 12. An awakened species never poisons itself. Humans in an unawakened state often do so.
- 13. An awakened species never competes. Humans in an unawakened state are often in competition with each other.
- 14. An awakened species is clear that it needs nothing. Humans in an unawakened state often create a need-based experience.
- 15. An awakened species experiences and expresses unconditional love for everyone. Humans in an unawakened state often cannot imagine even a Deity who does this, much less do they do it themselves.
- 16. An awakened species has harnessed the power of metaphysics. Humans in an unawakened state often largely ignore it.

Asked if we might have an example of what is meant by Item #4 on the list of 16 Differences above, the dialogue IN CWG-Book 4 offers this, in God's voice:

If your objective is to live a life of peace, joy, and love, *violence does not work*. This has *already been demonstrated*.

If your objective is to live a life of good health and great longevity, consuming dead flesh daily, smoking known carcinogens continuously, and drinking gallons of nervedeadening, brain-frying liquids like alcohol regularly *does not work*. This has *already been demonstrated*.

If your objective is to raise offspring free of violence and rage, placing them directly in front of vivid depictions of violence and rage during their most impressionable years *does not work*. This has *already been demonstrated*.

If your objective is to care for Earth and wisely husband her resources, acting as if those resources are limitless *does not work*. This has *already been demonstrated*.

If your objective is to discover and cultivate a relationship with a loving Deity so that religion can make a difference in the affairs of humans, then teaching of a god of righteousness, punishment, and terrible retribution *does not work*. This has *already been demonstrated*.

Do you need any more examples?

FIVE WAYS TO KNOW YOU ARE LIVING IN AN AWAKENED STATE

If you choose to act as someone who is aware that she or he is awake, there are several things you would do, In addition to taking the steps invited in the list of sixteen items that make us different from HEBs.

First, you would **not entertain negative thoughts** in your mind. If a negative thought did happen to slip in, you would get it out of your mind immediately. You would think of something else, deliberately. You would simply *change your mind about that*.

You would also **love yourself fully**, just as you are. And you would love everyone else fully, just as they are. Then you would love life fully, just as it is, needing nothing to change, and seeing everything as simply something you are moving through so that you can *know* about it, and create a contextual field providing you with an opportunity to demonstrate Who You Are.

You would **forgive no one and nothing ever again**, out of knowing that forgiveness is neither necessary nor natural for humans who are aware that they are awake. You would clearly see that holding an idea that there is a need for forgiveness means holding an idea that an injury has occurred, and as a human who is awake you would be aware that injury is not possible in the experience of Divinity—which is Who You Are. You would therefore replace forgiveness with understanding in your interactions with others, which would naturally lead to compassion for others as you experience a full realization of the pain, anger, or sadness they must have felt at such a high level as to cause them to abandon their true nature and behave as they did.

Also as a person who is awake, you would **not mourn the death of another**, not even for a moment. You might mourn your loss, but not their death—but, in fact, celebrate both the moments of love and joy that they shared with others, and the fact that they continue to live in free and

wondrous expression of their evolutionary process. You would likewise neither fear nor mourn your own death, for precisely the same reason.

Finally, you would **be aware that everything is energy in vibration**. Everything. And so you would pay much more attention to the vibration of everything that you eat, of everything that you wear, of everything that you watch, read, or listen to, and most important, of everything that you think, say, and do, and you would immediately adjust the vibration of your own energy and the life energy that you are creating around you if you find that it is not in resonance with the highest knowing you have about Who You Are, and the experience of this that you choose to demonstrate.

THE SEVEN TOOLS OF INTEGRATION

Conversations with God-Book 4: Awaken the Species offers tools with which a person may more easily integrate the behaviors of Highly Evolved Beings into their lives. From the text...

1. Share Your Process.

As spoken of in an earlier part of our exchange here, and referred to again just a moment ago, share openly and authentically with those whose lives you touch both your struggles and your progress on the path to full awakening. The choice to do so is both empowering and emancipating, unshackling in an amazing way the Will Within to express the Divinity that is yours, and liberating in others their own desire and ability to also do so.

2. Create a Reason.

The challenges of the path you have chosen may, on more than one day, hardly seem worth confronting unless you accord them greater meaning than the simple triumph over them. The question must be asked, "Why?" Then your answer must be given.

I tell you this: Your path is not without purpose in the heavens. For every soul which would grow to know in its experience what it has always understood in its awareness serves not only its own agenda, but the Superconscious Will of the Collective, advancing the evolution of a species even as its individual progress is attained, for it shall leave in the wake of its advancement the ladders and stepping stones by which those who follow may do so ever more rapidly.

3. Express Gratitude.

This is the most powerful tool you could be given. Gratitude can be a selected energy, and not merely an autonomic response. When one actively chooses to be grateful for everything presenting itself in one's life (and I do mean *everything*), it sets up an energetic signature that washes over and impacts the energy of whatever is now arising. This can transmogrify (defined as: "To transform, especially in a surprising or magical manner") the presentation itself—to say nothing of one's entire life.

4. Choose a State of Being.

Do this in advance of anything you know you are going to think, say, or do. Life has very little to do with what you are doing and very much to do with what you are being while you are doing it. The surprising thing about this is that through pure intention, "beingness" is transformed from a reaction to a creation. It is no longer something that arises out of an experience, but something that you put into an experience.

5. Go with the Soul.

Most often, you respond to whatever is happening in your life—whether it is an illness, a disappointment, a happy surprise, whatever it might be—from the logic center in your Mind. You analyze the data that your Mind holds regarding the experience at hand, and that is the place from which your reaction emerges

It is possible for you to cultivate the ability to respond from the wisdom center in your Soul. Here, the data regarding the experience at hand is unlimited and expansive, and includes considerations and understandings that may not have been even conceived of in the Mind.

The soul is the place within which everything you know is *already* integrated, and simply awaits the outward expression of that. So take a moment whenever anything is confronting you—something that you call "good news" or something you call "bad news"—and instruct your Mind to let you act as if you are out of your Mind. Then notice your response emerge *without thinking*, producing a spontaneous demonstration of your Soul's wisdom and awareness.

6. Use the Magic Inquiry often.

Before you sit down to watch a movie or walk into a social situation or prepare a meal or have a conversation with a beloved other, or do anything at all that you have judged to be of here-and-now importance, quietly ask yourself: *And what does this have to do with the Agenda of my Soul?*

7. Ask yourself, daily, the Four Fundamental Questions of Life: 1. Who am I? 2. Where am I? 3. Why am I where I am? 4. What do I intend to do about that?

FOUR WONDERFUL WAYS TO MEDITATE

The reason that Meditation is such an effective tool in moving you along your Sacred Journey is that it creates an environment within which a connection can be made between the Mind and the Soul.

There are other ways to create such an environment as well, including—but certainly not limited to—prayer, visualization, guided imagery, ecstatic dance, vision questing, fasting, chanting, drumming, and simple quiet contemplation.

Prayer is probably the most widely taught method of connecting with Divinity (which is, of course, what connecting with your Soul is all about). Every religion on the planet teaches it. It can be a wonderful way of establishing contact with God, but for many the difference between Prayer and Meditation feels like the difference between calling room service to place an order and listening to a recording of gentle music on earphones. One is a "sending" and one is a "receiving" energy.

Visualization definitely helps to move the Mind from its current preoccupation to something more profoundly connected with one's desires, and if one's personal desires are identical to *What One Desires* (they are at the deepest level, but they may not be at the surface level), this technique can be very useful as well. It does, however, engage the Mind more actively than most forms of Meditation.

Other avenues to the Soul such as guided imagery and ecstatic dance can absolutely bring one closer to the inner peace that can lead to higher awareness, but most people report that this occurs with not quite the dependability or regularity of Meditation. Guided imagery is a form of Meditation that is led by another person, either "live" or on a recording, and so, by its very nature, is not quite as quietly intimate. Ecstatic dance takes you out of our Mind completely and has been known lead to sudden bursts of awareness, but, like drumming and chanting, it uses focal centers of the Mind that are not nearly as peacefully engaged as the Mind is in Meditation, when the focus is away from these centers and away from all activity.

So Meditation has been found by the most number of people, most of the time, to be the most beneficial, constructive, potent and efficacious tool for bringing the Soul into the Mind.

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Whatever *you* do, find some way to create the space for your Mind and your Soul to merge, sharing in the wonder of all that you are. The Mind was not designed to function alone.

Your Mind is a marvelous part of you, and nothing that has been said during this entire discourse has been meant to suggest that the Mind is somehow "less than," or inferior to, the Soul. It is not.

Your Mind is a brilliant apparatus, and serves the function of guaranteeing your physical survival in this lifetime extremely well. In fact, unfathomably well. We still don't fully understand all the ways in which the Mind words. Yet we *have* observed, through simply watching ourselves, that the Mind functions even more brilliantly when it is open to sources of information—what might be called "wisdom"—that is not generated by the

memory of its own limited experiences, but by the unlimited awarenesses that lie outside the Mind, but not outside the reach, of the Totality of You.

If survival were your only concern—or even your primary concern—your Mind might be enough for you to move forward with, as you travel through Life. Yet as we have observed earlier, survival is not your primary concern. It is not even your Basic Instinct. It is, therefore, not at the top of your agenda. Completion is. Completion of the Sacred Journey. And for this you need not only the Mind, but the Soul as well.

That is why Meditation is so strongly recommended.

Although there is no one form of meditation that is "better" than another, so-called "sitting meditation" is what many people are most familiar with, and want to know more about. So people who seek to make a connection between their Mind and their Soul may wish to undertake the practice of sitting meditation twice a day—15 minutes each morning and 15 minutes each evening.

Try, if it is possible, to set a regular time when you will do this. Then see if you can stick to that time. Yet if you cannot keep such a consistent schedule, know that any time will do, so long as it is at least twice a day, early and late.

When you meditate you may want to sometimes sit outside, if it is nice and warm, allowing the morning sun to bake down upon you, or the stars to sparkle above you. Inside, you might sit by a window and let the dawn sun pour in and the night sky enclose you. There is, as has been said, no "right way" to do sitting meditation. One may sit in a comfortable chair, or on the floor, or upright in bed, for that matter. Choose what works for you.

Some people sit on the floor, usually with no backrest but occasionally against a wall or a couch, because floor sitting keeps them more "present" in the space. They report that if they are too completely comfortable, as in an overstuffed chair or on the bed, they tend to doze off or fade away from the moment. When they are sitting on the floor, or outside on the grass, this rarely occurs. They are totally mentally "present."

Once sitting, begin by paying attention to your breathing, closing your eyes and simply listening to yourself inhaling and exhaling. Be in blackness and pay attention only to what you are hearing. When you have "united"---that's the only word that seems to fit here---with the rhythm of your breath, begin to expand your attention to what your "inner eye" is seeing.

Usually at that point this is nothing but darkness. If you are seeing images—that is, "thinking thoughts" of something and seeing that in your mind—work to fade those thoughts out, like a "fade to black" on the movie screen. Turn your mind to blankness. Focusing your inner eye, peer deeply into this darkness. Be looking for nothing in particular, but simply peering deeply, allowing yourself to search for nothing and need nothing.

For many peoeple what happens next can often be the appearance of what appears to be a small, flickering blue "flame" or a burst of blue light piercing the darkness. Meditators find that if they begin thinking about this cognitively—that is, defining it, describing it to themselves, trying to give it shape and form or make it "do" something or "mean" something—it disappears immediately. The only way that they can "make it come back" is to pay it no mind.

Many people have to work hard to turn their mind off and just be with the moment and the experience, without judging it, defining it, or trying to make something happen or figure it out or understand it from my logic center. It is rather like making love. Then, too, for the experience to be mystical and magical, most people turn their mind off and just be with the moment and the experience, without judging it, defining it, or trying to make something happen or figure it out or understand it from their logic center.

Meditation is making love to the universe. It is uniting with God. It is uniting with Self. It is not to be understood, created, or defined. One does not understand God, one simple experiences God. One does not create God, God simply is. One does not define God, God defines one. God IS the definer and the defined. God is the definition itself.

Insert the word Self wherever the word God appears in the above paragraph and the meaning remains the same.

Now, back to the dancing blue flame.

Once you take your mind off it, all the while keeping your focus *on* it, without expectation or thought of any kind, the flickering light may reappear. The trick is to keep your mind (that is, your thought process) off it, all the while keeping your focus (that is, your undivided attention) on it.

Can you imagine this dichotomy? This means paying attention to what you are not paying attention to. It is very much like day dreaming. It is like when you are sitting in broad daylight, in the middle of some place of great activity, and you are paying attention to nothing at all—and to everything all at once. You are expecting nothing and requiring nothing and noticing nothing in particular, but you are so *focused* on the "nothing" and the "everything" that someone finally has to snap you out of it (perhaps by literally snapping their fingers), saying, "Hey! Are you *day dreaming*????"

Usually, one day dreams with one's eyes open.

Sitting Meditation is "day dreaming with your eyes closed." That's as close as I can come to explaining the experience.

Now the dancing blue flame has reappeared. Simply experience it and do not try to define it, measure it, or explain it to yourself in any way. Just....fall into it. The flame will appear to come toward you. It will become larger in your inner field of vision. This is not

the flame moving toward you at all, but *you* moving into, and inside of, the experience of *It*.

If you are lucky you will experience *total immersion* in this light before your mind starts telling you about it and talking to you about it, comparing it to Past Data. If you have even one instant of this mindless immersion, you will have experienced bliss.

This is the bliss of total knowing, total experiencing of the Self as One with everything, with the Only Thing There Is. You cannot "try" for this bliss. If you see the blue flame and begin to anticipate this bliss, the flame will disappear instantly, in most reported experience. Anticipation and/or expectation ends the experience. That is because the experience is happening in EverMoment, and anticipation or expectation *places it into the future*, where you are not.

Hence, the flame seems to "go away." It is not the light that has gone away, it is you. You have left EverMoment.

This has the same effect on your *inner* eye that closing your *outer* eyes has on your experience of the physical world around you. You quite literally shut it out. Most meditators report that this encounter with bliss comes but once every thousand moments of meditation. Having known it once is both a blessing and, in a sense, a curse, because people are forever wishing for it again.

Still, there can be times when they can retreat from the wishing, remove themselves from the hope, desert their desires, reject their expectations, and place themselves totally in the moment, utterly without anticipation of anything in particular. This is the mental state you may wish to seek to achieve. It is not easy, but it is possible. And if you achieve it, you have achieved mindlessness.

Mindlessness is not the emptying of the mind, but the focusing of the mind *away* from the mind. It is about being "out of your mind"—that is, away from your thoughts for a while. (More on this later.) This gets you very close to that place at the point between realms in the Kingdom of God, the space of Pure Being. This gets you very close to nirvana. This can carry you to bliss.

So...if you have managed to find a way to quiet your mind on a regular basis—through Sitting Meditation, what is called Walking Meditation, or "doing meditation" (doing the dishes can be a wonderful meditation, as can reading, or *writing*, a book), or Stopping Meditation (again, I'll get into this more later)—you have undertaken what may be the single most important commitment of your entire life: a commitment to your Soul, to be with your Soul, to *meet* your Soul, to *hear* and *listen to* and *interact with* your Soul.

In this way you will move through your life not only from the place of your Mind, but your Soul as well. This is what Ken Wilbur, one of the most widely read and influential American philosophers of our time, refers to in his book *A Theory of Everything* as: Integral Transformative Practice. The basic idea of an ITP, Wilbur says, is simple: "The

more aspects of our being that we simultaneously exercise, the more likely that transformation will occur."

WALKING MEDITATION

The meditation technique described earlier is one way—and one very good way—to go about silencing the Mind and connecting with the Soul. But it is not the only way, nor is it necessarily, for everyone, the best way.

There are many people who find it extremely difficult to sit in silent meditation. For them, it may seem as if the "art of meditation" is something that is lost to them. People who are impatient person by nature often find that sitting in silent meditation was not a thing they tolerated well. For them, I suggest Walking Meditation, and everything changes for them around the idea of "meditation." Suddenly, it was something they could *do*.

The first thing that happens when people learned about Walking Meditation is that their whole idea about what meditation *is* completely vanishes, to be replaced by a much more clear and concise picture of what is going on.

For most people, meditation has always meant "clearing the mind of everything," leaving the space for "the emptiness" to appear, so that they could move in consciousness into "the nothingness that is The All...", or something like that.

What they were supposed to be trying to do, they thought, was "empty the mind." They were supposed to try to sit in one place, close their eyes, and "think of nothing." This made some people crazy, because their mind never turns off! It is always thinking, thinking, thinking of something.

So some people never get very good at sitting with their legs crossed, closing their eyes, and concentrating on The Nothing. Frustrated, they hardly ever meditate—and envy those who say they do (although they secretly wondered whether those other folks really did, or simply went through the motions, doing no better than they were able to do).

A story now, please, about a master teacher who once said that most people have entirely the wrong idea of what meditation was about. Meditation, she said, was not about *emptiness*, it was about *focus*. Instead of trying to sit still and think about nothing, she suggested doing a "walking meditation" and moving about, stopping to *focus* on specific things that the eyes light upon.

"Consider a blade of grass," she said. "Consider it. Look at it closely. Regard it intently. Consider every aspect of it. What does it look like? What are its specific characteristics? What does it feel like? What is its fragrance? What is its size, compared to you? Look at it closely. What does it tell you about Life?"

Then, she said, "Experience the grass in its Completeness. Take off your shoes and socks and walk on the grass in your bare feet. Think of nothing else but your feet. Focus your attention on the bottom of your feet and consider immensely exactly what you are feeling there. Tell your mind to feel nothing else, just for that moment. Ignore all other incoming data except the data coming from the bottom of your feet. Close your eyes, if this helps.

"Walk slowly and deliberately, allowing each slow and gentle step to tell you about the grass. Then open your eyes and look at all of the grass around you. Ignore all other incoming data except the data about the grass, coming from your eyes and feet.

"Now focus on your sense of smell, and see if you can smell the grass. Ignore all other incoming data except the data about the grass coming from your nose, your eyes, and your feet. See if you can focus your attention in this way. If you can, you will experience the grass as you may never have experienced it before. You will *know* more about grass than you ever knew before, at a deeper level. You will never experience it in the same way again. You will realize that you have been *ignoring the grass* your whole life."

Then, the master teacher said, do the same thing with a flower. "Consider it. Look at it closely. Regard it intently (that is, with *intention*.) Consider every aspect of it. What does it look like? What are its specific characteristics? What does it feel like? What is its fragrance? What is its size, compared to you? Look at it closely. What does it tell you about Life?"

Then, she said, "Experience the flower in its Completeness. Bring it to your nose and smell it once more. Think of nothing else but your nose. Focus your attention on your nose and consider immensely exactly what you are experiencing there. Tell your mind to experience nothing else, just for that moment. Ignore all other incoming data except the data coming from your nose. Close your eyes, if this helps.

"Now focus on your sense of touch, and touch the flower carefully. Touch the flower at the same time as you smell the flower. Ignore all other incoming data except the data about the flower coming from your fingertips and your nose. Now, open your eyes and look closely at the flower. See if you can still smell the flower, now that it is far enough away for you to look at it and touch it. See if you can focus your attention in this way. If you can, you will experience the flower as you may never have experienced it before. You will know more about the flower than you ever knew before, at a deeper level. You will never experience it in the same way again. You will realize that you have been *ignoring the flowers* your whole life."

Then, she said, do the same thing with a tree. Walk over to a tree and consider it. "Look at it closely. Regard it intently. Consider every aspect of it. What does it look like? What are its specific characteristics? What does it feel like? What is its fragrance? What is its size, compared to you? Look at it closely. What does it tell you about Life?"

And she said, "Experience the tree in its Completeness. Place you hands upon it and feel it totally. Think of nothing else but your hands. Focus your attention on your hands and consider immensely exactly what you are experiencing there. Tell your mind to experience nothing else, just for that moment. Ignore all other incoming data except the data coming from your hands. Close your eyes, if this helps.

"Now focus on your sense of smell, and smell the tree. Continue touching the tree at the same time as you smell the tree. Ignore all other incoming data except the data about the tree coming from your fingertips and your nose. Now, open your eyes and look closely at the tree. Look up at it, and see if you can climb in consciousness to its top. See if you can still smell the tree, now that it is far enough away for you to look at it. Keep touching it. See if you can focus your attention in this way. If you can, you will experience the tree as you may never have experienced it before. You will *know* more about the tree than you ever knew before, at a deeper level. You will never experience it in the same way again. You will realize that you have been *ignoring the trees* your whole life."

"Now, step away from the tree and lose all physical contact with it. See if you can bring to your mind the experience of the tree as you stand and look at it from father away. Experience it completely. Do not be surprised if you can smell the tree, even from a distance. Do not be surprised if you can, in a sense, even 'feel' the tree from where you are. What has happened is that you have *opened yourself* to the vibration of the tree. You are 'catching the vibe.' See how far back you can step from the tree and still retain 'contact.' When you lose touch with the experience of the tree, move closer in, move back to it. See if this helps you regain contact.

"This exercise will help you develop your ability to *focus your attention* on whatever you want to *experience at a heightened level.*"

"Now, walk. Walk wherever you live. In the country, in the city, it does not matter. Walk slowly, but deliberately. And look around you. Let your eyes fall where they may. As your eyes find something, focus the fullness of your attention upon it. It can be anything. A garbage truck. A stop sign. A crack in the sidewalk, a pebble by the road. Look at it closely, from right where you are. Regard it intently. Consider every aspect of it. What does it look like? What are its specific characteristics? What does it feel like, from where you are? What is its fragrance? Can you sense that from where you are? What is its size, compared to you? Look at it closely. What does it tell you about Life?"

"Continue your walk. Pick out three things on your walk to consider in this way. This walk should take you at least a half hour. You cannot consider three things fully in less time, at first. Later, you will be able to consider something fully in just a moment, in a nonno-second. But now, you are just practicing.

"This is Walking Meditation, and what you are doing is training your mind to *stop* ignoring everything you are experiencing. You are training your mind to focus on a particular aspect of your experience, so that you may experience it completely."

Practice Walking Meditation in this way for three weeks, the master teacher said, and "you will never experience life the same way again." Then, take the final step in Walking Meditation. Walk outside—or inside, for that matter. You can actually walk anywhere. From the bedroom to the kitchen will do. There is plenty to see, plenty to touch, plenty to experience. You can spend three hours with the carpet alone—and this time, she said, "do not pick out any particular part of what you are seeing or encountering. Try to encounter *all of it*. Seek to embrace *all of it*. Attempt to focus on *all of it at the same time*.

"Take in the Big Picture. Close your eyes at first, if this helps. Smell what you are smelling, hear what you are hearing, feel whatever you are 'feeling' of the space around you. Then open your eyes and add sight. See everything you are seeing, and nothing in particular. See All Of It. Smell All Of It. Feel All Of It. If this begins to overwhelm you, refocus on a Part Of It, so that you do not lose your psychic balance.

"With enough practice, you will soon be able to walk into any space or place and begin to experience All Of It at some level. You will realize then that you have been literally walking home. You have heightened your Awareness. You are raised your Consciousness. You have expanded your ability to be Present, fully, in the Moment.

"Now, do this with your eyes closed and while you are sitting down, and you have Silent Mediation. Boom. It is as simple as that."

With that the master teacher smiled. "Then try this with sex," she said. "Once you experience sex in this way, you will never want to experience it any other way again. You will realize that, all your life, you have been ignoring what is really going on."

And she laughed.

STOPPING MEDITATION

Next, some words about Stopping Meditation.

This is one of the simplest, yet most powerful forms of meditation. The reason it is so powerful is that it can be done anywhere, and it takes very little time. Therefore, it is perfect for busy people "on the go."

Stopping Meditation means just that. It means you stop whatever you are doing for just a moment and pay attention to something about it. You dissect it in that moment, and then look closely at one of its individual pieces.

This is a little bit different from Walking Meditation in that it does not take a half hour or more, as Walking Meditation can take. In Walking Meditation you deliberately take a walk for the deliberate purpose of deliberately focusing on a deliberate experience. In Stopping Meditation you do not use nearly as much time, but you can accomplish the same thing: *focus*.

Stopping Meditation can be used in the midst of a very busy day. *Combined* with Sitting Meditation and Walking Meditation, it can create a powerful Trio of Tools that can dramatically alter your reality and raise your consciousness within a very short period of time. Yet even if used as the only form of meditation, it can be transformative.

Here is how Stopping Meditation works: Decide that six times today (and every day) you will stop whatever you are doing for 10 seconds and look closely and intently at one of its component pieces.

Let's say you are washing the dishes. Stop what you are doing for 10 seconds—just *stop* in the middle of it—and peer deep inside one aspect of what you are doing. Look, perhaps, at the water. See it splashing on the dishes. See if you can count the drops of water on the dish in your hand. Just count the water drops. It is an impossible task, but undertake to do it anyway, just for 10 seconds.

Consider the wonder of the water. Look deeply into it. Peer inside. *Go* inside, in your Consciousness. See what you experience there, see what you find. Just stop for a tiny moment and appreciate that moment in a singular way.

Okay, now the 10 seconds are up. Now pull yourself out of that highly focused reality and back into the larger space of your experience. Don't get "lost" in it. Blink your eyes rapidly, or snap your finger, and literally snap out of it. Then, notice what you experienced for that brief moment.

Now go on with what you were doing. Yet don't be surprised if it takes on a whole new quality.

What you have done is truly appreciate something. To "appreciate" something is to make it larger, to increase it—as property, for instance, appreciates in value. When you use Stopping Meditation, you increase the value of your life. And of life itself. It has been my experience that this inevitably returns me to a place of peace.

In order to remind yourself to do this six times a day you may wish to have a little timer with you, or set your watch to beep. Later, as you get used to doing this, your stopping will come automatically to you. You will do this without having to be reminded.

Walking down the street, you will simply stop for a moment and select a portion of what you are seeing and see it again, in a deeper way. You will know what you already know about that, but you will know it in a deeper way. This is called "knowing again," or recognizing. The purpose of all of your life is simply this: to know again, to recognize, what is true, and Who You Really Are.

There are a thousand ways to do this. Maybe you catch a reflection of yourself in a store window. Maybe you see a bus going by. Perhaps you spy a dog on the street, or a pebble at your feet. It does not matter what you focus on for those 10 seconds. Just stop for a tiny moment and appreciate that moment in a singular way.

Experience this while making love. Stop what you are doing for 10 seconds, separate the moment into its component parts, select one part of the moment and peer deeply into it. Maybe it is the look in your beloved's eyes. Maybe it is a sensation you are feeling—or creating. Just stop for a tiny moment and appreciate that moment in a singular way.

Some people report having regular times when they do this, and making love is one of them. Standing in the shower is another. Eating food is another. Pick up a pea from the plate, or a kernel of corn. Consider it. Appreciate it. Taste it utterly and completely. Your meal times will never be the same. Your showers will never be the same. Your lovemaking will never be the same. You will never be the same.

This is Stopping Meditation. It takes one minute a day. Sixty seconds, in six individual 10-second installments. Six moments within which you may produce The Holy Experience.

Today, stop what you are doing. Just *stop*. Look deeply into the Moment. If nothing else, just close your eyes and focus on the sound of your own breath. Experience the pure energy of life moving into and through your body. Just for that Moment, listen to yourself breathe. Watch yourself take deeper breaths. Just listening to yourself makes you want to go deeper into the experience—and so you begin to breath more deeply. It is a wonderful thing, an extraordinary thing. Just *stopping* makes you go deeper. Deeper into your experience, deeper into the mind of God.

RECOMMENDED MEDITATION PROGRAM

Now here is a meditation program recommended for many people: (1) Walking Meditation in the morning; (2) Stopping Meditation during the day, six times; (3) Sitting Meditation at night.

The purpose of all of these meditations is to create focus. It is about focusing your attention on your experience. The reason for focus: it allows you to be here now. Focusing on Now pulls you out of yesterday and out of tomorrow. You do not exist in those illusions. Your only reality is This Moment, right here, right now.

Peace is found in such awareness. As is love. For peace and love are one and the same, and you become One and The Same when you enter into The Holy Experience.

Practice Stopping Meditation right now. It's simple, and it takes 10 seconds. Right now, just stop. Close your eyes and just ...

stop

Did you do it? That wasn't so hard, was it? Now do that five more times today. Just stop everything for 10 seconds, close your eyes, and breathe easily and slowly and restfully...and just "be with" the Moment, whatever it is offering.

Now, continue your reading here.

THE WHO MEDITATION

There is another wonderful meditative technique called *The Who Meditation*. It works like this. Whenever you are experiencing an emotion that you don't want to experience, just say "Who?"

That's right. Just say to yourself, "Who?" Ask yourself, "Who is here this right now? Who is this that is having this experience?"

If you are alone, you can even turn this into a little chant. It can be very powerful. Just take a deep breath and, on the exhale, softly but powerfully chant: "Whooooooooo?" Extend the vowel sound until you are out of breath. Then inhale and do it again. Do it three times. You will have slowed your vibration and the Invisible part of you will have a chance to "show up."

If you are not alone, but with another, or in some public place, you can do this little chant inside your head. Or you can just ask yourself the question I suggested above...

"Who is this that is having this experience?"

You can, of course, identify with any one of the number of "you's" that populate your inner world. There is the Little You and the Big You, the Injured You and the Healed You, the Scared You and the Brave You, the Powerless You and the Powerful You, the Worried You and the Confident You. But the hope is that what will happen, now that you've heard all this, is that when you do the *Who Meditation* you will chant yourself right into an awareness of your larger self, of your *true* self.

You are not a human being. You are not the person named John Smith or Mary Jones. You are not your Body, you are not your Mind, and you are not your Soul. These are things that You have. The You that has these things—The Totality of You that has *given* your Self these things—is far bigger than any of them, and even all of them put together.

The You that you are is God, in Particular Form. You are Deity Individuated. You are an Aspect of Divinity. And so is everyone and everything else.

Meditate on these things, and you will not only know the truth, you will *experience* it. And in that, you will have achieved the purpose of your whole life. You will have reached another moment of Completion.

(A NOTE FROM NEALE: The above discourse is a direct lift from the back of the book When Everything Changes, Change Everything. It also appears in the addendum of The Only Thing That Matters. These are two of the most important Supplementary Texts expanding on the messages in the nine Conversations with God Dialogue Books. I strongly urge you to read them both if it is your wish and intention to truly find practical ways of not just knowing, but applying, the messages of CWG in your daily life.)

THE SEVEN SIMPLE QUESTIONS

In Chapter 7 of the book *The Storm Before the Calm* we are told about what is called "the "Overhaul of Humanity." This is a revolution that will not ask people to die, but will simply ask people to inquire. It will invite people to make inquiries of themselves and others that could change everything in such a huge way that, finally, future violent revolutions may never again be necessary. Collectively, these are referred to in the CWG body of work as The Seven Simple Questions. The text has placed them into two groups: The Three Persistent Questions and the Four Fundamental Questions of Life.

The book says that the following inquiries, made in the depth of our own soul, and used by us to invite others into their own soul searching, could change the world.

THE THREE PERSISTENT QUESTIONS

- 1. How is it possible that 6.9 billion people can all claim to want the same thing (peace, security, opportunity, prosperity, happiness, and love) and be singularly unable to get it?
- 2. Is it possible that there is something we do not fully understand about life, the understanding of which would change everything?
- 3. Is it possible that there is something we do not fully understand about ourselves, about our own life and its purpose, the understanding of which would shift our reality and alter our experience for the better, forever?

The book goes on to say: "These are powerful questions. They deserve answers. *They at least deserve being asked*. Yet are great numbers of people asking them? Are politicians? No. Presidents and prime ministers, kings and heads of state? No. Religious figures? No. Educators? Not many. Military generals and admirals? No. Leaders of business and industry? No. Ordinary people at their dinner table? Well, yes, possibly. Beginning now.

Perhaps.

Beginning now.

Ordinary people like you will now be asking these questions all over the planet. And when you finish asking the first three, you'll then move to...

THE FOUR FUNDAMENTAL QUESTIONS OF LIFE

It is important to understand that there are no "Right" or "Wrong" answers to the Four Fundamental Questions of Life. There are only the answers you give them. Below are the answers found in *The Storm Before the Calm* as offered by Neale Donald Walsch. While these are his replies, you are invited to offer your own --- and to notice that your answers may change from time to time during the moments and years of your life.

What Neale does recommend is that you use the asking and answering of these four questions as a regular, if not daily, exercise. He observes that many people --- perhaps most --- go their entire lives without *ever* entering into this process of self-inquiry. He suggests that if you use this process every morning upon arising and every evening before retiring for 60 days, and then regularly each week thereafter, it could change the course and direction of your life for the better forever.

You are invited to share this process, as well, with any class you teach or group you may lead in the exploration of the *Conversations with God* material.

Here, then, are the Four Fundamental Questions of Life: 1. Who am I? 2. Where am I? 3. Why am I where I am? 4. What do I intend to do about that?

For the purposes of information and example only, here are the answers offered in *The Storm Before the Calm* by Neale Donald Walsch:

QUESTION #1

Who am I?

I am a three-part sentient being, made up of Body, Mind, and Soul. Each part of my tri-part being has a function and a purpose. As I come to understand each of those functions, each aspect of me begins to more efficiently serve its purpose in my life.

I am an individuation of Divinity, an expression of God, a singularization of The Singularity. There is no separation between me and God, nor is their any difference, except as to proportion. Put simply, God and I are one.

QUESTION #2

Where am I?

I am in the Realm of the Physical -- what has also been called the Realm of the Relative...which is where Experiencing occurs.

I have come from the Realm of the Spiritual—what has also been called the Realm of the Absolute...which is where Knowing occurs.

I am on my way to the Realm of Pure Being—which has also been called the Realm of the Physical Absolute....or the Ultimate Reality...which is where Pure Being is experienced

These three Realms make up the Kingdom of God. I am in Heaven. I am in Paradise.

God is a Process. You are engaged in that Process now. I have always been, and I always will be.

This is Nirvana, this is Pure be Bliss. For Pure Bliss is the process of God "godding." If I do not experience Life in this way, it is because I do not Know Who I Am, Where I Am, Why I Am Here, or What I Am Intending to Do.

QUESTION #3

Why am I where I am?

I am in the Realm of the Physical, or what may also be called the Realm of the Relative, because I seek a Contextual Field within which to express what I Know of myself, in order that I may "Be" it fully—which is what I came here intending to experience.

My soul is on a journey. It is an eternal journey, from the Realm of the Pure Being to the Realm of the Spiritual to the Realm of the Physical, then returning to the Realm of Pure Being, where the cycle begins all over again.

This Cycle has a purpose. It is important for me to know this, lest I think that I am on an endless merry-go-round. The purpose of the Cycle of Life is to continue forever the Expression of Divinity.

In simple terms (and these *are* simple terms), God is continuing to Experience Itself through this process of Expressing Itself. God IS this process. That is, God is the Process Itself...and the result of it. Thus, God is The Creator and The Created. The Alpha and the Omega. The Beginning and The End. The Unmoved Mover. The Unwatched Watcher.

In not so simple terms, God cannot actually continue to "create" any aspect of Itself because everything God ever was, is now, or ever will be Is Now. There is no Time and there is no Space. Therefore there is no time in which to become, or "create" what God once was "not," and no space *into* which to place the creation. The Cycle of Life is therefore occurring simultaneous everywhere. What my human mind

wants to call God's "growth" or God's new "creation" is merely God's experiencing more and more of Itself as God's individuations experience more and more of *thems*elves. This is called Evolution.

Yet even this is misleading, because all evolution has already occurred. And so, what we *think of* as "evolution" is really a process of paying attention to a particular portion of what has already occurred and of what already is.

Let me see if I can illustrate this. Hold a DVD of your favorite movie in your hand. Notice that *the entire movie* exists on the disc. When you put the DVD into a player and watch the story unfold, you know at some level that everything has already happened. The disc isn't creating the story as it goes along. It is simply looking at the story, it is simply projecting a miniscule portion of *what is*, onto your computer or television screen frame by frame. So you are watching, sequentially, all the data that exists simultaneously.

When you hit Fast Forward, you can actually watch this data rapidly, no longer in what you all "real time" (as you understand it).

That's as close as I can come to explaining what is going on in your life and mine. Everything that ever was, is now, and ever will be...is now. The universe is the Original Disc. Interestingly, if you could look at the Universe all at once, from a far enough distance, is would look, in fact, very much like the surface of a DVD --- a disc, with "bumps" on it.

Don't believe any of what has been offered here? Fair enough. The answers that have been given to me may not be yours. But I am intrigued by this from Shakespeare:

There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy. (Hamlet, Act I, Scene 5)

QUESTION #4

What do I intend to do about that?

I intend to keep myself aware that I am engaging in the Process of God. In the Realm of the Physical I am producing and then living within a Contextual Field in order that Experience may occur. What Experience? The Experience I choose.

I make this choice by my response to the Contextual Field, and my decision with regard to it. Within the Contextual Field I can React, Create, or Intend. It is up to me. The process by which I Experience what I came to physicality to experience is a process of increasing my Awareness of the Process Itself. As I become more and more Aware, I move from Reaction to Creation to Intention to Expression.

The Unknowing reacts. The Student creates. The Master intends. The Divine expresses.

Life in the Realm of the Physical invites me to Know, and to Know That I Know. It invites me to Master the Moment. I can do this by moving into each moment deciding ahead of time what I Intend to Express.

I am inviting myself not to my life as an experience of reaction, nor even as an experience of creation, but as an experience of intention, producing the expression of Divinity. This is mastery.

In truth I cannot create anything, because everything has already been created. I am wasting my time trying to create something. That is child's play. That is when I am trying to create peace, security, opportunity, prosperity, happiness, and love. I am in the sandbox, playing with toys. I did not come here for that. I came here to Experience my Self as Who I Really Am; to express through me, as me, an aspect of Divinity—and to recreate myself anew in the next grandest version of the greatest vision ever I held about Who I Am. When I do that, all those other things I was trying to produce in my life come to me without effort.

I could, of course, be wrong about all of this. But my experience has shown otherwise—and I have not found a more inspiring or a more exciting way to live.

THE THREE REALMS IN THE KINGDOM OF GOD

In you have not read *What God Said*, you will want to get your hands on that text and make it part of your CWG collection. In Chapter 8 of this source is the following summary description of the Realms in the Kingdom of God:

Not everyone believes that there is a God, of course. But of those who do believe in God, by far the highest number believe that God separated us from Her, for reasons about which He has not been entirely clear. Hence, we may not know exactly why, but we do know that God removed us from Paradise, sent us down to Earth, and here we all are now, trying to get back.

This may be a simplistic way to lay it out, but this is the way most of our belief systems about God have put it, in basic terms. Some belief systems even try to clarify why this has happened. They say that God kicked us out of the Garden of Eden because our spiritual "parents" (presumably Adam and Eve) sinned. Their sin was that they dared to acquire the knowledge of Good and Evil—and thus, to become like gods.

God would have none of this hubris, this story goes, and so the first humans (and all of their progeny thereafter forevermore) were punished by being made to live in an environment of both Good and Evil until we mended our ways, sought forgiveness for any evil in which we found ourselves engaged, and were allowed to return to the realm, or Ultimate Reality, where only that which is Good existed.

What Really Happened

Okay, so now let's look at what is actually true about all this. Getting our story straight about our relationship with God is extremely important, because that story forms our ideas about ourselves and each other.

Because we think we are separate from God, we imagine that we live in a universe of Separation; that this is, in fact, the fundamental construction of things, the essential configuration, the basic organization and nature of the Universe.

This is at once the most pervasive and the most damaging idea our species has ever conceived. And that is why God took so much time with me in explaining what I have come to call the Actuality of Reality.

It was made clear to me that there are three realms in the Kingdom of God. Most humans who believe in God and in the existence of such a "kingdom" at all, imagine that it contains two realms. Namely, "heaven" and "hell." Most believers do not include the Earth, nor any of the known universe, as part of God's Kingdom. They classify all of this as the "physical" realm, which God created, and they think of God's Kingdom as the "spiritual realm," or the "other world," or the "other side," etc.

This is the configuration of Separation that I just spoke about. It is this dramatic misunderstanding of the nature of things that produced our "story" that God cast us out of the spiritual realm, in which we lived as spiritual beings, and that we are now forced to live in the physical realm, as physical beings, until our death, when we return to the spiritual realm—and hopefully that part of the spiritual realm called "heaven," not the part called "hell"!—where we spend the rest of eternity.

Exactly why our species has been "thrown out" of the paradise of heaven, exactly why the spiritual realm also includes the place we call hell or Hades, and exactly what it takes to make sure we find ourselves in the first place rather than the second after our death, is the subject and the focus of most of the world's religions.

My understandings of all of this changed dramatically after my conversations with God. I was told that God did not "kick us out" of Paradise, although it is true that each of us have left the Realm of the Spiritual and entered the Realm of the Physical. Our souls have done this quite voluntarily—and, in fact, happily—as part of the Process of Life Itself.

Here is the setup and here is the process, explained as God explained it to me, in metaphor, so that the human mind can understand. Let's move through this narrative point by point.

A New Understanding

- 1. There are three realms in the Kingdom of God, not two, and the place we call "hell" is not one of them. Such a place does not, in fact, exist.
- 2. The Kingdom of God is not separate from the physical universe and from our world, but includes it.

- 3. The three realms of God's Kingdom are the Realm of the Physical Spiritual, the Realm of the Physical, and the Realm of Pure Being. This third realm might loosely be described as the first two, combined.
- 4. The purpose of the three realms is to offer Life Itself (read that: God) three ways in which It may manifest and experience Itself, by which triad process It may know and express Itself completely.

The biggest secret of Life is that it is a triad. Most of us have thought of it as a dyad, or duality. Even in our physical realm we tend to think of things as black and white, when, in fact, there is gray—the part that is both. Maturity is achieved when we stop seeing everything as absolutes—black and white, right and wrong, yes and no, stop and go, here and there, now and then, etc.

A Way to Visualize This

It may help to understand Ultimate Reality if we think of it as a triangle. Perhaps you might picture a triangle in your mind right now. Allow yourself to imagine the top of the triangle as the place where the Realm of Pure Being exists. Then make the bottom right angle the Realm of the Spiritual, and label the bottom left of the triangle the Realm of the Physical.

Good. Now see yourself as a soul (perhaps imagine this as a speck of light), moving on an eternal journey around this triangle. You start at the top of the triangle, then journey to the bottom right, where you stay and glow for a while, then move across to the bottom left, where you stay and glow for a while, then shoot up to the top again, where you burst with magnificence in a fireworks display—and then one of the specks of light from that fireworks display drops like an ember down to the bottom right corner of the triangle again, beginning the soul's journey all over.

As I said, this is a metaphor, of course. See if you can just allow yourself to imagine it in your mind. Imagine this as the soul's Sacred Journey, with the triangular relationship being what some religions call the Holy Trinity.

Now, to return to our point-by-point narrative:

- 5. In the Realm of the Spiritual, all things exist in their absolute form. Thus, this realm might also be called the Realm of the Absolute. In this realm there is nothing but Absolute Love, and it is always Here and Now. This is the nature of God's Eternal Essence and of Divinity's Existence.
- 6. Divinity wished to do more than simply exist, however. It wished to experience Itself. In order to do this, Divinity needed to experience something that was not Itself—because there needs to be a contrasting element for any element to be experienced.

"Fast" is not "fast" in the absence of "slow." "Big" is not "big" in the absence of "small." "The light" is not "the light" in the absence of "the darkness." You get the

picture. For a thing to be experienced, its opposite must exist. This is called the Law of Opposites. It is an illusion within the Realm of the Physical.

The part that is illusory is the idea that anything that is not God can exist. Such a thing is impossible, of course, since nothing exists outside of That Which Is—and That Which Is is but another name for God. Yet Divinity can create and produce the experience of forgetfulness in any and each of Its Divine manifestations. It has done this through the creation of levels of Consciousness.

The degree of Consciousness of each living thing is what brings it an Awareness of Ultimate Reality at individual levels. In this way God can come to know Itself again—and to experience Itself as it knows Itself to be. This is the purpose and the function of all of Life in all of its manifestations.

Once More, If You Please

Now I realize that all I have just said may be a bit challenging or difficult to track. It certainly was for me when I was first told this in my conversations with God. So, with your gentle indulgence, allow me to go over it again, in just a little bit different way—because Things Said Twice sometimes make things more clear.

In the Realm of the Spiritual, All That Is is all there was, and there was nothing else. If God wanted to experience what it was like to be God, it would have to find Something Else with which to compare Itself. Yet this was impossible, because there was nothing else. God is all there is.

Since God could not find anything that was separate from Itself, God did the next best thing. God divided Itself into Its own constituent parts, then instilled in these parts varying levels of Its Essential Energy (we shall call this Consciousness), so that each element of Itself could look back upon the Whole and know of Its magnificence through experiencing the relationship of all of Its parts as they are expressing degrees of the Whole.

Put another way, Consciousness is the ability to look at the World of Illusion and see within it the Ultimate and Only Reality.

Opposites, in Fact, Do Not Exist

The truth is, there are no "opposites" in Ultimate Reality. There are only what appear to be opposites. What we call that which appears to be the "opposite" of something is merely One Thing, in degrees of expression.

To use a perfect example, what we call "hot" and what we call "cold" are not the "opposite" of each other—that is, they are not two different things—but merely degrees of the Same Thing, which is something we call temperature.

In exactly the same way, God—the One Thing That Is expresses Itself in varying degrees by dividing Itself into parts that are smaller than the Whole. This is accomplished through the process of physicalization, or what could be described as a movement of the Whole from Spirituality to Physicality.

This movement through the passageway from one realm to another (remember, this is a metaphor) causes the Whole to be divided, much as white light passing through a prism is divided into its constituent parts, which we call colors.

What we describe as the various and multitudinous elements of the physical universe are nothing more than colors on the palette of God. The Realm of the Spiritual is where God goes to Know Itself. The Realm of the Physical is where God goes to Experience Itself through the Expression of Itself. The Realm of Pure Being is where God goes to Be Itself, fully and completely, totally and absolutely, joyfully and majestically.

Of course, this description, too, is a metaphor. God does not actually "go" anywhere. God IS. Everywhere. The *Individuations* of God, which I and others have called Souls, are the aspects of Divinity making this wonderful and continuous Journey to the Three Realms in the Kingdom of God.

An Abbreviated List of Lists from the CWG Dialogues

#1. The 3 Statements of Ultimate Truth (The Basic Wisdoms):

1. We are all one. 2. There's enough. 3. There's nothing we have to do.

#2. The 3 Tools of Creation

1. Thought 2. Word 3. Action

#3. The Three levels of Awareness

Level One: Hope Level Two: Belief Level Three: Knowing

#4: The Four Levels of Human Consciousness

Level One: The Subconscious Level Two: The Conscious

Level Three: The Superconscious Level Four: The Supraconscious

#5. The Be-Do-Have Paradigm

The "Be-Do-Have Paradigm" is a way of looking at life. It is nothing more or less than that. Yet this way of looking at life could change your life—and probably will. Because what is true about this paradigm is that most people have it all backward, and when they finally get it straightened out and start looking at it frontward, everything in their lives shifts 180-degrees.

Most people (I know I did) started out with the understanding that how life worked is like this: Have-Do-Be. That is, when I HAVE the right stuff, I can DO the right things, and then I will get to BE what I want to be.

When I HAVE good grades I can DO the thing called graduate and I can BE the thing called employable—might be one example. Here's another. When I HAVE enough money I can DO the thing called buy a house and I can BE the thing called secure. Want one

more? Here goes: When I HAVE enough time I can DO the thing called take a vacation and I can BE the thing called rested and relaxed.

This is how my father, my school, my society told me that life works. The only problem was, I was NOT getting to BE the things I thought I was going to get to be after I had done all that I thought I had to do, and had all the things that I thought I needed to have. Or, if I did get to BE that, I only got to be it for a short period of time. Soon after I got to be "happy" or "secure" or "contented," or whatever it was that I thought I was going to get to be, I found myself once again UNhappy, INsecure, and DIScontented!

I didn't seem to know how to "hold onto the stuff." I didn't know how to make the flavor last. So it always seemed as if I did all that I had to do for nothing. It felt like wasted effort, and I began to resent that in my life.

Then I had the conversations with God experience, and everything changed. God told me that I was starting out in the wrong place. What I needed to do was BEGIN where I thought I was going to END UP.

All creation starts from a place of BEING, God said, and I have had the Process of Creation reversed. The trick in life is not to try to GET to be "happy," or be "secure," or whatever, but to start OUT *being* happy, or *being* content, or whatever, and *go from there* in the living of our daily lives.

But how do you do that if you don't HAVE what you NEED TO HAVE in order to be happy, or whatever it is you wish to be (content, secure, etc.)? That's the question, and it's a fair one. The answer is that coming FROM a state of being, rather than trying to get TO a state of being, assures that the state of being is achieved (because you are creating it arbitrarily!), and the "havingness" end of the equation takes care of itself.

When you adopt the 5 Attitudes of Godliness you bring yourself the experience of Divinity

#6. The 5 Attitudes of Godliness

God is always.. Joyous, Loving, Accepting, Blessing and Grateful. When you come FROM a state of being, you need to "have" nothing in order to begin the process. You simply select, like the Goddess and the God that you are, a State of Being, and then come from that place in everything you think, say, and do.

Because you are thinking, saying, and doing only what a person who is *being* joyous, loving, accepting, blessing and grateful thinks, says and does, the things that a person being those things winds up *having* come to you automatically.

This is the magnet of creation – that which attracts all the energies that create exterior and physical experience – and most people are not aware of it...or, if they are aware of it, don't believe in it...or, if they do believe in it, do not use it.

#7. The 3 Core Concepts of Holistic Living:

1. Awareness 2. Honesty 3. Responsibility

#8. The Five Levels of Truth Telling

- 1. Tell the truth to yourself about yourself. 2. Tell the truth to yourself about another.
- 3. Tell the truth about yourself to another. 4. Tell the truth about another to that other.
- 5. Tell the truth to everyone about everything.

#9. The Divine Dichotomy

This states that "Two truths, apparently contradictory, may exist simultaneously in the same space." Everything is as it seems to be...unless it is not. By moving from an "either/or" kind of world, where something is either *this* or *that*, to a "both/and" world,

where things can be both this *and* that, we see much more of how things really are in the world around us.

#10. The Law of Opposites

In the absence of That Which Is Not, That Which Is, is not. (That is, it is not experienceable.)

#11. The Seven Steps to Friendship with God:

1. Know God 2. Trust God 3. Love God 4. Embrace God 5. Use God, 6. Help God 7. Thank God

#12. The Three Basic Life Principles

1. Functionality 2. Adaptability 3. Sustainability

#13. The New Gospel:

We are all One. Ours is not a better way, ours is merely another way.

#14. The Ten Illusions of Humans

- 1. Need Exists 2. Failure Exists 3. Disunity Exists 4. Insufficiency Exists 5. Requirement Exists
- 6. Judgment Exists 7. Condemnation Exists 8. Conditionality Exists 9. Superiority Exists 10. Ignorance Exists

These illusions have created **Humanity's Cultural Story**, from which our present difficulties emerge. The *Cultural Story of Humans* is that ...1. God has an agenda. (Need Exists); 2. The outcome of life is in doubt. (Failure Exists) 3. You are separate from God. (Disunity Exists); 4. There is not enough. (Insufficiency Exists); 5. There is something you have to do. (Requirement Exists); 6. If you do not do it, you will be punished. (Judgment Exists); 7. The punishment is everlasting damnation. (Condemnation Exists); 8. Love is, therefore, conditional. (Conditionality Exists); 9. Knowing and meeting the conditions renders you superior. (Superiority Exists); 10. You do not know that these are illusions. (Ignorance Exists)

#15. The Five Fallacies about God

1. God needs something. 2. God can fail to get what God needs. 3. God has separated you from God because you have not given God what God needs. 4. God still needs what God needs so badly that God now requires you, from your separated position, to provide it. 5. God will destroy you if you do not meet God's requirements.

#16. The Five Fallacies about Life

1. Human beings are separate from each other. 2. There is not enough of what human beings need to be happy. 3. To get the stuff of which there is not enough, human beings must compete with each other. 4. Some human beings are better than other human

beings. 5. It is appropriate for human beings to resolve severe differences crated by all the other fallacies by killing each other.

#17. The New Revelations

- 1. God has never stopped communicating directly with human beings. God has been communicating with and through human beings from the beginning of time. God does today
- 2. Every Human being is as special as every other human being who has ever lived, lives now, or ever will live. You are all messengers. Everyone of you. You are carrying a message *to* life *about* life every day. Every hour. Every minute.
- 3. No path to God is more direct than any other path. No religion is the "one true religion," no people are "the chosen people," and no prophet is the "greatest prophet."
- 4. God needs nothing. God requires nothing in order to be happy. God *is happiness* itself. Therefore, God requires nothing of anyone or anything in the universe.
- 5. God is not a singular Super Being, living somewhere in the universe or outside of it, having the same emotional needs and subject to the same emotional turmoil as humans. That Which is God cannot be hurt or damaged in any way, and thus has no need to seek revenge or impose punishment.
- 6. All things are One Thing. There is only One Thing, and all things are part of the One Thing That Is.
- 7. There is no such thing as Right and Wrong. There is only What Works and What Does Not Work, depending upon what is that you seek to be, do, or have.
- 8. You are not your body. Who you are is limitless and without end.
- 9. You cannot die, and you will never be condemned to eternal damnation.

#18. The Five Steps to Peace

Step 1: Acknowledge that some of your old beliefs about God and about Life are no longer working.

Step 2: Acknowledge that there is something you do not understand about God and about Life, the understanding of which will change everything. Step 3: Be willing for a new understanding of God and Life to now be brought forth, an understanding that could produce a new way of life on this planet.

Step 4: Be courageous enough to explore and examine this new understanding, and, if it aligns with your inner truth and knowing, to enlarge your belief system to include it. Step 5: Choose to live your life as a demonstration of your highest and grandest beliefs, rather than as a denial of them.

#19. The Nine Characteristics of Tomorrow's God

1. Tomorrow's God does not require anyone to believe in God. 2. Tomorrow's God is without gender, size, shape, color, or any of the characteristics of an individual living

being. 3. Tomorrow's God talks with everyone, all the time 4. Tomorrow's God is separate from nothing, but is Everywhere Present, the All In All, the Alpha and the Omega, the Beginning and the End, the Sum Total of Everything that ever was, is now, and ever shall be.

5. Tomorrow's God is not a singular Super Being, but the extraordinary process called Life. 6. Tomorrow's God is ever changing. 7. Tomorrow's God is needless. 8. Tomorrow's God does not ask to be served, but is the Servant of all of Life. 9. Tomorrow's God is unconditionally loving,

#20. The Eighteen Remembrances from Home with God in a Life That Never Ends

1. Dying is something you do for you. 2. You are the cause of your own death. This is always true, no matter where, or how, you die. 3. You cannot die against vour will. 4. No path back Home is better than any other path. 5. Death is never a tragedy. It is always a gift. 6. You and God are one. There is no separation between you. 7. Death does not exist. 8. You can't change Ultimate Reality, but you can change your experience of it. 9. It is the desire of All That Is to Know Itself in its own Experience. This is the reason for all of Life. 10. Life is eternal. 11. The timing and the circumstances of death are always perfect. 12. The death of every person always serves the agenda of every other person who is aware of it. That is why they are aware of it. Therefore, no death (and no life) is ever "wasted." No one ever dies "in vain." 13. Birth and death are the same thing. 14. You are continually in the act of creation, in life and in death, 15. There is no such thing as the end of evolution. 16. Death is reversible. 17. In death you will be greeted by all of your loved ones—those who have died before you and those who will die after you. 18. Free Choice is the act of pure creation, the signature of God. and your gift, your glory, and your power forever and ever.

#21. A Summary of the 25 Core Messages of Conversations with God

Here, in 1,000 words, is all that the human race needs to know in order to live the life for which it has yearned and which, despite trying for thousands of years, it has yet to produce. Carry these messages to your world:

The 1st Core Message: We are all One. All things are One Thing. There is only One Thing, and all things are part of the One Thing There Is. This means that you are Divine. You are not your body, you are not your mind, and you are not your soul. You are the unique combination of all three, which comprises the Totality Of You. You are an individuation of Divinity; an expression of God on Earth.

The 2nd Core Message: There's enough. It is not necessary to compete for, much less fight over, your resources. All you have to do is share.

The 3rd Core Message: There's nothing you have to do. There is much you *will* do, but nothing you are *required* to do. God wants nothing, needs nothing, demands nothing, commands nothing.

The 4th Core Message: God talks to everyone, all the time. The question is not: To whom does God talk? The question is: Who listens?

The 5th Core Message: There are Three Basic Principles of Life: Functionality, Adaptability, and Sustainability.

The 6th Core Message: There is no such thing as Right and Wrong, there is only What Works and What Does Not Work, given what it is you are trying to do.

The 7th Core Message: In the spiritual sense, there are no victims and no villains in the world, although in the human sense it appears that there surely are. Yet because you are Divine, nothing can happen against your will.

The 8th Core Message: No one does anything inappropriate, given their model of the world.

The 9th Core Message: There is no such place as hell, and eternal damnation does not exist.

The 10th Core Message: Death does not exist. What you call "death" is merely a process of Re-Identification.

The 11th Core Message: There is no such thing as Space and Time, there is only Here and Now.

The 12th Core Message: Love is all there is.

The 13th Core Message: You are the creator of your own reality, using the Three Tools of Creation: *Thought, Word, and Action.*

The 14th Core Message: Your life has nothing to do with you. It is about everyone whose life you touch, and how you touch it.

The 15th Core Message: The purpose of your life is to recreate yourself anew in the next grandest version of the greatest vision ever you held about Who You Are.

The 16th Core Message: The moment you declare anything, everything unlike it will come into the space. This is The Law of Opposites, producing a Contextual Field within which that which you wish to express may be experienced.

The 17th Core Message: There is no such thing as Absolute Truth. All truth is subjective. Within this framework there are five levels of truth telling: Tell your truth to yourself about yourself; Tell your truth to yourself about another; Tell your truth about yourself to another; Tell your truth about another to another; Tell your truth to everyone about everything.

The 18th Core Message: The human race lives within a precise set of illusions. The Ten Illusions of Humans are: Need Exists, Failure Exists, Disunity Exists, Insufficiency Exists, Requirement Exists, Judgment Exists, Condemnation Exists, Conditionality Exists, Superiority Exists, Ignorance Exists. These illusions are meant to serve humanity, but it must learn how to use them.

The 19th Core Message: The Three Core Concepts of Holistic Living are Honesty, Awareness, and Responsibility. Live according to these precepts and self-anger will disappear from your life.

The 20th Core Message: Life functions within a Be-Do-Have paradigm. Most people have this backward,imagining that first one must "have" things in order to "do" things, thus to "be" what they wish to be. Reversing this process is the fastest way to experience mastery in living.

The 21st Core Message: There are Three Levels of Awareness: Hope, Faith, and Knowing. Spiritual mastery is about living from the third level.

The 22nd Core Message: There are Five Fallacies about God that create crisis, violence, killing and war. First, the idea that God needs something. Second, the idea that God can fail to get what He needs. Third, the idea that God has separated you from Him because you have not given Him what He needs. Fourth, the idea that God still needs what He needs so badly that God now requires you, from your separated position, to give it to Him. Fifth, the idea that God will destroy you if you do not meet His requirements.

The 23rd Core Message: There are also Five Fallacies About Life that likewise create crisis, violence, killing and war. First, the idea that human beings are separate from each other. Second, the idea that there is not enough of what human beings need to be happy. Third, the idea that in order to get the stuff of which there is not enough, human beings must compete with each other. Fourth, the idea that some human beings are better than other human beings. Fifth, the idea that it is appropriate for human beings to resolve severe differences created by all the other fallacies by killing each other.

The 24th Core Message: You think you are being terrorized by other people, but in truth you are being terrorized by your beliefs. Your experience of yourself and your world will shift dramatically if you adopt, collectively, the Five Steps to Peace:

Permit yourself to acknowledge that some of your old beliefs about God and about Life are no longer working.

Explore the possibility that there is something you do not fully understand about God and about Life, the understanding of which would change everything.

Announce that you are willing for new understandings of God and Life to now be brought forth, understandings that could produce a new way of life on this planet.

Courageously examine these new understandings and, if they align with your personal inner truth and knowing, enlarge your belief system to include them.

Express your life as a demonstration of your highest beliefs, rather than as a denial of them.

The 25th Core Message: Let there be a New Gospel for all the people of Earth: "We are all one. Ours is not a better way, ours is merely another way."

The words above, embraced and acted on, could change your world in a single generation.

#22. The Five Golden Truths

A true master is not the one with the most students, but the one who creates the most masters.

A true leader is not the one with the most followers, but the one who creates the most leaders.

A true king is not the one with the most subjects, but the one who leads the most to royalty.

A true teacher is not the one with the most knowledge, but the one who causes the most others to have knowledge.

And a true God is not the One with the most servants, but One who serves the most, thereby making gods of all others. For this is both the goal and the glory of God: That God's "subjects" shall be no more, and that all shall know God not as the unattainable, but the unavoidable. Your happy destiny is unavoidable.

(From Conversations with God - Book 1, Chapter 7)

#23. The Sixteen Differences Between a Fully Awakened Species and Humans Living in an Unawakened State

- 1. An awakened species sees the Unity of All Life and lives into it. Humans in an unawakened state often deny it or ignore it.
- 2. An awakened species tells the truth, always. Humans in an unawakened state too often lie, to themselves as well as others.
- 3. An awakened species says one thing and will do what they say. Humans in an unawakened state often say one thing and do another.

- 4. An awakened species, having seen and acknowledged what is so, will always do what works. Humans in an unawakened state often do the opposite. (See * below)
- 5, An awakened species does not embrace a principle in its civilization that correlates with the concepts that humans refer to as "justice" and "punishment."
- 6. An awakened species does not embrace a principle in its civilization that correlates with the concept that humans refer to as "insufficiency"
- 7. An awakened species does not embrace a principle in its civilization that correlates with the concept that humans refer to as "ownership."
- 8. An awakened species shares everything with everyone all the time. Humans in an unawakened state often do not, only sharing with others in limited circumstances.
- 9. An awakened species creates a balance between technology and cosmology; between machines and nature. Humans in an unawakened state often do not.
- 10. An awakened species would never under any circumstances terminate the current physical expression of another sentient being unless asked directly by that other being to do so. Humans in an unawakened state often kill other humans without that other human requesting them to.
- 11. An awakened species would never do anything that could potentially damage or harm the physical environment that supports the members of the species when they are physicalized. Humans in an unawakened state often do so.
- 12. An awakened species never poisons itself. Humans in an unawakened state often do so.
- 13. An awakened species never competes. Humans in an unawakened state are often in competition with each other.
- 14. An awakened species is clear that it needs nothing. Humans in an unawakened state often create a need-based experience.
- 15. An awakened species experiences and expresses unconditional love for everyone. Humans in an unawakened state often cannot imagine even a Deity who does this, much less do they do it themselves.
- 16. An awakened species has harnessed the power of metaphysics. Humans in an unawakened state often largely ignore it.

Difference #4 explained...

If your objective is to live a life of peace, joy, and love, *violence does not work.* This has already been demonstrated.

If your objective is to live a life of good health and great longevity, consuming dead flesh daily, smoking known carcinogens continuously, and drinking gallons of nerve-deadening, brain-frying liquids like alcohol regularly *does not work.* This has *already been demonstrated.*

If your objective is to raise offspring free of violence and rage, placing them directly in front of vivid depictions of violence and rage during their most impressionable years *does not work.* This has *already been demonstrated.*

If your objective is to care for Earth and wisely husband her resources, acting as if those resources are limitless does not work. This has already been demonstrated.

If your objective is to discover and cultivate a relationship with a loving Deity so that religion can make a difference in the affairs of humans, then teaching of a god of righteousness, punishment, and terrible retribution *does not work.* This has *already been demonstrated.*

#24. The Seven Tools of Integration

Conversations with God-Book 4: Awaken the Species offers tools with which a person may more easily integrate the behaviors of Highly Evolved Beings into their lives. From the text...

- 1. Share Your Process: Share openly and authentically with those whose lives you touch both your struggles and your progress on the path to full awakening. The choice to do so is both empowering and emancipating, unshackling in an amazing way the Will Within to express the Divinity that is yours, and liberating in others their own desire and ability to also do so.
- 2. Create a Reason: The challenges of the path you have chosen may, on more than one day, hardly seem worth confronting unless you accord them greater meaning than the simple triumph over them. The question must be asked, "Why?" Then your answer must be given. I tell you this: Your path is not without purpose in the heavens. For every soul which would grow to know in its experience what it has always understood in its awareness serves not only its own agenda, but the Superconscious Will of the Collective, advancing the evolution of a species even as its individual progress is attained, for it shall leave in the wake of its advancement the ladders and stepping stones by which those who follow may do so ever more rapidly.
- 3. Express Gratitude: This is the most powerful tool you could be given. Gratitude can be a selected energy, and not merely an autonomic response. When one actively chooses to be grateful for everything presenting itself in one's life (and I do mean *everything*), it sets up an energetic signature that washes over and impacts the energy of whatever is now arising. This can transmogrify (defined as: "To transform, especially in a surprising or magical manner") the presentation itself—to say nothing of one's entire life.
- 4. Choose a State of Being: Do this in advance of anything you know you are going to think, say, or do. Life has very little to do with what you are doing and very much to do with what you are being while you are doing it. The surprising thing about this is that through pure intention, "beingness" is transformed from a reaction to a creation. It is no longer something that arises out of an experience, but something that you put into an experience.
- 5. Go with the Soul: Most often, you respond to whatever is happening in your life—whether it is an illness, a disappointment, a happy surprise, whatever it might be—from the logic center in your Mind. You analyze the data that your Mind holds regarding the experience at hand, and that is the place from which your reaction emerges. It is possible for you to cultivate the ability to respond from the wisdom center in your Soul. Here, the data regarding the experience at hand is unlimited and expansive, and includes considerations and understandings that may not have been even conceived of in the Mind. The soul is the place within which everything you know is *already* integrated, and simply awaits the outward expression of that. So take a moment whenever anything is confronting you—something that you call "good news" or something you call "bad news"—and instruct your Mind to let you act as if you are out of your Mind. Then notice your response emerge *without thinking*, producing a spontaneous demonstration of your Soul's wisdom and awareness.
- 6. Use the Magic Inquiry often: Before you sit down to watch a movie or walk into a social situation or prepare a meal or have a conversation with a beloved other, or do anything at all that you have judged to be of here-and-now importance, quietly ask yourself: And what does this have to do with the Agenda of my Soul?
- 7. Ask yourself, daily, the Four Fundamental Questions of Life: 1. Who am I? 2. Where am I? 3. Why am I where I am? 4. What do I intend to do about that?

#25. The Five ways to know if you are fully awakened

- 1. You know you are fully awakened if you never entertain negative thoughts in your mind. If a negative thought does happen to slip in, you get it out of your mind immediately. You think of something else, deliberately. You simply *change your mind about that.*
- 2. You know you are fully awakened if you love yourself fully, just as you are. And you love everyone else fully, just as they are. Then you love life fully, just as it is, needing nothing to change, and seeing everything as simply something you are moving through so that you can *know* about it, and create a contextual field providing you with an opportunity to demonstrate Who You Are.
- 3. You know you are fully awakened if you would forgive no one and nothing ever again, out of knowing that forgiveness is neither necessary nor natural for humans who are aware that they are awake. You clearly see that holding an idea that there is a need for forgiveness means holding an idea that an injury has occurred, and as a human who is awake you are aware that injury is not possible in the experience of Divinity—which is Who You Are. You therefore replace forgiveness with understanding in your interactions with others, which naturally leads to compassion for others as you experience a full realization of the pain, anger, or sadness they must have felt at such a high level as to cause them to abandon their true nature and behave as they did.
- 4. You know you are fully awakened if you do not mourn the death of another, not even for a moment. You might mourn your loss, but not their death—but, in fact, celebrate both the moments of love and joy that they shared with others, and the fact that they continue to live in free and wondrous expression of their evolutionary process. You likewise neither fear nor mourn your own death, for precisely the same reason.
- 5. You know you are fully awakened if you are aware that everything is energy in vibration. Everything. And so you pay much more attention to the vibration of everything that you eat, of everything that you wear, of everything that you watch, read, or listen to, and most important, of everything that you think, say, and do, and you immediately adjust the vibration of your own energy and the life energy that you are creating around you if you find that it is not in resonance with the highest knowing you have about Who You Are, and the experience of this knowing that you choose to demonstrate.

#26. The Two-Part Decision That Life Invites Every Human Being to Make

It is suggested in *The Essential Path* that Life is continuously inviting us to make a daring decision. There are two aspects to this decision. The first has to do with Who You Are and the second has to do with What You Are. Put into question form, the decision regarding all humans comes down to this: 1. Are we temporary physical beings, or Spiritual Beings Manifesting Physically? 2. Are we completely separate entities, or One Essence Manifesting Individually?

Basically, the question is: "What *is* our True Nature?" It is about this that life urges us to make a choice.

#27. Three Questions That Can Transform Your Life

The Essential Path offers us three powerful tools with which can be implement the daring

decision we are invited by Life to make. These tools come in the form of Three Key Questions. #1 is what is called The Beingness Question: What does this have to do with the agenda of my soul? #2 is what is called The Oneness Question: Is there any part of what I am now seeing "over there" that I have seen "over here"— in myself? #3 is what is called The Messenger Question: What does God want to say to the world today, through me?

#28. The 39 titles in the Conversations with God oeuvre

DIALOGUE BOOKS: (1) Conversations with God-Book 1; (2) CWG-Book 2; (3) CWG-Book 3; (4) Friendship with God; (5) Communion with God; (6) The New Revelations; (7) Tomorrow's God; (8) HOME WITH GOD *in a Life That Never Ends*; (9) Conversations with God-Book 4: *Awaken the Species*

ADDITIONAL TITLES by Neale Donald Walsch: (10) The Essential Path; (11) The Only Thing That Matters; (12) When Everything Changes, Change Everything; (13) God's Message to the World: You've Got Me All Wrong; (14) Happier Than God; (15) What God Wants; (16) The Storm Before the Calm; (17) What God Said; (18) Conversations with God for Teens; (19) Conversations with God for Parents: Sharing the message with children; (20) The Holy Experience; (21) Bringers of the Light; (22) Recreating Your Self; (23) Questions and Answers on Conversations with God; (24) Moments of Grace; 25) Neale Donald Walsch on Relationships; (26) Neale Donald Walsch on Wholistic Living; (27) Neale Donald Walsch on Abundance and Right Livelihood; (28) The Conversations with God Companion; (29) When Everything Changes, Change Everything Workbook & Study Guide; (30) Where God and Medicine Meet (with Dr. Brit Cooper, M.D.); (31) Children's Book: The Little Soul and the Sun; (32) Children's Book: The Little Soul and the Earth; (33) Children's Book: Santa's God

SUPPLEMENTARY TEXTS: (35) Guidebook to Conversations with God; (36) Meditations from Conversations with God; (37) The Wedding Vows from Conversations with God; (38) The Little Book of Life; (39) CWG in a Nutshell.

Now, here is a 50 Question Test (followed by the Answer Key) designed to assess your knowledge of the *Conversations with God* material

- 1. What are the Three Statements of Ultimate Truth from Book 1 of *Conversations with God*?
- 2. Please explain the Be-Do-Have Paradigm.
- 3. What are the Five Attitudes of Godliness?

- 4. Please State the Law of Opposites and how it works.
- 5. What is a "Divine Dichotomy"?
- 6. What are the Ten Commitments?
- 7. What are the Triune Truths?
- 8. Name the Three Laws of Reality.
- 9. Name the Three Functions of Life.
- 10.CwG gives us Six Signs of a Decision to Live Consciously. What are they?
- 11. Please explain "What you resist persists."
- 12. What is the purpose of the Soul?
- 13. Name the Two Sponsoring Thoughts upon which all other Thoughts are based.
- 14. Explain the difference between pain and suffering.
- 15. Complete the following sentence: Relationships work best when you...
- 16. Complete the following sentence: Life proceeds out of...
- 17. Complete the following sentence: All true benefits are...
- 18. Complete the following sentence: Every act is an act of...
- 19.God says you may not have anything you want. Why is this so?
- 20. What are the Five Levels of Truth Telling?
- 21. What are the Three Core Concepts of Holistic Living?
- 22. Name the Three Tools of Creation.
- 23.List the Seven Steps to Friendship with God.
- 24.CwG says there are Three Basic Life Principles. The first is Functionality. Name the others.
- 25. What is the 15-word New Gospel?
- 26. The Two Magic Questions are: Is this Who I am?, and...
- 27. Name the Four Levels of Consciousness.
- 28. There are six Levels of Knowing. Name at least three.
- 29. What are the Three Levels of Awareness? (Clue: the first is "Hope.")

- 30. List the Ten Illusions of Humans.
- 31. What is the Cultural Story that Humanity has created from these illusions?
- 32. What is the Triad Process?
- 33. Complete the following sentence: In the absence of that which you are not...
- 34. Name the Five Fallacies About God and the Five Fallacies About Life
- 35. Name at least five of the 9 New Revelations from the book *The New Revelations*
- 36. Write out the Five Steps to Peace
- 37. Name at least 5 of the 9 characteristics of Tomorrow's God
- 38. Name at least 10 of the 18 Remembrances
- 39. *Happier Than God* tells us that Life expresses Itself in essentially five ways. What are they?
- 40. What are the Four Fundamental Questions in Life?
- 41. Name at least 10 of the 17 Steps to Being Happier Than God
- 42. List the Nine Changes That Can Change Everything
- 43. Throughout life we experience Reality in one of three ways. Name the Three Realities.
- 44. What are the three kinds of Truth that the Mind produces?
- 45. What are the Seven Elements in the Line of Causality?
- 46. What four additional elements are added to the Line of Causality under the System of the Soul?
- 47. Why does change occur in your life?
- 48. Complete the following sentence: All change is change...
- 49. What are the Three Realms in the Kingdom of God?
- 50. What is the most important single message of *Conversations with God*?

ANSWER KEY:

50 Questions abou	t Conversations	with God

Question #1: What are the Three Statements of Ultimate Truth from Book 1 of *Conversations with God?*

Answer #1:[SEP]

- 1. We are all one. SEP
- 2. There is enough.
- 3. There is nothing that you have to do.

Text References in support of this answer:

- (1) We are all one. CWG Book 1, p. 36
- (2) There is enough. CWG Book 1, p. 165; CWG Companion, p. 151
- (3) There is nothing you have to do. CWG Book 1, p. 145; Book 3, p. 14

Question #2: Please explain the Be-Do-Have Paradigm.[5]

Answer #2:

Most people have the process of Life backward. They believe that if they HAVE this, then they'll DO that, then they'll BE what they want to BE (i.e., happy, successful, secure, etc.). An example: "When I finally HAVE enough money, I can finally DO the thing called buy my own house, and I can finally BE the thing called Settled, Content and Secure. OR...when I HAVE good grades, I can DO the thing called graduate, and I can BE the thing called Ready for a Career, and Qualified for Success.

CwG invites us to notice that the most powerful way to live Life is to turn this process around. That is, to come from a state of BE-ingness *first*. Then what we DO will be a *demonstration* of what we are being, rather than an attempt to *get* to "be" it. And what we HAVE will spring from what we are doing to demonstrate what we have chosen to be, thus more joyfully creating our experience.

Text References in support of this answer:

CWG Book 1, pp. 169 – 171/Book 3, pp. 14, 15/CWG Companion, pp. 161, 162

Question #3: What are the Five Attitudes of Godliness?

Answer #2:

God is always Joyful, Loving, Accepting, Blessing, and Grateful

CWG Book 1, pp. 65, 66

Question #4: Please State the Law of Opposites and how it works.

Answer #4:

The law is: "In the absence of that which you are not, that which you are, is not." That is, it is not experienceable. To wit: In the absence of the darkness, you cannot experience your Self as the light. You can know yourself as the light, but you cannot experience yourself in this way, because the only way to express yourself as the light would be in space of something called "the darkness." This is why in the Realm of the Physical, nothing exists without its opposite, and the moment you declare yourself to be anything, everything unlike it will come to your attention and into your experience. This allows you to know yourself as what you've declared yourself to be. You cannot experience "hot' unless and until you experience "cold." You cannot experience "fast" unless and until you experience "slow." know yourself as tall unless you have something short to compare yourself to, etc.

Text Reference in support of this answer:

CWG Book 1, p. 27

Question #5: What is a "Divine Dichotomy"?

Answer #5:

It is when two apparently contradictory truths co-exist simultaneously in the same space. Instead of such a circumstance presenting a choice of *either* this *or* that, it offers the possibility of *both* this *and* that. "Either/Or" is replaced by "Both/And."

Text References in support of this answer:

CWG Book 1, pp. 126, 133,186

Question #6: What are the Ten Commitments?

Answer #6:

God has given us a Commitment to provide us with "sure and certain signs" that we are on the path to our experience of God. There are certain things that you shall do *spontaneously* and *automatically*. That is how

you will *know* you are on The Path! Specifically, God said: You will know that you are on the Path to God because I will give you these signs: When you are on the Path to God...[55]

- 1. You shall love God with all your heart, all your mind and all your soul.
- 2. You shall not use God's name in vain, nor call upon God for frivolous things.
- 3. You shall keep a day for God, to re-connect with your Divine Self, so you don't stay too long in your illusion.
- 4. You shall honor your mother and father, as well as your Mother/Father God. Thus, you shall honor everyone.
- 5. You shall not willfully kill without cause. This includes all life forms, not just humans.
- 6. You shall not defile the purity of love with dishonesty or deceit, as this would be adulterous.
- 7. You shall not steal or cheat, or connive to harm another. [1]
- 8. You shall not lie. SEP
- 9. You shall not covet your neighbor's spouse, because you will know that all others are your spouse.
- 10. You shall not covet your neighbor's goods, because you shall know that all goods can be yours, and that all of your goods belong to the world.

Text References in support of this answer:

CWG Book 1, pp. 96, 97

Question #7: What are the Triune Truths?

Answer #7:

The Triune Truth is that all of Life is a Trinity, or Triune, Reality. That is, there is a "three-in-one" quality to every aspect of life. In some religions this 3-in-1 characteristic is referred to as "Father, Son, and Holy Spirit." The places where we find this 3-in-1 aspect demonstrating itself:

We say that a thing is Physical, Non-physical, or Metaphysical; we talk of Knowing, Experiencing, and Being; we speak of the Superconscious, Conscious, Subconscious; we use the phrase Body, Mind, and Spirit; we describe our universe as made up of Energy, Matter, or Anti-matter; we describe human activity as being expressed in Thought, Word, and Deed; we refer to the times of our life as Past, Present, and Future; as well, we speak of Before, Now, and After; when considering the element of place or space, we talk in terms of Here, There, or Between.

Text References in support of this answer:

CWG Book 1, pp. 23, 30, 31, 73

Question #8: Name the Three Laws of Reality.

Answer #8:

- 1. Thought is creative—and collective thought creates collectively
- 2. Fear attracts like energy—what you fear, you attract
- 3. Love is all there is.

Text References in support of this answer:

Question #9: Name the Three Functions of Life.

Answer #9:

- 1. The function of the soul is to indicate its desires (not impose them).
- 2. The function of the mind is to choose from its alternatives.
- 3. The function of the body is to act out that choice.

Text References in support of this answer:

CWG Book 1, p. 196

Question #10: CwG gives us Six Signs of a Decision to Live Consciously. What are they?

Answer #10:

- 1. Not long ago all we wanted to do was to stay here (in the Realm of the Physical). Now all we want to do is leave (to get back to the Realm of the Spiritual). We thought our Basic Instinct was Survival. Now we know that our Basic Instinct is the Expression of Divinity.
- 2. Not long ago we killed things. Now we can't kill anything without knowing exactly what we're doing, and why.
- 3. Not long ago we lived life as though it had no purpose. Now we know it has no purpose save the one we give it. [1]
- 4. Not long ago we begged God to bring us truth. Now we tell God our truth.
- 5. Not long ago we sought to be rich and famous. Now we seek simply to be our wonderful selves.
- 6. Not long ago we feared God. Now we love God enough to call It our equal.

Text References in support of this answer:

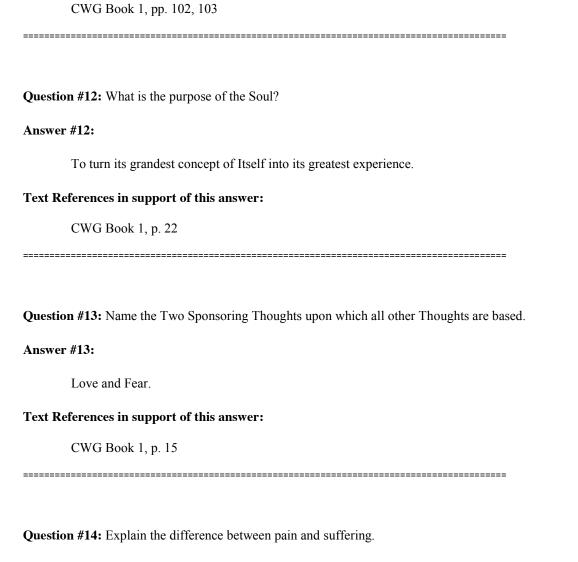
CWG Book 1, pp. 156, 157

Question #11: Please explain "What you resist persists."

Answer #11:

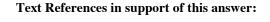
When you resist something, you give it energy, which continues to create it in your reality. If something is not to your liking, instead of resisting, look right at it until it ceases to have its illusory form. That is, look at it until you see right through the illusion to Ultimate Reality.

Text References in support of this answer:



Answer #14:

Pain is a physical or mental feeling, caused by a stimulus of some kind. Suffering is your decision about it. Suffering arises out of a decision that something that is happening is not supposed to be happening or should not be occurring. Suffering ends when the person makes a conscious decision to hold a specific pain in a new way. In the case of either physical or emotional pain, one may reduce or disappear suffering by deciding to love what is happening, knowing that it will ultimately prove to be for the highest good. We thus remove the "woe is me" aspect (as in a woman giving birth, or a person having a tooth extracted).



CWG Book 1, pp. 105, 107

Question #15: Complete the following sentence: Relationships work best when you...

Answer #15:

...do what's best for you. Text References in support of this answer: CWG Book 1, pp. 130 – 132/CWG Companion, p. 121 ______ Question #16: Complete the following sentence: Life proceeds out of... Answer #16: ...your intentions for it. Text References in support of this answer: CWG Book 1, pp. 118 ______ Question #17: Complete the following sentence: All true benefits are... **Answer #17:** ...mutual. Text References in support of this answer: Friendship with God, p. 336 (Elisabeth Kübler-Ross)/CWG Companion, p. 118 Question #18: Complete the following sentence: Every act is an act of... Answer #18: ...self-definition. Text References in support of this answer: When Everything Changes, Change Everything, p. 267/CWG Companion, p. 173 Question #19: God says you may not have anything you want. Why is this so?

Answer #19:

Because the mere act of wanting something tells the Universe that you don't have it, and the Universe has no choice but to reflect that back in your reality. You end up getting more "wanting what you want," because God always says "yes" to your Sponsoring Thought.

Text References in support of this answer:

CWG Book 1, p. 91/Friendship with God, p. 254		
Question #23: List the Seven Steps to Friendship with God.		
Answer #23:		
1. Know God		
2. Trust God		
3. Love God		
4. Embrace God		
5. Use God		
6. Help God		
7. Thank God		
Friendship with God, p. 57		
Question #24: CwG says there are Three Basic Life Principles. The first is Functionality. Name the others.		
Answer #24:		
1. Functionality		
2. Adaptability		
3. Sustainability		
Text References in support of this answer:		
The New Revelations, p. 223/When Everything Changes, Change Everything, p. 167		
Question #25: What is the 15-word New Gospel?		

Answer #25:

We are all one. Ours is not a better way, ours is merely another way.

Text References in support of this answer: Friendship with God, pp. 153, 381, 425
Question #26: The Two Magic Questions are: Is this Who I am?, and Answer #26:
What would love do now?
Text References in support of this answer: CWG Book 1, p. 130
Question #27: Name the Four Levels of Consciousness Answer #27:
1. Subconscious
2. Conscious3. Superconscious4. Supraconscious
Text References in support of this answer: Friendship with God, pp. 115 - 117
Question #28: There are six Levels of Knowing. Name at least three.

Answer #28:

- 1. There are those who do not know, and don't know that they don't know. They are children. Nurture them.
- 2. There are those who do not know and know that they don't know. They are willing. Teach them.
- 3. There are those who do not know, but think that they know. They are dangerous. Avoid them.
- 4. There are those who know, but don't know that they know. They are asleep. Wake them.
- 5. There are those who know, but pretend that they don't know. They are actors. Enjoy them. But do not get caught up in their dramas.
- 6. There are those who know, and who know that they know. Do not follow them, because if they *know* that they know, they would not *have* you follow them. Yet listen very carefully to what they have to say, for they may *remind* you of what *you* already know. That may be the very reason you have called them to you.

Friendship with God, p. 289

Question #29: What are the Three Levels of Awareness? (Clue: the first is "Hope.")

Answer #29:

- 1. Hope
- 2. Faith (Belief)
- 3. Knowing

Hope is the first level of awareness. It is far better than the feeling of "no hope," but it is an elementary level of awareness, because it suggests that a positive outcome in any given situation is a possibility, but not a guarantee. So, one is said to have "hope."

Faith is the second level of awareness. It is greater in energy than "hope" because it suggests that while negative outcomes are possible, a positive outcome is assured in this particular case. So, one is said to have "faith."

Knowing is the highest level of awareness. It is greater than either "hope" or "faith" because it declares that no negative outcome is possible under any circumstances, but that all outcomes are positive, and therefore welcome and not resisted, since all move us forward on our evolutionary path, and lead us back Home. We are thus said to be in a place of "knowing" that nothing "bad" can happen to us, ever.

This is true, of course, given who and what we are.

Text References in support of this answer: Friendship with God, p. 107
Question #30: List the Ten Illusions of Humans.
Answer #30:
1. Need exists.
2. Failure exists.
3. Disunity exists.
4. Insufficiency exists.
5. Requirement exists.
6. Judgment exists.
7. Condemnation exists.
8. Conditionality exists.
9. Superiority exists.
10. Ignorance exists.
Text References in support of this answer: Communion with God, pp. 15, 16
Happier Than God, pp. 251, 252
Question #31: What is the Cultural Story that Humanity has created from these illusions? (Hint: It has 10 points)
Answer #31:
Because of the ten illusions we have come to falsely believe that

1. God has an agenda. (Need exists)

3. We are separate from God. (Disunity exists)
4. There is not enough. (Insufficiency exists)
5. There is something we have to do. (Requirement exists)
6. If we don't do it we will be punished. (Judgment exists)
7. That punishment is everlasting damnation. (Condemnation exists)
8. Love is, therefore, conditional. (Conditionality exists)
9. Knowing and meeting the conditions makes us superior. (Superiority exists)
10. We do not know that these are illusions. (Ignorance exists)
Text References in support of this answer: Communion with God, p. 18
Happier Than God, pp. 252, 253
Question #32: What is the Triad Process?
Answer #32:
The Triad Process is way to use the illusions to experience ourselves totally differently in any given situation when we are confronted with an illusion in life. The process is
1. See the illusion for what it is.
2. Decide what it means.
3. Re-create ourselves anew.
Text References in support of this answer: Communion with God, p. 181
Question #33: Complete the following sentence: In the absence of that which you are not

2. The outcome of life is in doubt. (Failure exists)

... that which you are, is not.

Text References in support of this answer:

CWG Book 3, pp. 205, 348, 353/The CWG Companion, p. 31/When Everything Changes, Change Everything, p. 193

Question #34: Name the Five Fallacies About God and the Five Fallacies About Life.

Answer #34:

The Five Fallacies About God...

- 1. People believe that God needs something.
- 2. People believe that it's possible for God to not get what He needs.
- 3. People believe God has separated Himself from them because they have failed to give Him what He needs.
- 4. People believe that God needs something so much He requires them to give it to Him from their separated position.
- 5. People believe that God will destroy them if they don't give Him what He needs.

Text References in support of this answer:

The New Revelations, pp. 29, 30/Tomorrow's God, p. 111

The Five Fallacies About Life:

- 1. People are separate from each other.
- 2. There is not enough of what people need to be happy.
- 3. People think they must compete for what they think there is not enough of.
- 4. Some people are better than other people.
- 5. It is okay for people to kill each other to resolve the differences created by all the other fallacies.

Text References in support of this answer: The New Revelations, pp. 37, 38/Tomorrow's God, p. 111, 112

Question #35: Name at least 5 of the 9 New Revelations from the book *The New Revelations*.

Answer #35:

1. God has always communicated with human beings, and still does so today.

2. Every human being is as special as every other who has ever lived, lives now, or ever will live. We are all

messengers about life, to life, in every moment.

3. No path to God is better than any other path. There is no "one true religion" and no group of people who are the

"chosen ones."

4. God needs nothing and has no requirements of anyone. God is pure joy in and of Itself.

5. God is not a singular super being outside of us, and has none of the emotional "needs" of humans. God cannot be

hurt or damaged in any way, and therefore has no need to punish humans.

6. There is only One Thing, and all things are part of the One Thing There Is.

7. There is no such thing as Right and Wrong. There is only What Works and What Does Not Work, given what you

are seeking to be, do, or have.

8. You are not your body. Your body is something you have, not something you are. Like God, you are without limits

and without end.

9. You cannot die, and you will never be condemned to eternal damnation.

Text References in support of this answer: The New Revelations, pp. 339 - 341

Question #36: Write out the Five Steps to Peace.

Answer #36:

1. Acknowledge that some of our old beliefs about God and Life are no longer working.

2. Acknowledge that there may be something we don't understand about God and Life, the understanding of which

would change everything.

3. Be willing for a new understanding about God and Life to come forth, and allow this understanding to produce a

new way of life on Earth.

4. Be courageous enough to explore and examine this new understanding and if it aligns with our inner knowing,

enlarge our belief system to include it.

5. Live our lives as demonstrations of our highest beliefs, rather than denials of them.

Text References in support of this answer: The New Revelations, p. 14 **Question #37:** Name at least 5 of the 9 characteristics of Tomorrow's God. **Answer #37:** 1. Tomorrow's God doesn't require anyone to believe in God. - p. 22 2. Tomorrow's God has no gender, size, shape, color, or any characteristic of an individual living being. - p. 23 3. Tomorrow's God talks with everyone, all the time. - p. 140 4. Tomorrow's God is separate from nothing and is Everything Everywhere - p. 32 5. Tomorrow's God is not a singular super being, but rather, the extraordinary process of Life Itself. - p. 71 6. Tomorrow's God is always changing. p. 76 7. Tomorrow's God has no needs. p. 169 8. Tomorrow's God does not ask to be served; rather, It is the servant of all of life. - p. 180 9. Tomorrow's God is unconditionally loving. - p. 196 Text References in support of this answer: Tomorrow's God, p. 386 (the list; individual explanations on the pages noted above) **Question #38:** Name at least 10 of the 18 Remembrances.

Answer #38:

- 1. Dying is something you do for you. p. 7
- 2. You are always the cause of your own death, no matter where or how you die. p. 8
- 3. You cannot die against your will. p. 10
- 4. No path back Home is better than any other path. p. 23
- 5. Death is never a tragedy. Rather, it is always a gift. p. 42
- 6. You and God are one and there is no separation between you. p. 70
- 7. Death does not exist. p. 89

- 8. You can't change Ultimate Reality, but you can change your experience of it. p. 91
- 9. The reason for all of Life is the desire of God to know Itself in its own experience. p. 153
- 10. Life is eternal. p. 166
- 11. The timing and circumstances of death are always perfect. p. 171
- 12. The death of every person always serves the agenda of every other person who is aware of it. Indeed, that is *why* that person is aware of it. Therefore, no life or death is ever in vain. p. 181
- 13. Birth and death are the same thing. p. 202
- 14. You are constantly creating, both in life and in death. p. 217
- 15. Evolution never ends. p. 254
- 16. Death is reversible. p. 256
- 17. When you die you'll be greeted by all your loved ones—those who have passed before you, and those who will pass after you. p. 299
- 18. Free choice is the act of pure creation, God's signature, and your gift, glory, and power, always. p. 311

Text References in support of this answer: Home with God, pp. 325-326 (the list; individual explanations on the pages noted above)

Question #39: Happier Than God tells us that Life expresses Itself in essentially five ways. What are they?

Answer #39:

- 1. The Energy of Attraction, which gives us power.
- 2. The Law of Opposites, which gives us opportunity.
- 3. The Gift of Wisdom, which gives us discernment.
- 4. The Joy of Wonder, which gives us imagination.
- 5. The Presence of Cycles, which gives us eternity.

Text References in support of this answer: Happier Than God God, pp. 54, 55

Answer #40:

- 1. Who am I?
- 2. Where am I?
- 3. Why am I where I am?
- 4. What am I doing here?

Text References in support of this answer: When Everything Changes, Change Everything, asked on pp. 185, 190 and answered on pp. 190-199; also in *The Storm Before the Calm* as four of the Seven Simple Questions. The other three:

- (1) How is it possible for 7 billion members of what purports to be a highly evolved species to all want the same thing—survival, safety, security, peace, prosperity, opportunity, happiness, and love—and for them to be utterly unable to produce it, even after thousands of years of trying?
- (2) Is it possible that there is something we don't fully understand about God and about Life, the understanding of which would change everything?
- (3) Is it possible that there is something we don't fully understand about *ourselves* and who we are, the understanding of which would change our lives for the better forever?

Question #41: Name at least 10 of the 17 Steps to Being Happier Than God

Answer #41:

- 1. Bring an end to separation theology. p. 206
- 2. Stay in touch with Who I Am. p. 209
- 3. Give others every experience I seek. p. 210
- 4. Be clear that nothing I see is real. p. 212
- 5. Decide that I am not my "story". p. 213
- 6. Have only preferences. p. 216
- 7. See the perfection in everything. p. 220
- 8. Skip the drama. p. 221
- 9. Understand sadness. p. 223
- 10. Stop arguing with life. p. 225

11. Drop all expectations. - p. 227 12. Have compassion for myself. - p. 228 13. Speak my truth as soon as I know it. - p. 229 14. Watch the energies; catch the vibe. - p. 231 15. Smile. - p. 223 16. Sing. - p. 234 17. Know what to do when things are really "bad". - p. 235

Text References in support of this answer: Happier Than God God, pp. 206-235 (the list; individual explanations on the pages noted above)

Question #42: List the Nine Changes That Can Change Everything

Answer #42:

- 1. Change my decision to "go it alone". p. 29
- 2. Change my choice of emotions. p. 57
- 3. Change my choice of thoughts. p. 65
- 4. Change my choice of truths. p. 70
- 5. Change my idea about change itself. p. 161
- 6. Change my idea about why change occurs. p. 173
- 7. Change my idea about future change. p. 218
- 8. Change my idea about life. p. 238
- 9. Change my identity. p. 272

Text References in support of this answer: When Everything Changes, Change Everything, p. 7 (the list; individual explanations on the pages noted above)

Answer #43:
1. The Distorted reality
2. The Observed reality
3. The Ultimate reality
Text References in support of this answer: When Everything Changes, Change Everything, pp. 66, 131, 132 ("The Triune Reality")
Question #44: What are the three kinds of Truth that the Mind produces?
Answer #44:
1. The Imagined truth
2. The Apparent truth
3. The Actual truth
Text References in support of this answer: When Everything Changes, Change Everything, pp. 71, 131, 132
Question #45: In the Mechanics of the Mind, what is the Line of Causality?
Answer #45:
Event + Data + Truth + Thought + Emotion = Experience = Reality

Question #43: Throughout life we experience Reality in one of three ways. Name the Three Realities.

Text References in support of this answer: When Everything Changes, Change Everything, p. 70
Question #46: What four additional elements are added to the Line of Causality under the System of the Soul?
Answer #46:
Perspective + Perception + Belief + Behavior = Experience
Text References in support of this answer: When Everything Changes, Change Everything, p. 208
Question #47: Why does change occur in your life?
Answer #47:
All change occurs because we want it to, in order to produce personal growth and evolution of the soul. Life is a process, and that process is called Change. (Change is an announcement of Life's intention to go on. Change is the fundamental impulse of Life Itself.)
Text References in support of this answer: When Everything Changes, Change Everything, p. 168
Question #48: Complete the following sentence: All change is Answer #48:
for the better. (There is no such thing as change for the worse.)

Question #49: What are the Three Realms in the Kingdom of God?

Answer #49:

- 1. The Realm of the Spiritual (also called the Realm of the Absolute, and the Realm of Knowing)
- 2. The Realm of the Physical (also called the Realm of the Relative, and the Realm of Experience)
- 3. The Realm of Pure Being (the combination of the Realm of the Spiritual & Physical)

Text References in support of this answer: When Everything Changes, Change Everything, pp. 191, 192, 195, 196

Question #50: What is the most important single message of *Conversations with God?*

Answer #50:

We are all One. (Also often asked: "What is God's Message to the World" Answer in 5 words: "You've got me all wrong.")

Text References in support of this answer: Book 1 (and Neale on the *Today Show* on NBC with Matt Lauer)

NOTE: Neale has often answered the final question in terms of his own life. He will say that the message which most impacted him, and his daily experience, is this message from CWG: "Your life is not about you. It's about everyone whose life you touch, and the way in which you touch it." This message set the course and direction of Neale's life since 5-5-95, when the first CWG book was published.

This is the end of the Study Guide. What you have found here represents my current awareness and knowing, based on what I have come to hold as my very real truth as a result of my wonderful experience of communication with the God of my understanding, and I offer it with humility. And I have always said, publicly and privately, that I could be wrong about all of this. I am aware that the most *important* message of *Conversations* with God is that we are advised not to hold any other person or book as our authority in spiritual matters, but must hold ourselves, always and forever, as the ultimate source of our Innermost Truth, trusting that God will reveal the reality of Divinity and of Life to each of us in ways that we can best and most clearly embrace and understand.

I urge you, therefore, to please listen most closely to yourself, and to what your heart tells you about these things. It is can be beneficial to remain open to the point of view of others and not remain stubbornly closed-minded, but, in the end, after carefully considering all that has been brought our way and that we have sincerely explored, we are gently and well advised to heed the words of Shakespeare: "This above all: to thine own self be true; And it must follow, as the night the day, Thou canst not then be false to any man."

Blessings be yours, my gentle friend, moving in you, through you, and as you in a way which blesses others even as those blessings touch you.

--- Lovingly offered......neale.