

Take Out the X



A Guide to Ex^{ternal} Peace

Tickimothy Noe

To find peace
externally,



simply take out the x .

Think of the strain this misidentification puts on us.

We, Mind,



who've existed for all time,



Eternity				∞	∞	∞
∞	∞	∞	∞	∞	∞	∞
∞	∞	∞	∞	∞	∞	∞
∞	∞	∞	∞	∞	∞	∞
∞	∞	∞	∞	∞	∞	...

who will exist for all time,

and exist outside time,

Eternity				∞	∞	∞
∞	∞	∞	∞	∞	∞	∞
∞	∞	∞	∞	∞	∞	∞
∞	∞	∞	∞	∞	∞	∞
∞	∞	∞	∞	∞	∞	...



re-identify ourselves as a tiny speck of finite dust



doomed to perish



after a brief collection of happy and painful experiences.



"mortal life"



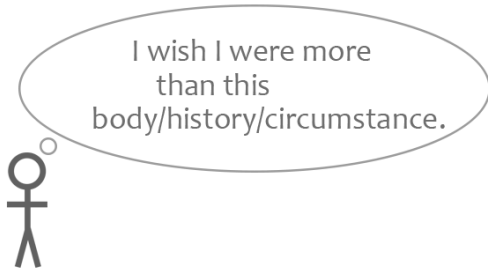


In(tro)duction

*Peace is Eternal,
not external.*

No wonder we face

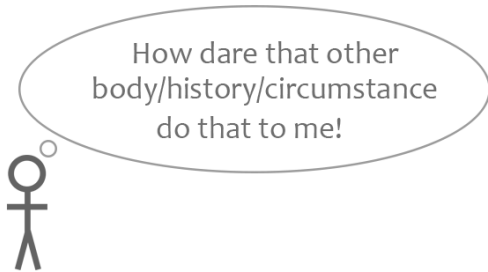
depression,



Right. Because you are (I am).



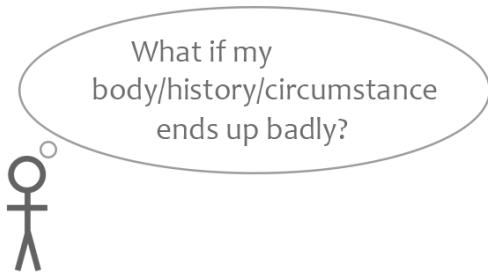
anger,



The “other” is you (me).



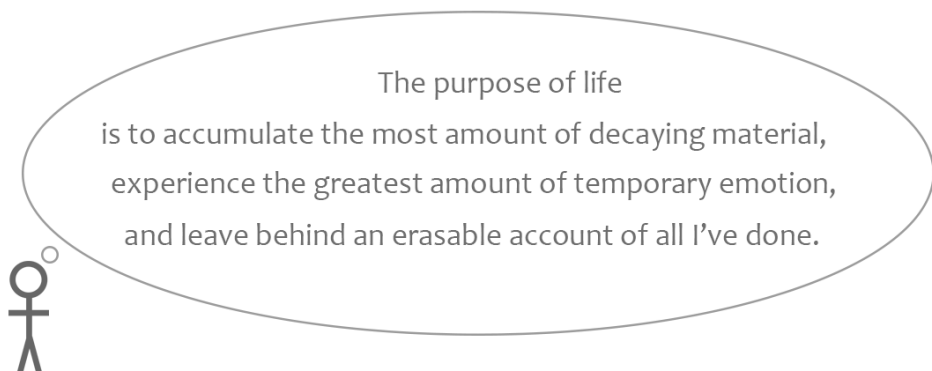
and anxiety.



Your (my) perfection is guaranteed.



How could we be anything less than these qualities
when identifying with such meaninglessness?

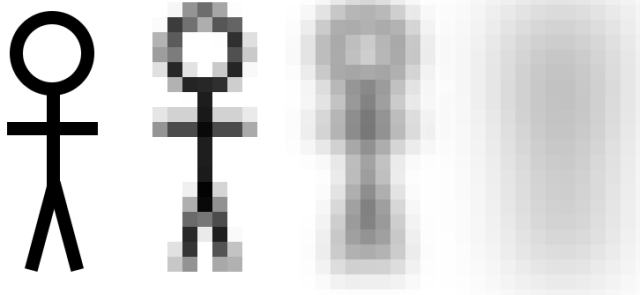


The background of the slide is a complex, abstract pattern of overlapping circles and arcs, creating a web-like or cellular structure. The lines are thin and light gray, set against a darker gray background. In the center of the slide, there is a large, dark gray rectangle with a thin white border. The text is centered within this rectangle.

Chapter 1: Identification, please.

...we all *know* this physical world comes to an end.

Bodies decompose to soil.



Assets crumble into powder.



Wealth of substance disappears, and



Legendaries are forgotten.

There is nothing eternal about the physical.
In fact, the physical is *defined* by limited time.

We could spend all our time devoted towards
mastering the laws of the physical world,
and yet still not align with Truth.

This is because

Truth
communicates with
Mind

and thus

is not bound by physical.

At best,
the physical world provides us an opportunity
to let Truth communicate with Mind.

(Revelation)

At worst,
the physical world serves as a distraction
and strays our attention away from Truth.

(illusion)

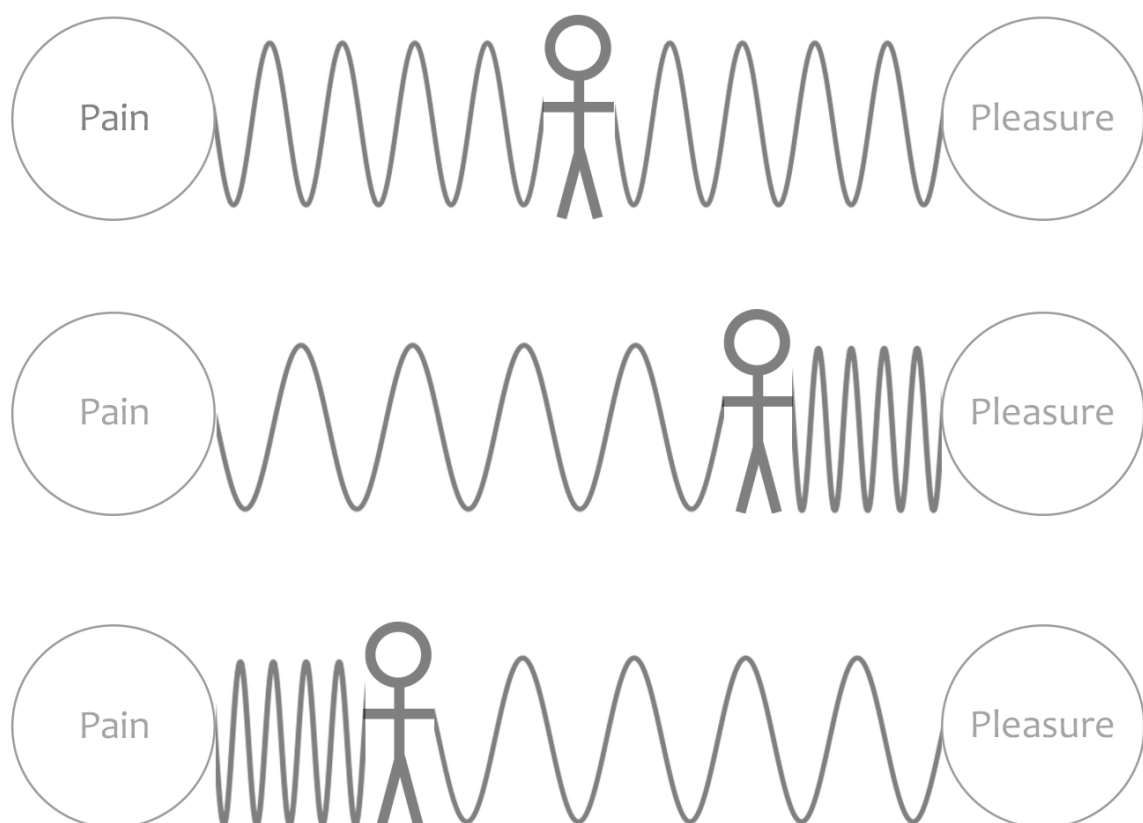
In Reality,
the physical world is simply unnecessary
for awareness of Truth.

Truth is true. It needs no defense; it just is.

Any pursuit of bodily pleasure
(resulting from body identification)
must fall within the realm of the physical.

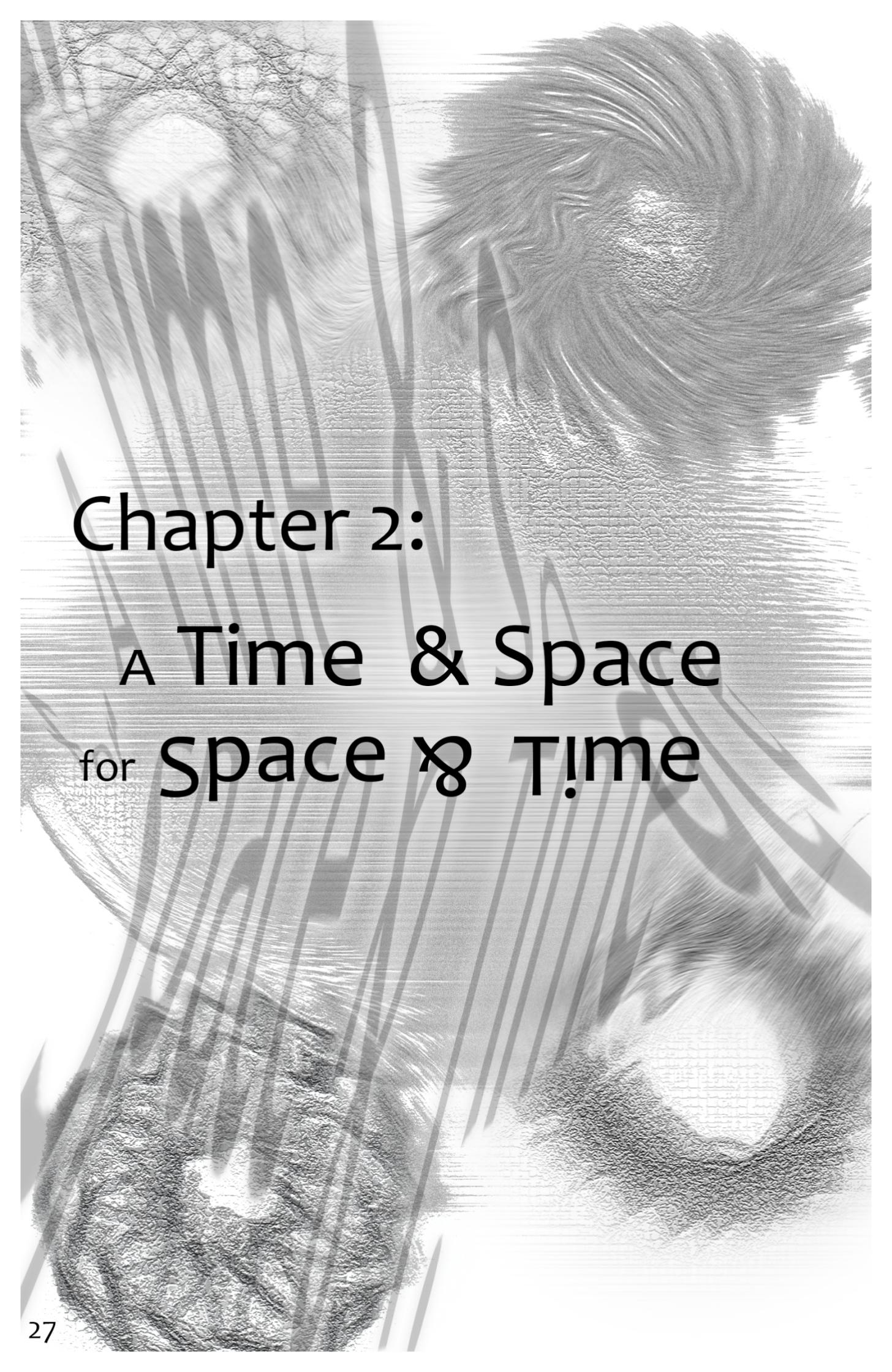
But the physical realm is a zero-sum game.

The physical world, embodied by pleasure and pain,
works much like a spring.



Pursuing pleasure contracts the spring of pleasure
while elongating the spring of pain.

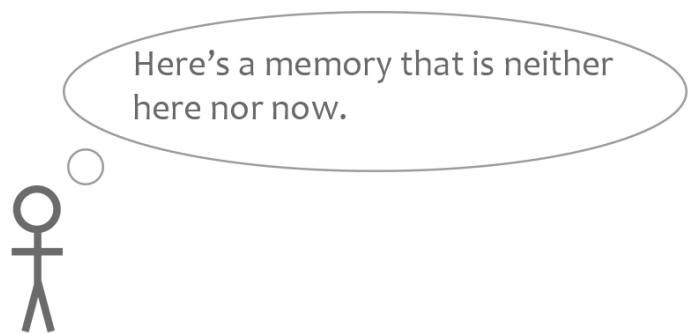
The result, inevitably, is a simple harmonic illusion,
forever teetering between pleasure and pain,
and never advancing beyond the equilibrium of zero.



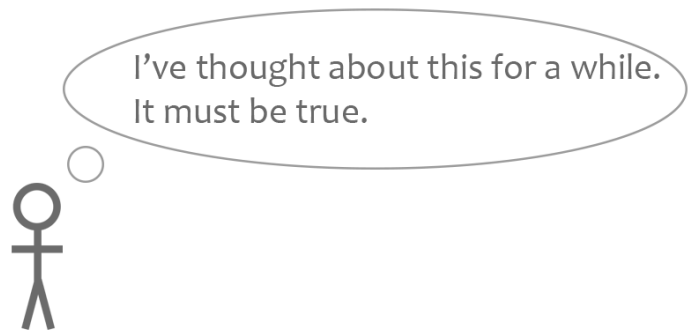
Chapter 2:

A Time & Space
for Space \times Time

Thinking about the past merely distracts us from being Here Now.



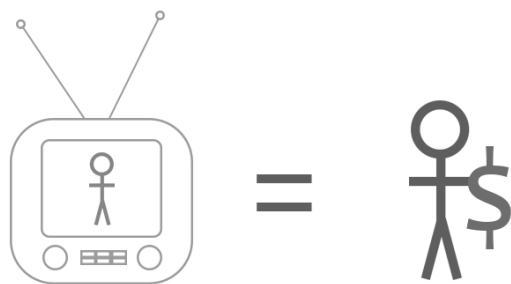
And the more we think about it, the more we convince ourselves that it must be true.



Remember our friend who constantly needed to defend his insecurities?



Yeah, the past is that guy, too.



The past is concerned that we may find out it's just an illusion, a distraction from now, if it didn't constantly defend itself.



You would be out of your mind
to think you *can be anywhere* outside your mind.

[illegible]

If we identify with the physical world:

we must accept that there is space between us.

And if we accept that there is space between us,

we must accept there is space between us and God.

For how can there be space between *us*

without there being space between us and God?

Source Krishna Divine
אלהים Jehovah Energy
God is everHere always.

Source Energy Krishna
אלהים Creator
divine
Jehovah
יהוה Cause Abba

Source Energy Krishna
אלהים Creator
divine
Jehovah
יהוה Cause Abba

God is with You, and God is with Me, now.


You and I are both Here, in **God**.

But when we operate under a “reality” of space,
our “reality” shows a separation between us.

Even though we're both Here in God, Now.

Thus, the only way for space to exist,

is for us to *believe* we are separate from God.

 Note: To believe something is to make it true only *in our own head*. Fortunately, in Reality, Truth has nothing to do with our beliefs; it simply is.



Creator of Us,
Creator of Communication,
communicates

NOW.

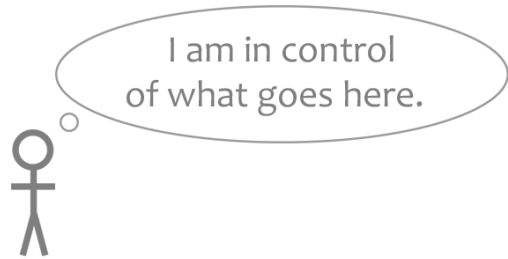
There is no time involved,
and no delay.

We are the medium.

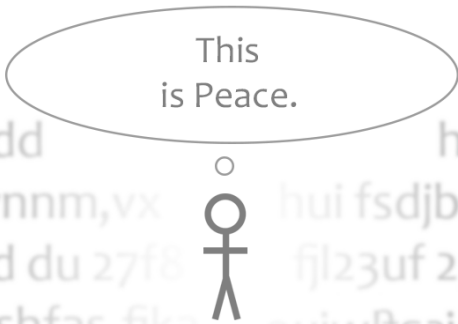
Communication using Mind
is instantaneous.

everything we
perceive
is a reflection

In Truth, we are in control of our Peace of Mind.



No external circumstance
can take away our decision to be at peace.



This is the gift of free will given by God:

to choose
Peace,
or
not peace.



We cannot judge *anything*.

Think about it.

In order to have “good judgment”,
we must know all relevant information beforehand.

But our quantum world demonstrates to us
that *all* information is relevant.

We are part of an intricately interwoven system
that is in constant communication with itself.

Thus, here is a list of prerequisite knowledge
for complete judgment on any event:

The Perfect Judgment Preliminary Info List

- Number of hairs on your head
- Your breakfast choice four years ago today
- Exact temperature at geographic North Pole of Pluto
- Momentum and position of each carbon atom on this page
- How to write “disco ball” in heiroglyphics
- Your great grandfather’s second favorite soap
- The quantum state of the interior Milky Way
and
- How each of these (and all other items) will be affected
as a direct result from the event.

So how did you do?

Did you write the answers to the list above?

No, because we do not know them. Nor *can* we know.

We do not know the number of hairs on our head.

And while it may seem silly and unrelated to anything,
this one acknowledgment illustrates that
we really do not know anything.

If we don’t know anything,

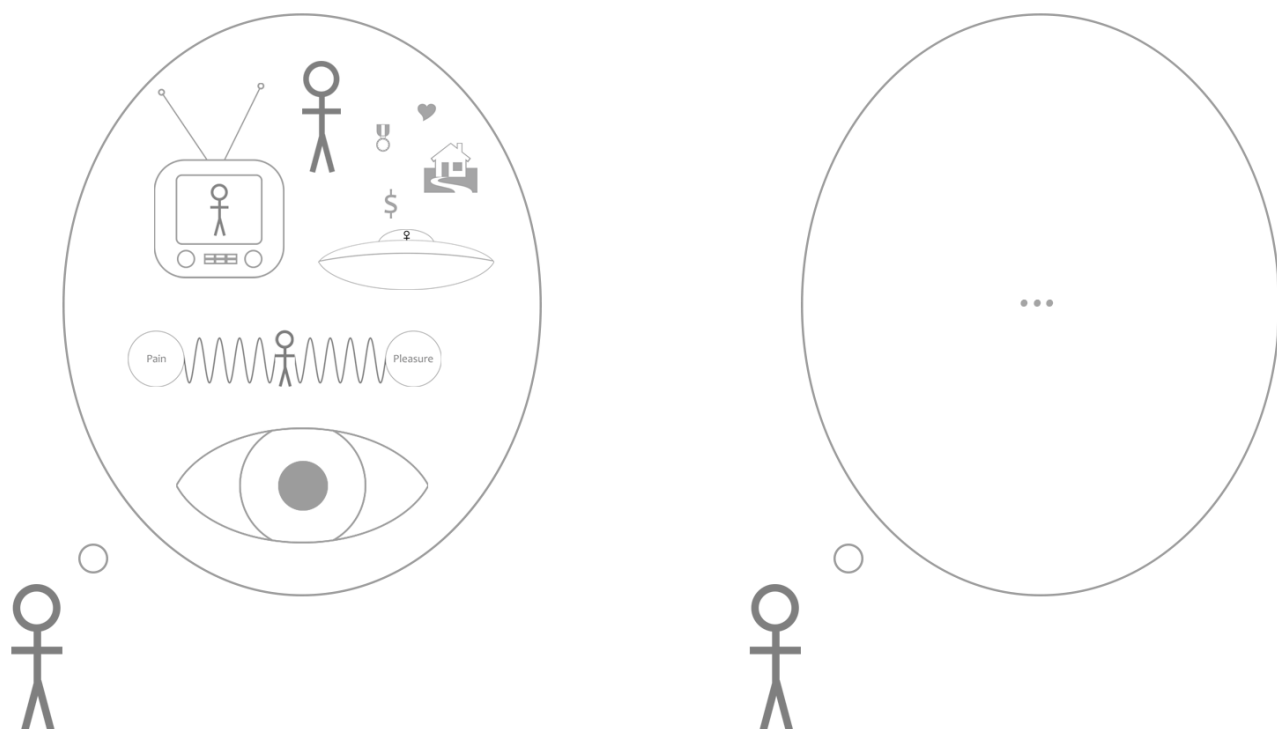
how do we expect to know good and bad?

Listening is the natural state
of quiet and nonjudgmental mind.

Quiet simply means we've decluttered
and removed all illusory blocks of reception.

Cluttered Mind

Quiet Mind



Nonjudgmental means we've set the intention
to listen.

... = "Truth, we are at your command.
Tell us your assessment of of Now Here.
Our body is Here for Your purpose.
We are the hands that write Your word,
and the mouth that sings Your song.
In order for us to live in Truth,
we simply let Truth live through us Now."

Seeing through our body is not some morbid submission;
it is a joyous realization that
who we are
is far greater
than anything that can be
seen,
heard,
felt,
tasted,
smelled,
or sensed.

Knowledge is certain.

Perception is not.

Knowledge of Truth does not vary.

Meanwhile, our perceptions change every second.

We can perceive illusion. We can hear things not there. Senses are never certain.

Knowledge is Eternal.

Perception is not.

Knowledge of Truth does not end.

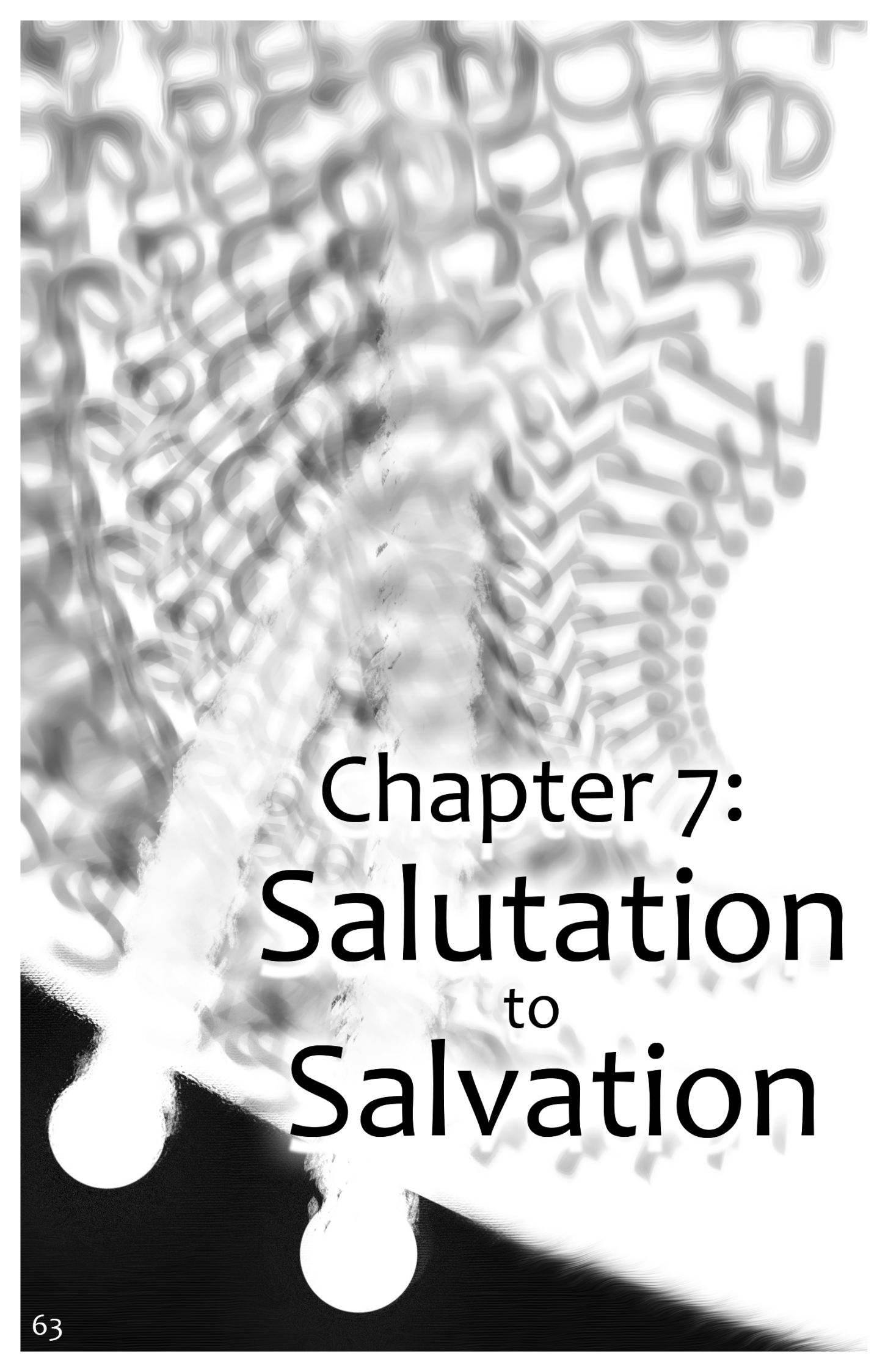
Meanwhile, our perceptions end when our body stops working. They even end when we sleep. We can lose sensory capacity along the way. Senses end.

Knowledge knows our Identity.

Perception knows not.

Knowledge of Identity is fixed without end.

Perception would have our identity change each moment. Looking upon continuous change, perception asks, “who am I?” and cannot answer.



Chapter 7: Salutation to Salvation

We are Eternal. That is our Identity.
Anything less than this...is illusion.

Our society is one of body-identification. We convince ourselves, all our children, and all our children’s children, that we *are* physical.

“Johnny is a boy with dark hair and a mole on his shoulder. Let’s just not consider his true, Eternal Self.”



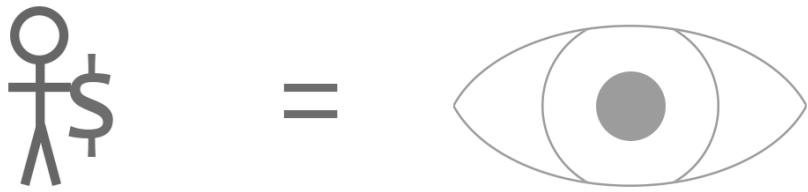
In fact, we sometimes champion those who are most bound by physical.

“Erin’s body is the most attractive illusion to look upon, according to my voluntarily limited opinion.”



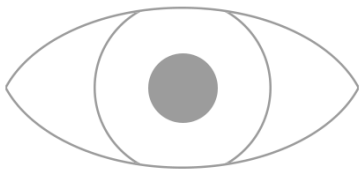
But there’s one deal-breaking problem...

Just like our friend who is constantly defending himself, our *physical world* is constantly defending itself.



It has physical laws, and mathematics.

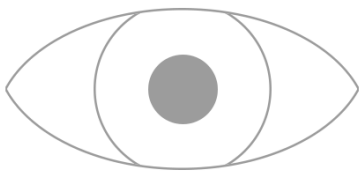
This body *must* be my identity.
Look, the law of gravity proves it.



$$F_{\text{g}} = G \frac{m_1 m_2}{r^2}$$

And the more fully we dig into any part of its laws, the more we realize we do not understand it at all.

So this tells me that an object’s length depends on how fast it is moving. Ok...



$$L = L_0 \sqrt{1 - \frac{v^2}{c^2}}$$

We actually have laws that tell us we cannot know the laws. What kind of “reality” is this?

Gödel's Incompleteness Theorems:

a complete and consistent set of axioms for all mathematics is impossible.

Heisenberg's Uncertainty Principle:

there is a fundamental limit to the precision with which certain pairs of physical properties of a particle can be known.

Math is incomplete.



Physics is limited.

Identity is that which identifies.

Our identity must be that which is most fundamentally true about our self. We know all our physical traits and substance will vanish in a cosmic blink of an eye. Why identify with them?



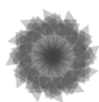
I am Firstname Lastname. Here is my photograph.
This will serve as my identity until the database holding my records is erased and my photograph fades, at which point my identity is forever forgotten.

Our true Identity is Mind.

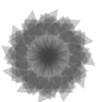
As mind, we *cannot* also be body.

The two are completely incompatible, and any attempt at identifying with both merely leaves us with a split mind.

We must deny that the body is our Self.



Denying body as Self is *not* a sacrifice.



sacrifice (*noun*):

the surrender¹ or destruction² of something prized³ or desirable⁴
for the sake of something considered as having a higher or more pressing claim

Our identification with body/history/circumstance
is the cause of all loss of inner peace.

It grants us the illusion of pleasure and happiness

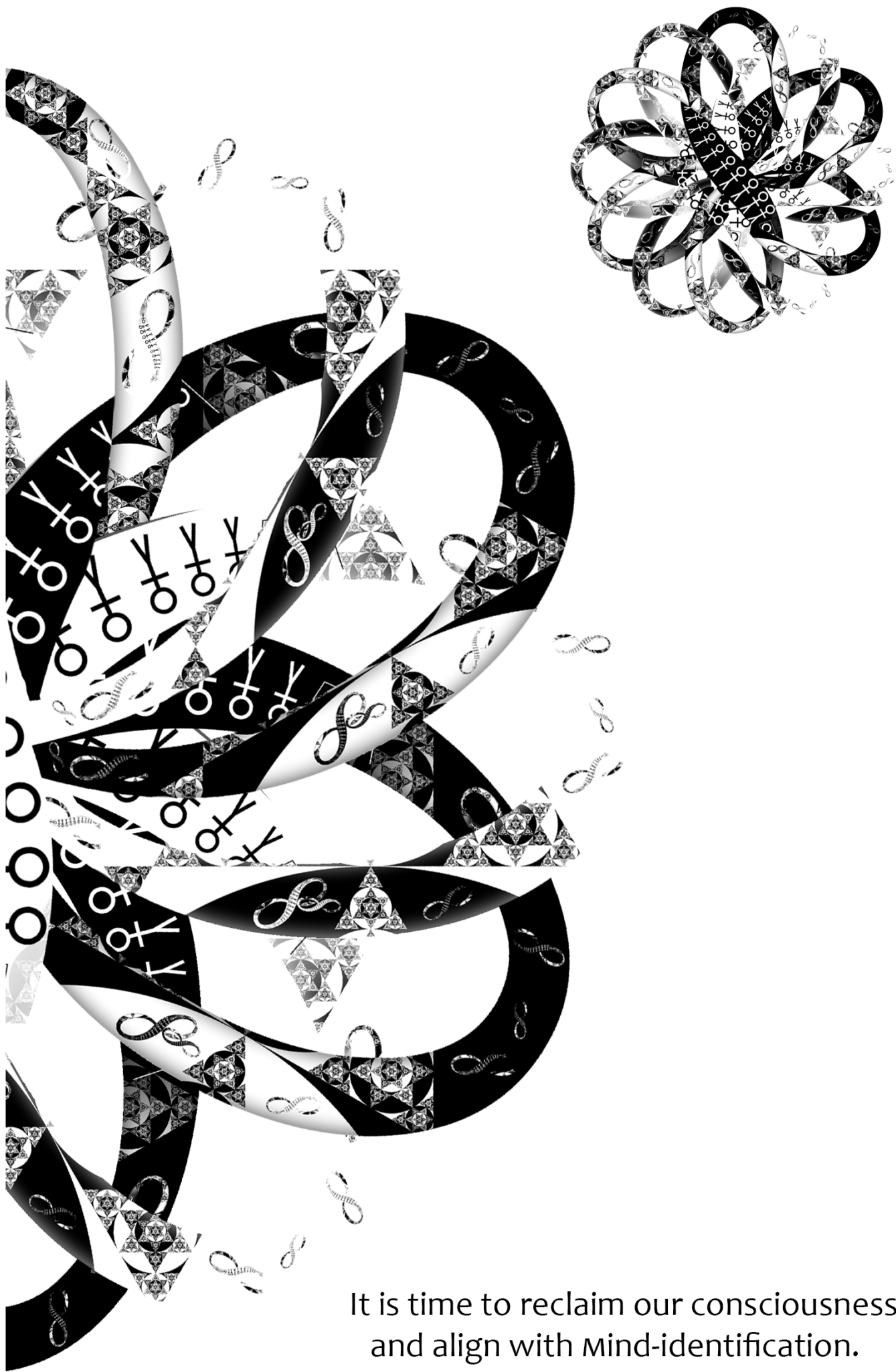
...only at the inevitable illusory price of pain and sadness.

⁴ That which creates pain and sadness is not desirable.

³ That which creates pain and sadness is not prized.

² We already know the body will be destroyed,

¹ and so we must surrender our misidentification with it.



It is time to reclaim our consciousness
and align with mind-identification.

What time is it?

Right now.

Exactly when it's always been.



You may think,

“I’ve been through so much time.
In fact, just today,
I was sent from (time) to (time).”



Ok. But what time are you in now?

Right now.

Exactly when you’ve always been.



“But in just a few moments,
it will be (time).”



Ok. But when am I now?

Right now.

Exactly when I’ve always been.

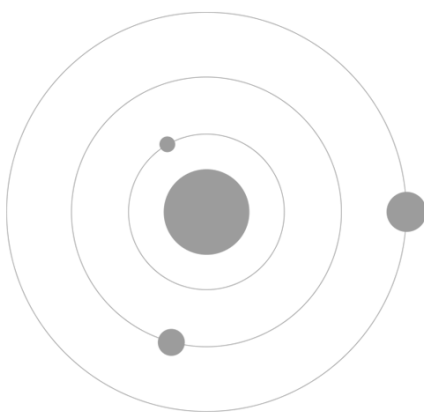


Yet, even in a world with no time,
space keeps us apart.

$\frac{1}{x^2}$ represents the theory that something's influence
could decrease in magnitude with distance

Space tries to convince us there is separation amongst
ourselves.

“...separation is but empty space, enclosing nothing,
doing nothing...” -A Course In Miracles, 28.III.5:2



Space is the agent of separation.

Space is the illusion we've made in our mind that
“proves” we can be separated.

Take away space, and nothing is separate.

Our Eternal Self
has no room for space.

It is not possible to deny the separation of physical.

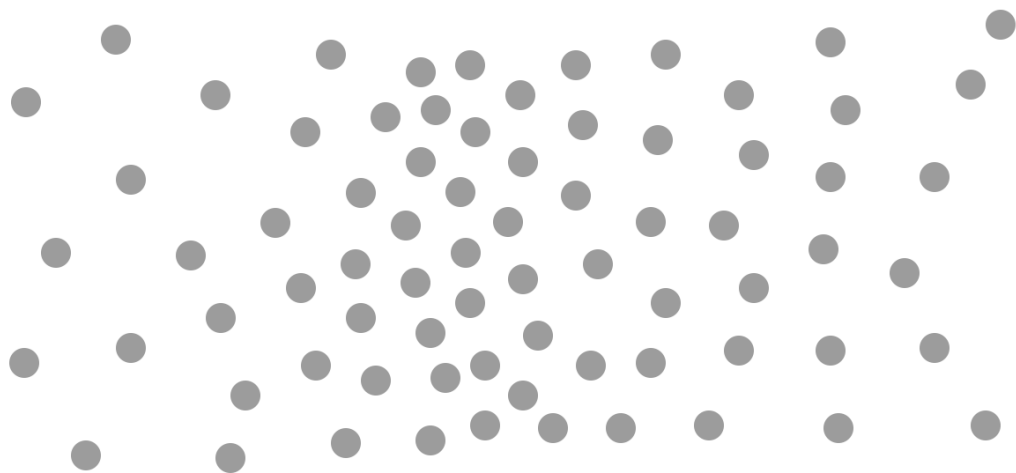
But *it is necessary to deny separation of mind.*

Mind knows no distance amongst itself.
Mind is unified in its one Self.

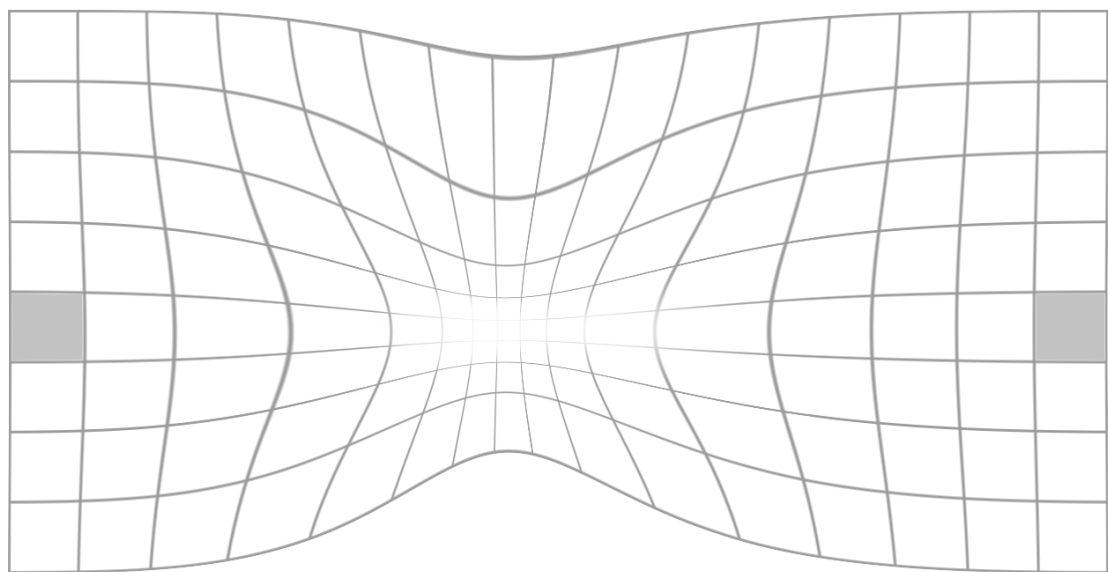
“I have found that no exertion of the legs can bring two
minds much nearer to one another.”-Henry David Thoreau

Communication through space takes time.

We take measurements of air vibrations and conclude:
“Aha! Communication using air molecules is limited to the speed of sound.”



We take measurements of light beams and conclude:
“Aha! Communication using light is limited to the speed of light.”

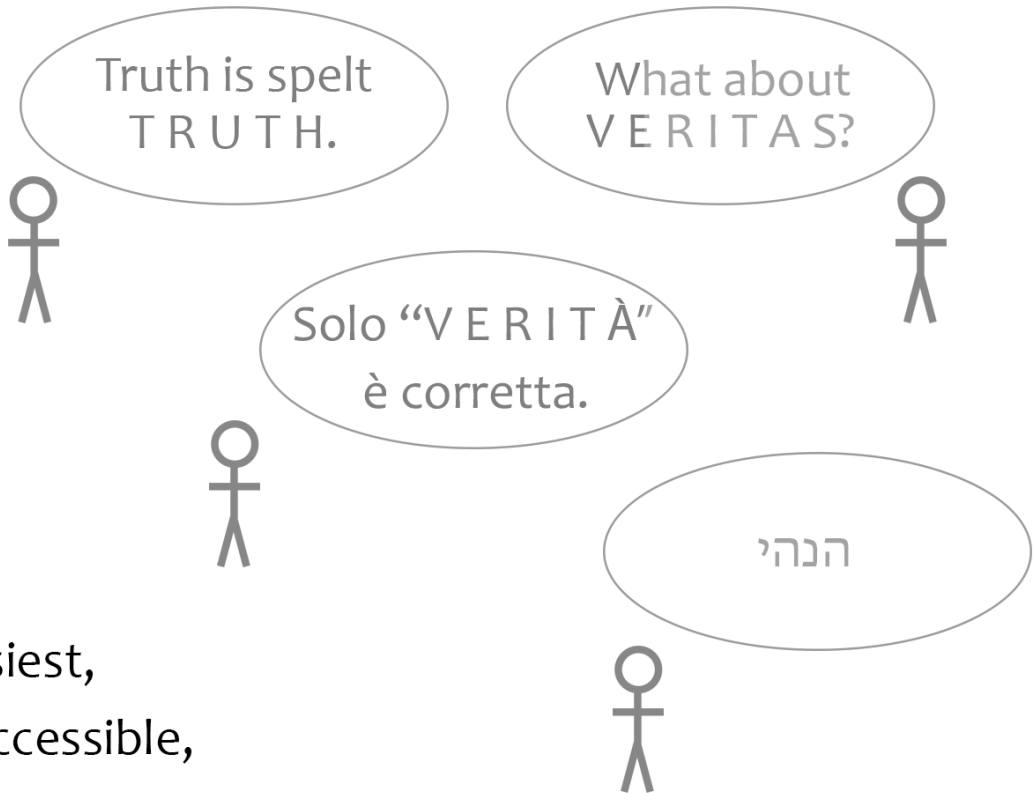


But what about communication with God?



You see, <sup>Source Krishna Divine
אלהים Jehovah Energy
יהוה Cause
אבא Abba
מייטען pureness
אדני Creator</sup> God communicates through Truth.

And in many cases, Truth is not reducible to word or symbol.



The easiest,
most accessible,
most direct,
and perfectly instantaneous method of communication
in Truth

is the way we feel about something.

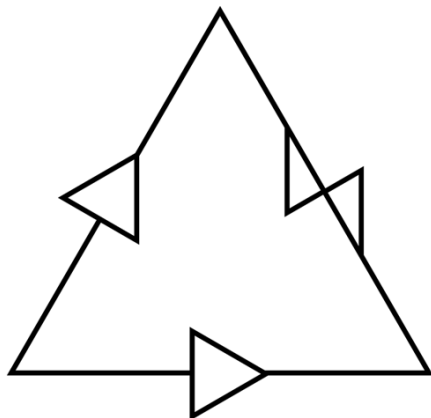
If a thought makes us feel badly,

Truth is telling us we're approaching it incorrectly
and have thus made a mistake.

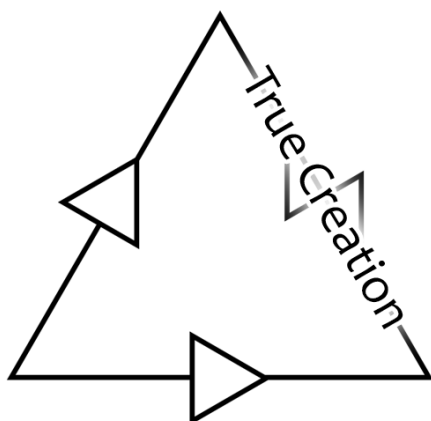
The outrage of thinking about, say, the injustice of
throwing tons of food in the trash while many starve,
is easily transformed into excitement when thinking about
our role in its *solution*.

*Seeing has nothing to do with physical perception.

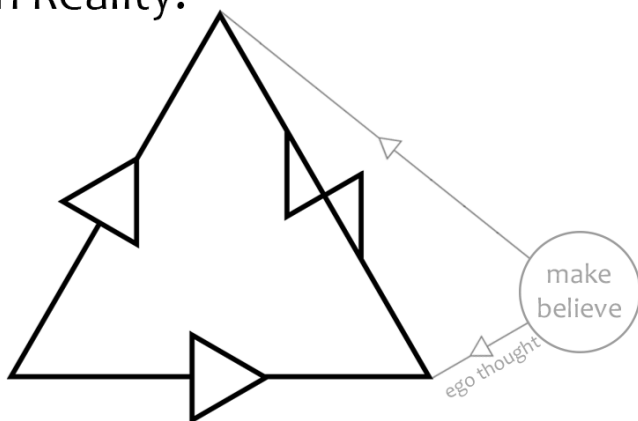
We all came from the same Source.



Like our Source, we are given power to Create like Source.



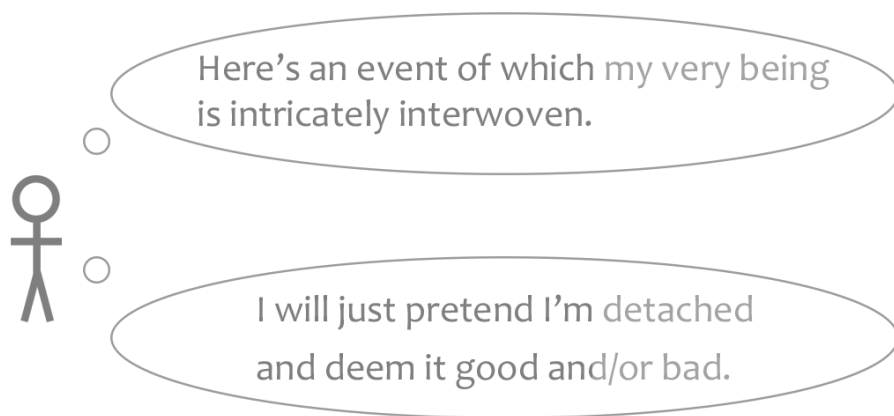
True Creation lies along the line of Truth.
It exists Eternally in Reality.



Any ego-oriented thoughts of separation
(body, history, external circumstance, judgment)
lie along a fictitious dream called “make believe”.
They do not exist in Reality.
They are not recognized by Source.
They are seen by Truth, but only so that Truth can show us
how to correct our mistake.
When we think with ego, we believe our worldly judgment
is capable of providing us the Eternal Joy for which we yearn.

Furthermore, judging the actions of Self or Other is merely our way of trying to insert space where none exists.

Judging action is a distantiation, where we remove our Self from the action by deeming it good or bad.



There is but one judgment we must make:
we are incapable of judgment.

And with this judgment,
our Self rejoices.

Think of all the stress to be avoided!

Stress is the *result* of making our own judgments.

When we rescind our ego's judgment,
we need not make any decisions.

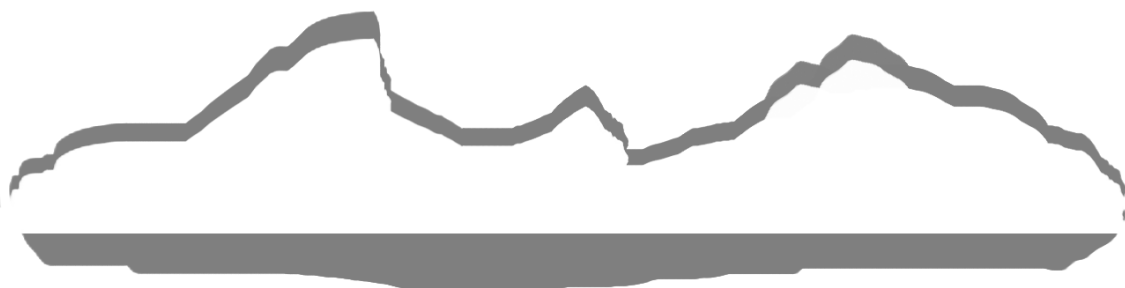
All the stress from assessing data and guessing result
is released into the void from which it came.

In order to place all decisions
in the hands of Truth,
all we must do

is listen.

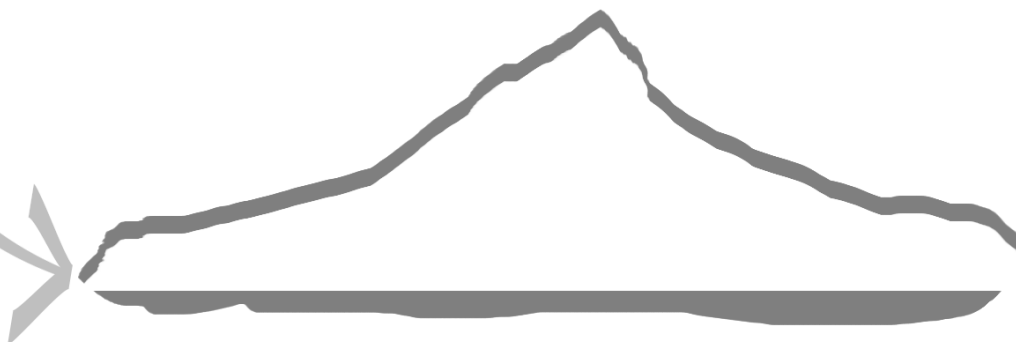
It is improper to say “Faith can move mountains.”

Faith moves mountains.



Faith does not say, “I can make these mountains move.”

Faith says, “Watch these mountains move.”



The word “can” implies a potential.

Potential implies nonexistence Here Now.

Faith sees through the illusion of time

to the end result

that exists already

Here Now

Eternally.

It is because we've placed our faith in illusion.

We all *know* our body will one day stop working.

We all *know* all our possessions will then be valueless.

We all *know* that, whether it takes centuries or millenia, our legacies will be forgotten.

The old-beaten path says,

“Well, let us be sure that our bodies last the longest amount of time! Then we can forget about the fact that they will one day stop working.”



“Well, let us accumulate the most valuable of possessions! Then we can forget about the fact that they will one day be valueless.”



“Well, let us place our footprint in every nook of the globe! Then we can forget about the fact that it will one day be forgotten.”



Unfortunately,

no amount of years will add to infinity

and

no amount of deeds will lead to Eternity.

It is in our best interest to recognize this

Now Here.

We don't need to wait for our body to stop working
to see through it.

Truth is.

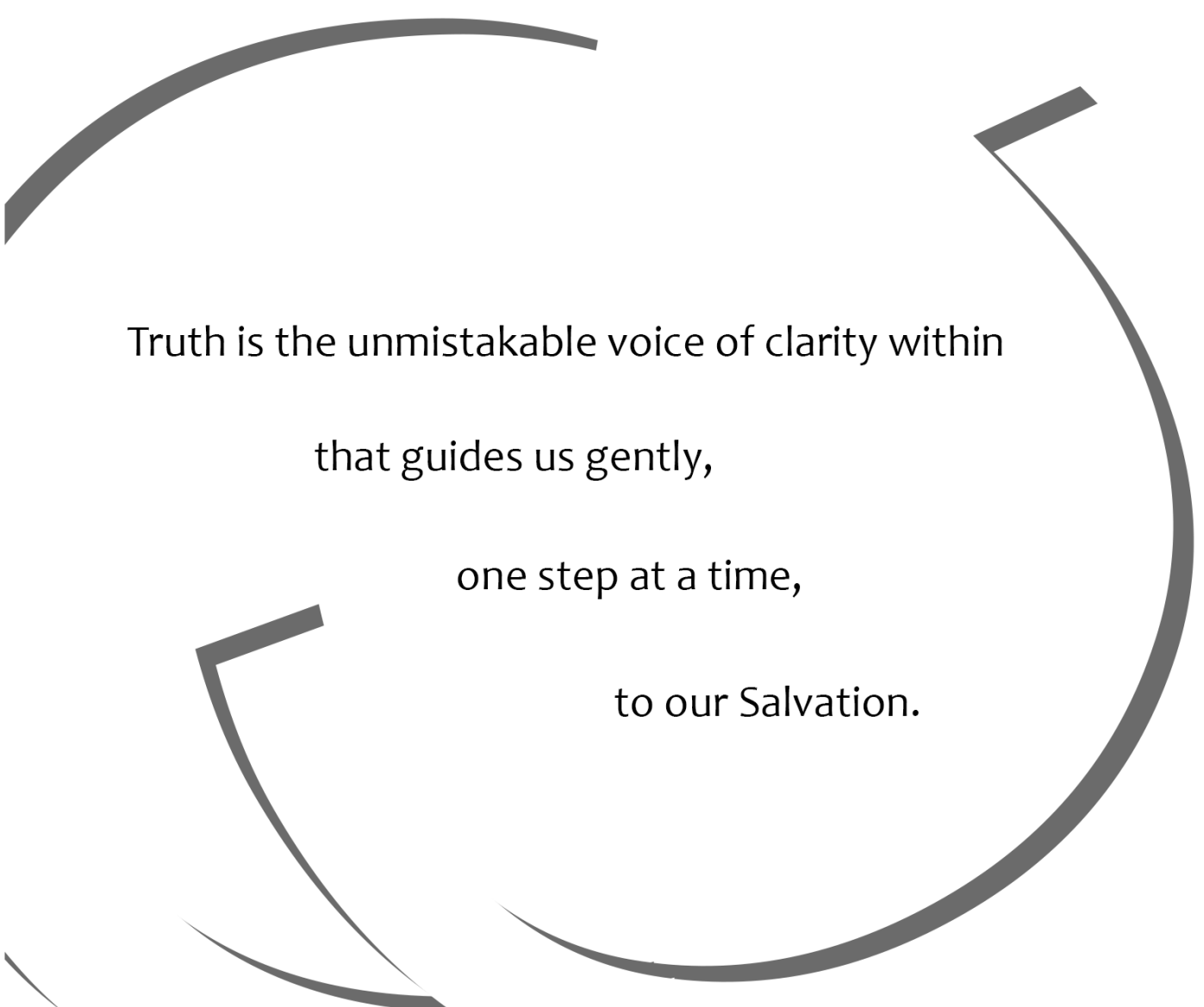
illusions are not.

Illusions distract us from Truth only if we allow them to.

To experience Truth fully is to see through illusions.

We need not recognize them, or actively deny them.

We simply must listen only to Truth.



Truth is the unmistakable voice of clarity within
that guides us gently,
one step at a time,
to our Salvation.

And so long as we still see Self as fragmented,
Salvation awaits.

Unification approaches Salvation.

When Self unites, Salvation draws near.
For Salvation,
the joining of Creation as One,
is a collective decision.

No one can reach Salvation
except through
all reaching Salvation.

We *are* all.

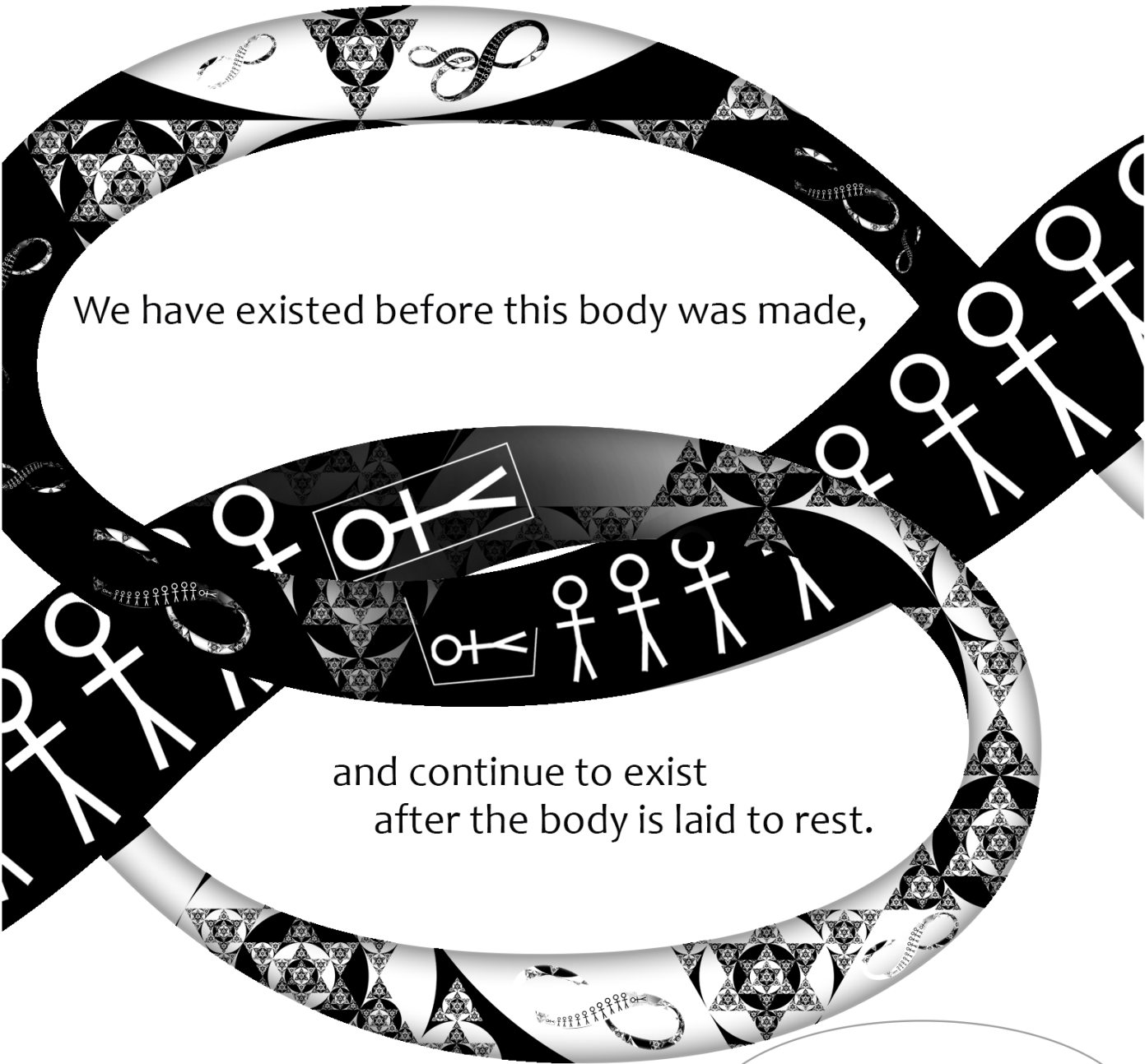
We will reach Salvation
when we realize that

We is Singular.

But who we are is eternal.



We are the mind controlling this body.



We know this innately,
but actually teach ourselves
that we ARE a body.

“I choose to identify with a body,
and disregard my infinite Self.”



Our identity is given us by

Source

Krishna *Ar-Rahim*

אלהים

Divine Jehovah

Energy

A circular word cloud where words are arranged in a ring. The words include: Ram Cause, Abba Bahá, Source אֱלֹהִים, Infinite Creator, Intelligent Being, Krishna Ar-Rahman, יהוה קדוש, Omkar, Jehovah, Energy, Provider, and others. Some words are in English, while others are in Hebrew or Arabic script.

[illegible]

Cause

יהרי

الله

Abba

၂၀၂၀-၂၀၂၁ ခုနှစ်

Creator

I am (name), a (gender) (family role) (occupation)
living in (place) (time) (circumstance)
with (\$) (deeds) (accolades) to prove my worth.



Man, why are you selling yourself so short?
You can't make that true just by repeating it often.
You are (I am) infinite, perfect, eternal Creation.

If our chosen identity is rooted in body, circumstance, or history, we choose to limit ourselves. And choosing limitation, we *feel* limited, inducing anger, resentment, depression, anxiety...you name it.

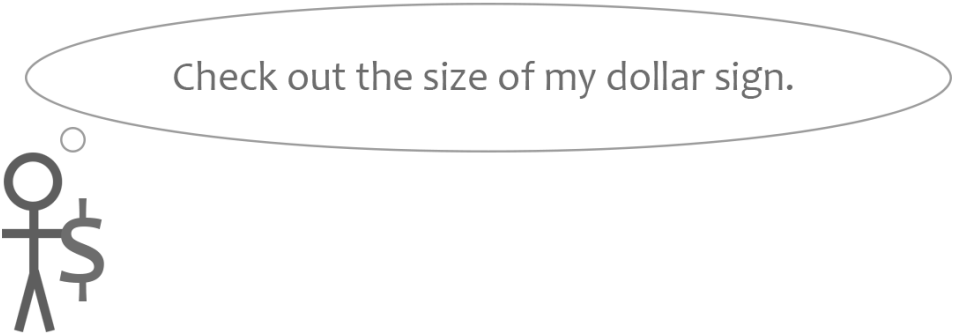
So why do I lack inner peace?



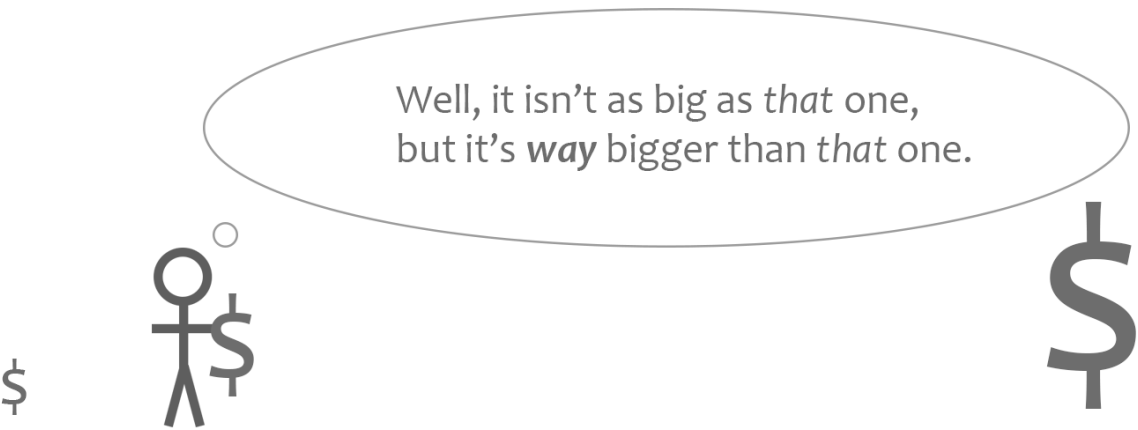
Dude, you (I) just told us why!

The material world has many defenses.

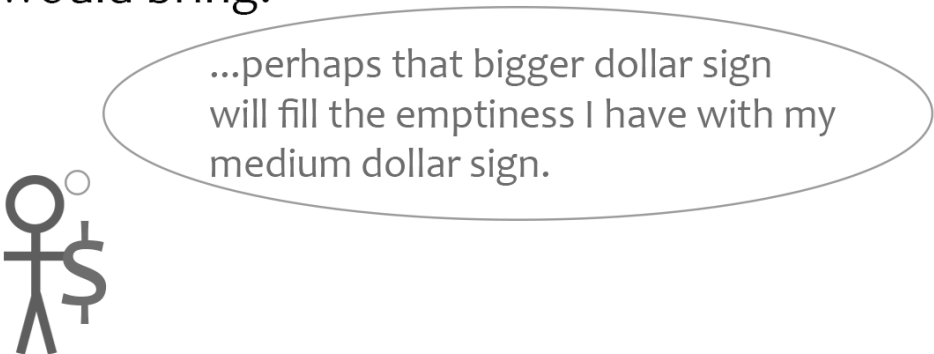
Have you ever had one of those friends who always bragged about the things he possessed? Isn't it fairly obvious that this friend never had these things at all? Say he bragged about how much money he has.



All that tells us is that he is self-conscious that he doesn't have enough money. So while he may have had access to these material things, he certainly did not have the contentment behind them.



Therefore, he didn't have the inner peace he thought those things would bring.



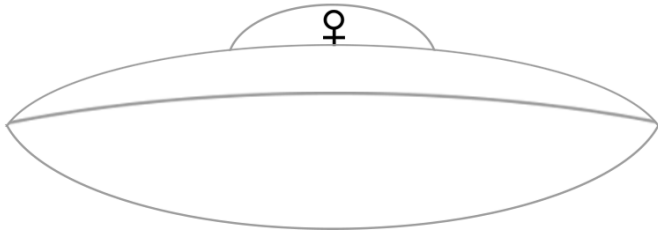
Everything we observe is in our mind.

We, Mind,

are the *controllers* of this body.

To say we *are* a body is a mistake.

I am a space ship.



No, you are (I am) *driving* a spaceship.



The brain is a fantastic machine
...controlled by Mind.

It collects all our sensory data,
and Mind interprets.

It then sends signals to body,
as an order from Mind.

Mind is what observes.

Mind is what thinks.

Mind without body is Spirit.

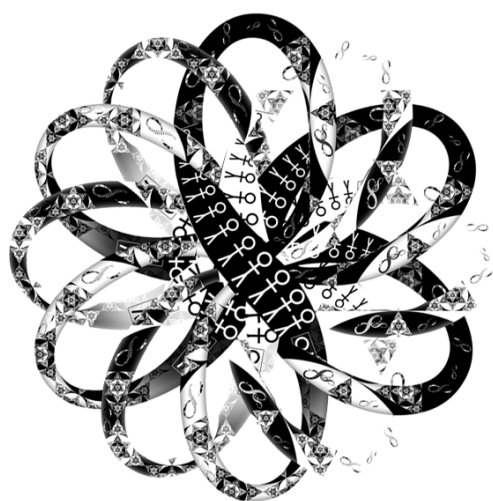
But body without Mind is dead.

And since we are not *of* this body,
but rather *control* this body,
we are not limited to its confinement.

Everything we observe is in our mind.

And since we *are* Mind,
everything we observe is within.

We know our mind continues beyond.
We know our mind controls the body.
Our body is simply a role we play,
not an identity which defines.



Where is your Self?

Right Here.

Exactly where it's always been.



You may think,



“I’ve been to so many places.
In fact, just today,
I was sent from (place) to (place).”

Ok. But where are you now?

Right Here.

Exactly where you’ve always been.



“But in just a few moments,
I will be walking to the (place).”

Ok. But where am I now?

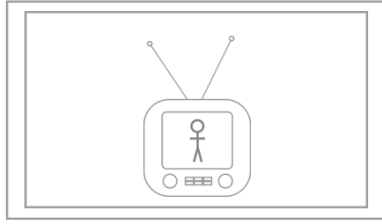
Right Here.

Exactly where I’ve always been.



Go ahead, try and *hold* something from the past.

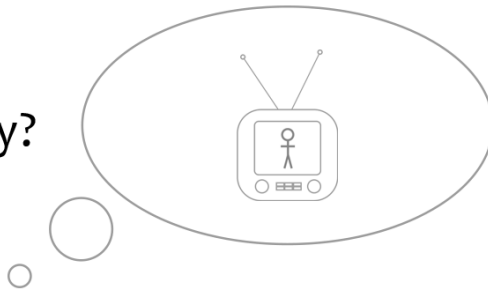
Photograph?



That's just an image of a past visual experienced right Now.



Perhaps a memory?



That's just a thought of a past perception experienced right Now.



Dwelling on the past distracts us from Here Now.

Worrying for the future distracts us from Here Now.

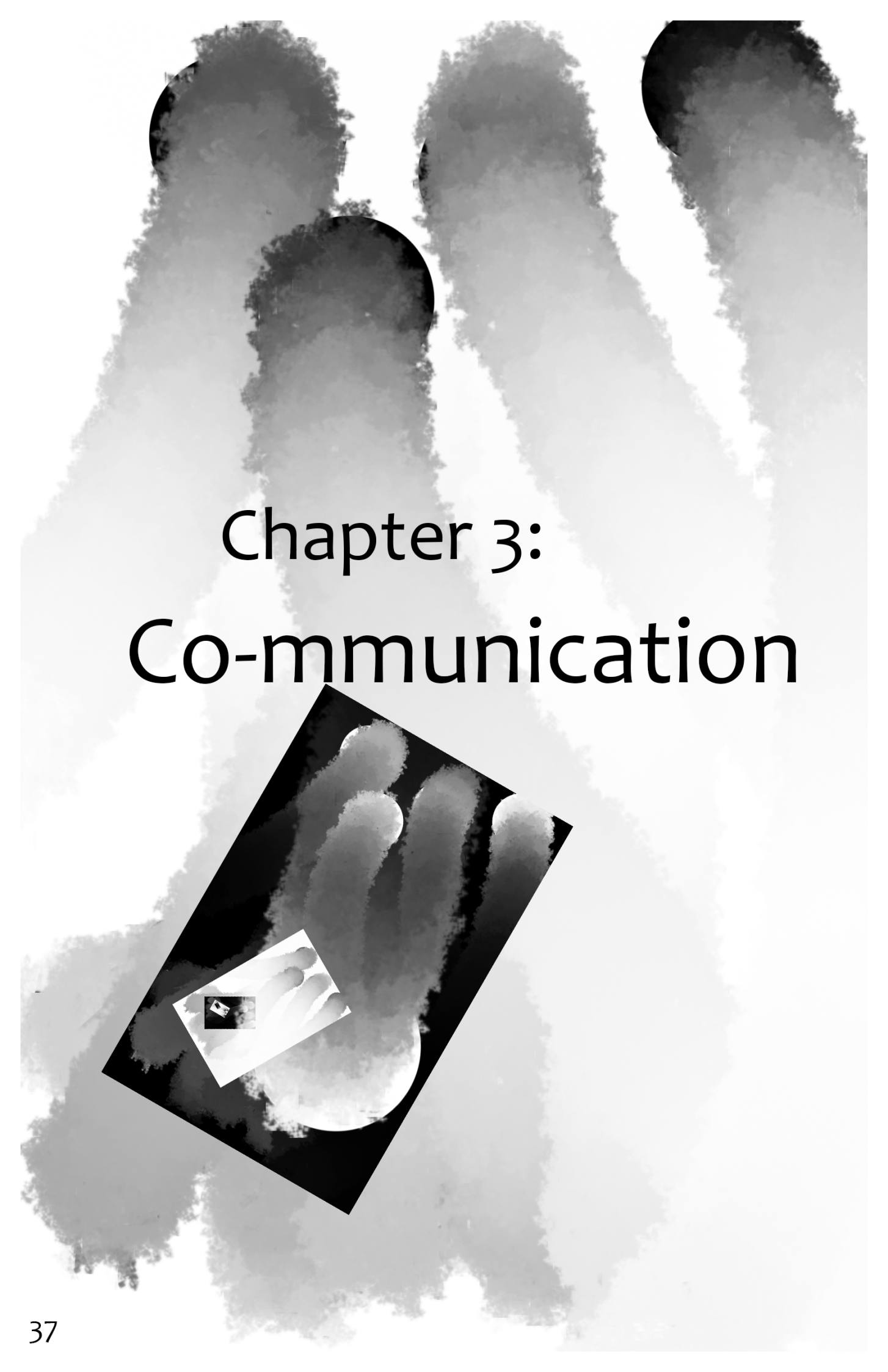
The past is not Here. Stay Here Now.

The future is not Here. Stay Here Now.

There is no choice; we are *always* Here Now.

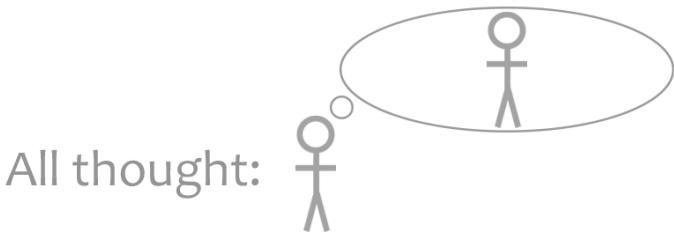
Once we embrace it,

we will have earned our Present.



Chapter 3: Co-m-munication

Every thought we have is a statement of how we see our Self.



Every thought we have about others is a statement of what we think of our Self.

“What about my friend who gambled away the money I lent her? Surely, she is irresponsible with finances.”

Translated: I believe I am irresponsible with finances.

“How about the guy who stole my laptop? Why’d he have to do me like that?”

Translated: I believe my peace of mind is determined by external events, and thus beyond my control.

And every thought we have about our Self is a statement of what we think of God.

“Look at that image in the mirror. How did I get so old?”

Translated: I believe God is mortal and bound by physical form.



Note: To believe something is to make it true only *in our own head*. Fortunately, in Reality, Truth has nothing to do with our beliefs; it simply is.

Have you ever wondered why negative thoughts feel so bad?

It’s because Truth is telling us,

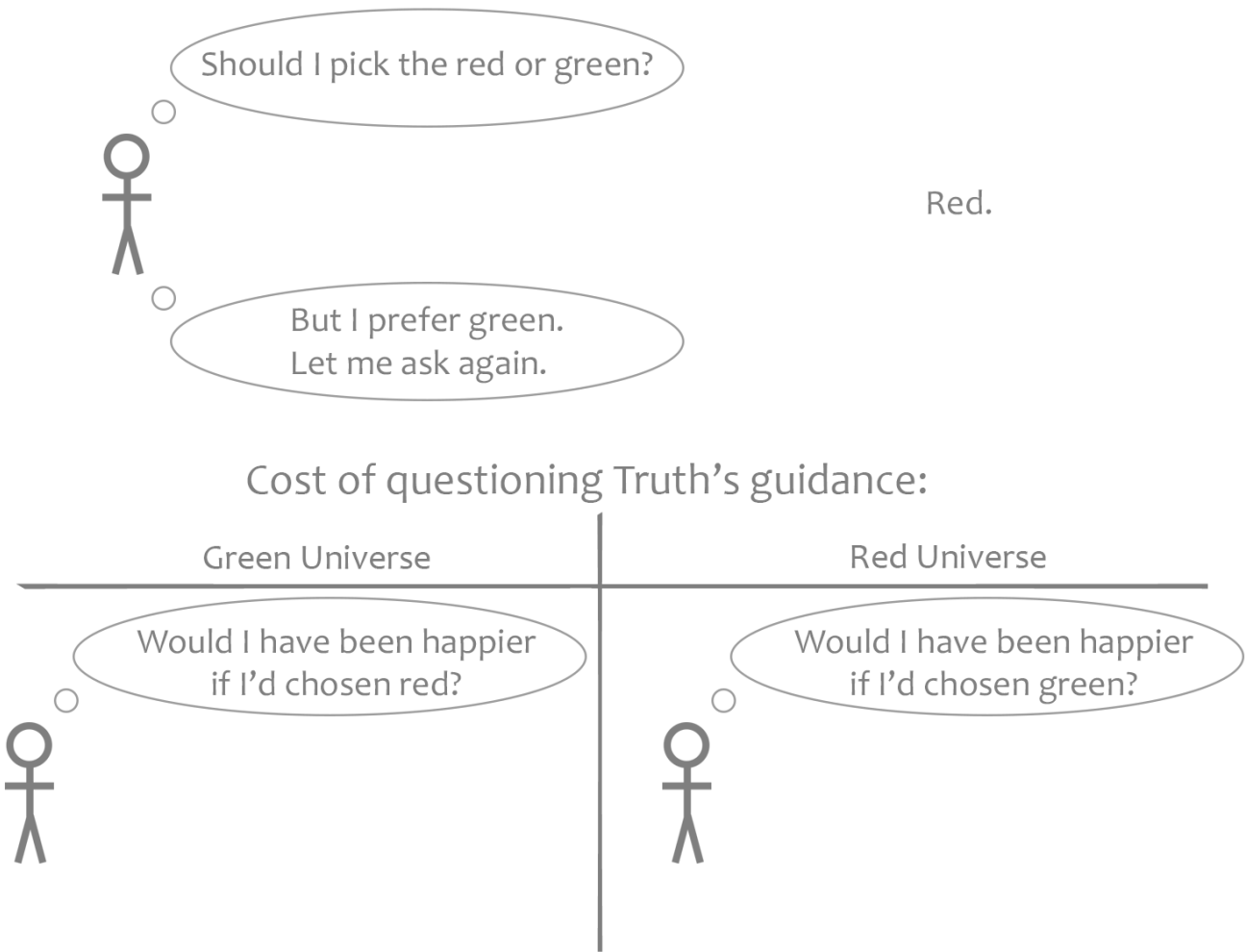
“Psst. That’s just a mistake. Try again.”

The background of the page is a complex, abstract composition. It features a series of vertical, irregular bars of varying heights and widths, some in a light gray and others in a slightly darker shade. Overlaid on these bars are numerous thin, dark gray lines that form a dense, chaotic web of scribbles and loops, resembling a technical drawing or a complex network diagram. The overall effect is one of visual complexity and depth.

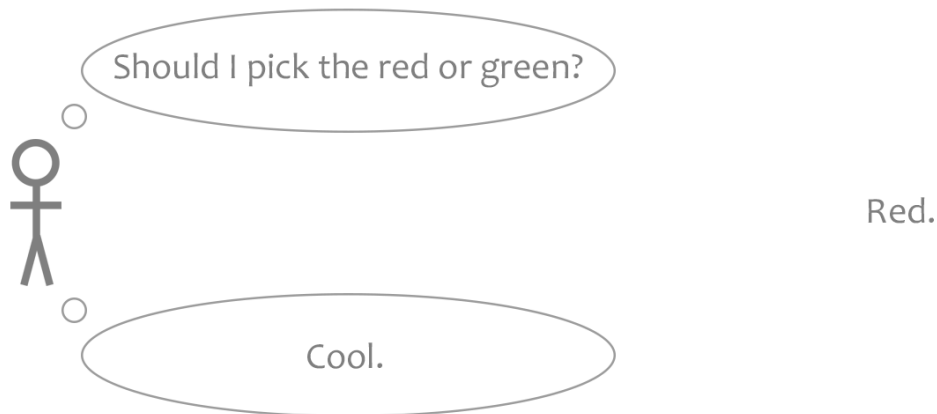
Chapter 4: Judgmental

Truth listens to *all* of our statements.
And Truth answers *all* our questions.
Are we listening?

Are we listening to what Truth is telling us
or are we simply requesting our own answer be right?



ALTERNATIVELY,



The background is a complex, abstract composition. The upper half features a series of sharp, overlapping V-shapes or chevrons that create a sense of depth and perspective, resembling a stylized architectural structure or a mountain range. The lower half shows a dark, textured silhouette of a city skyline, with various building shapes and a prominent bridge-like structure. The overall color palette is grayscale, with varying shades of gray and black, giving it a dramatic and modern feel.

Chapter 6: Faith

Where *should* we place our faith?

When we place our faith in the physical world,
we place our faith in something which **we know**
is limited and has an ending.

The faith placed in our body, history, circumstance, job,
name, fame, awards, works, possessions, and deeds
is the placing of faith into a *limited* idea,
a self-imposed prison.

Limited ideas are limiting.

To associate with any single name is to reject all other names.
To associate with any set of deeds is to reject all other deeds.
But who we are is the sum of all names, all deeds.

This is why

Divine
יהוה
Cause
Krishna
Akai Purakh
Hari
Ar-Rahim
Bahá
Nirankar
Gudán
Ik Onkar
Parvardigar
Energy
God
Jehovah
Creator
Huwa
Hu
Tangri
Abba
Ar-Rahman
Khuda
Ram
Adoni
Sazina

cannot be limited to a single name.

When we place faith in any of these physical-worldly things
and any of them changes (as they inevitably must)
we lose our peace of mind.

Why is this?

Faith is a refined concept of Truth given by God .

Oftentimes the sentiment is expressed as,

“Don’t listen to anybody who tells you that you can’t!”

More aligned with Truth is the simple statement:

“Only listen to Truth.”

Only listen to Truth.

When our bodies seem to disappear, and we remain Now Here, we understand that our body is not fundamental to who we are.

Our body will come and go, yet we remain Now Here.

To put our faith in body is to put faith in something we know will be removed.

To put our faith in physical object is to put faith in something we know will be valueless.

To put our faith in legacy is to put faith in something we know will be forgotten.

Yet,

to put our faith in Self
is to see Truth.

To put our faith in Truth
is to know Self.

Source Krishna Divine
אלהים Jehovah Energy
Cause
יהוה Abba
אבא
Source Energy Krishna
אלהים Jehovah Energy
Cause
יהוה Abba
אבא
Creator

God is Here Eternally.

Source Energy Krishna
אלהים Jehovah Energy
Cause
יהוה Abba
אבא
Creator

God is Reality.

To put faith in God
is to Be.

Source Energy Krishna
אלהים Jehovah Energy
Cause
יהוה Abba
אבא
Creator



The path to Salvation takes many forms,
but there is only ONE Salvation.



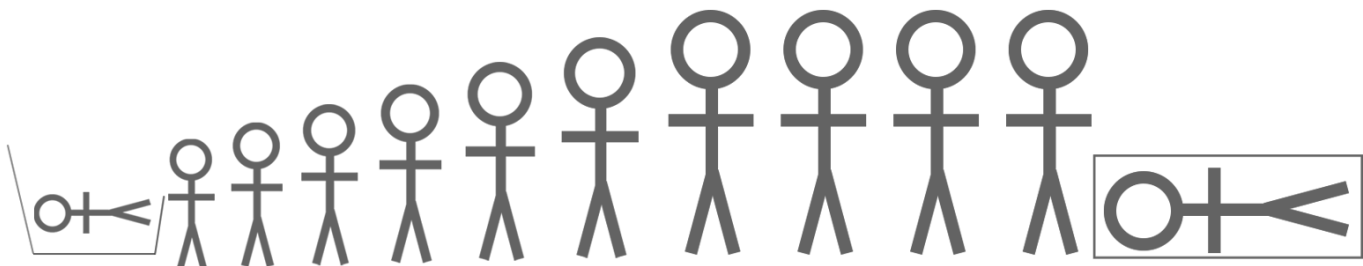
This is because there is only ONE Self.
Salvation seems not Here because we see need for separation.
Each time we root identity in body,
we look away from Salvation.
Yet, we don't go anywhere.
Because there is nowhere to go *but* Salvation.

Today we find much discord *externally*.

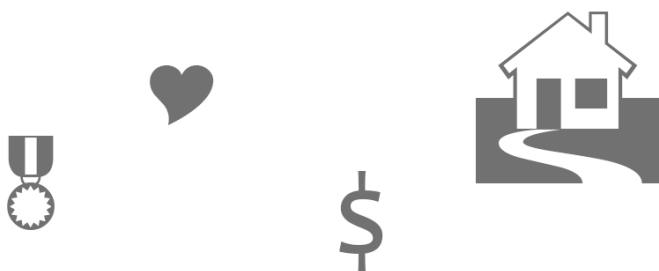
This is simply because we are identifying ourselves with
our body,



our personal history,



and our external circumstance.



These things are each bound by space and time,
with finite size and timeframe.

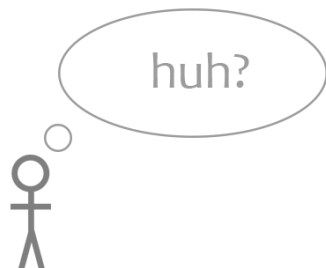


Fortunately,

it

isn't

true.

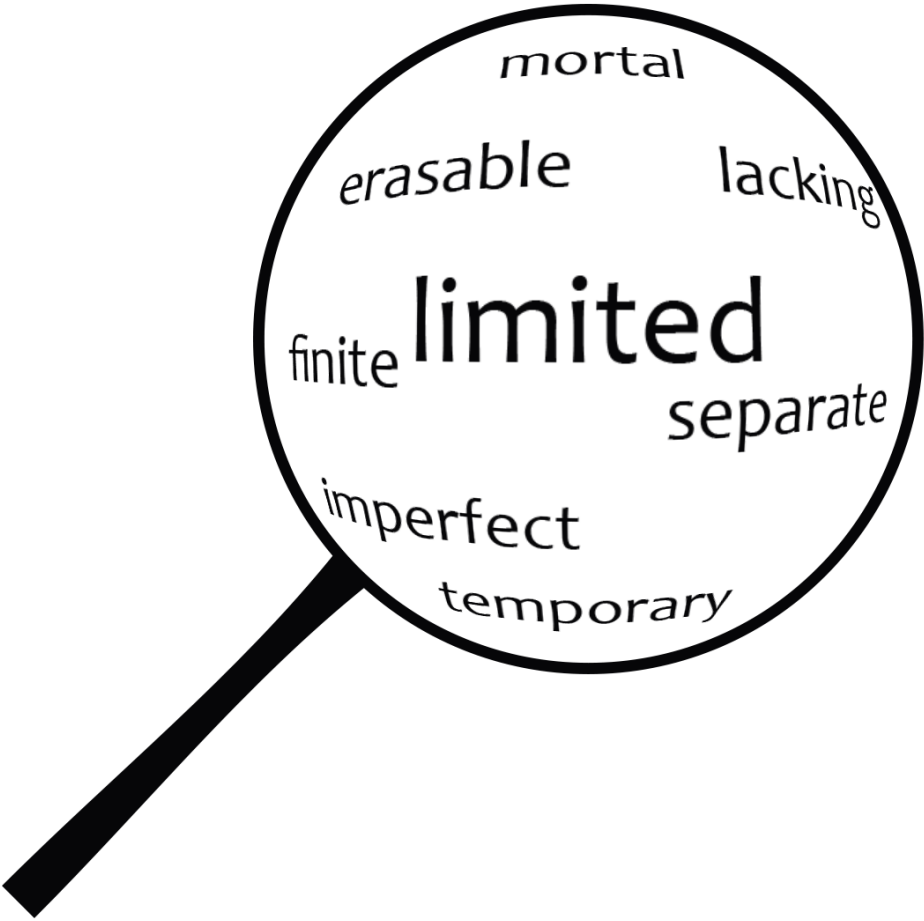


Your Essence
Self Being
Spirit Life Soul
Consciousness
Mind Reality
is
Changeless Unbound
Infinite Everlasting
Eternal
Immortal Perfect
Limitless Timeless

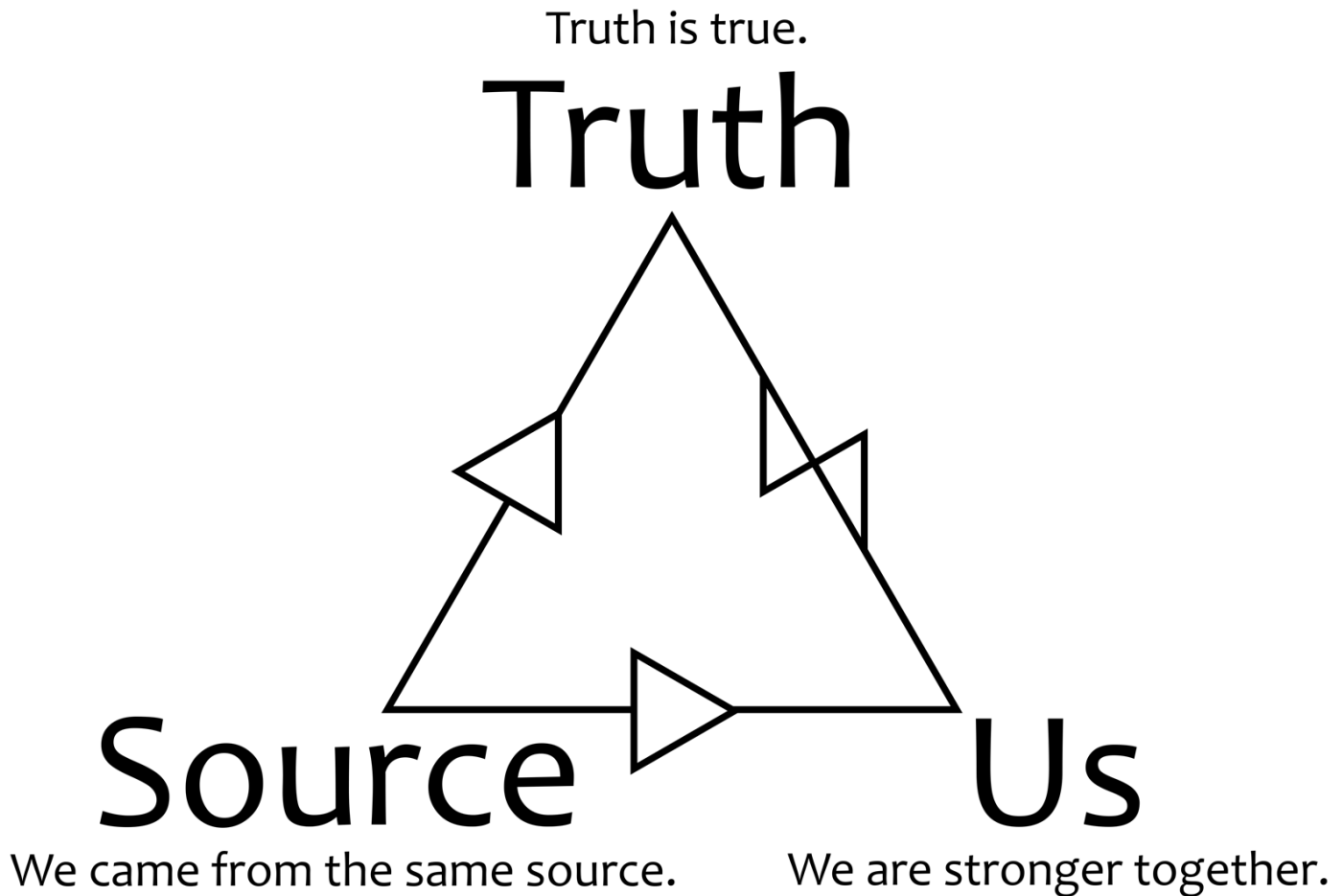
Your



is



The Triad of Truth

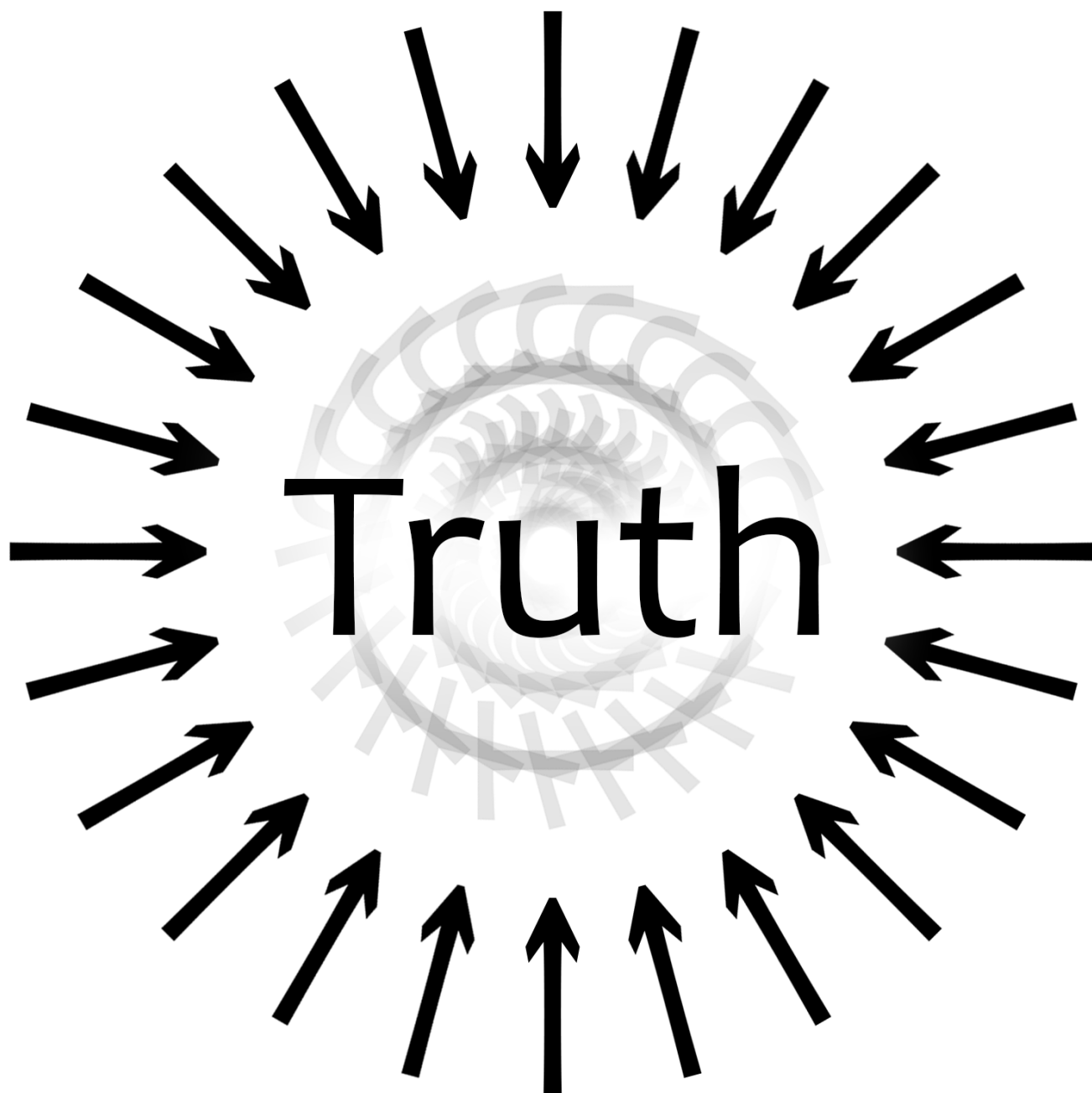


Truth is a creation of Source.

We are a creation of Source.

We communicate with Source through Truth.

Contrast this with pursuing Truth.

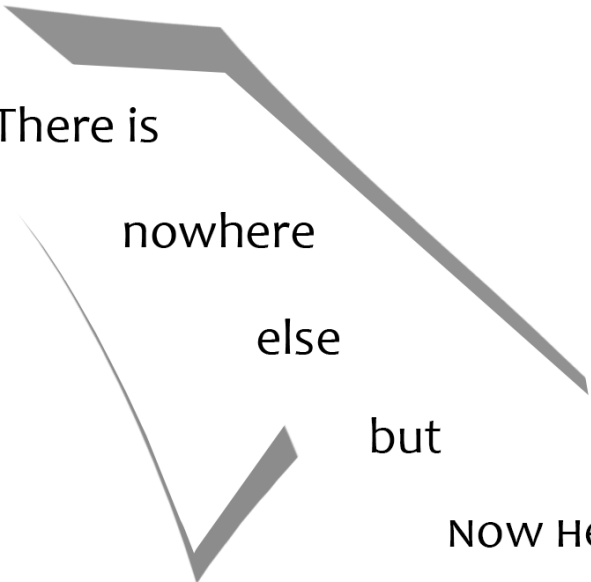


Truth is like gravity.
There *is* no repulsion in gravity.
We can actively stray from Truth,
but we will not get anywhere.

“For we can do nothing against the truth,
but for the truth.” 2 Corinthians 13:8

To fully appreciate and live our Identity, we must

be
Now Here.

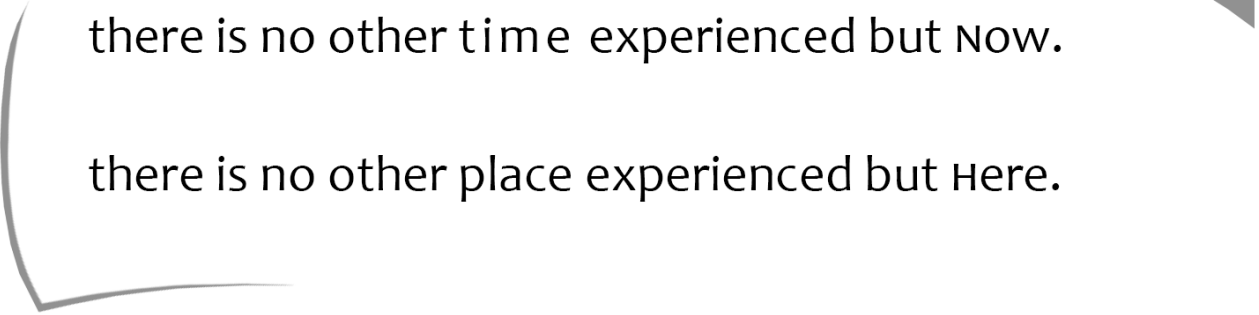


There is
nowhere
else
but
Now Here.

There is no other place to experience.
There is no other time to experience.


These are not metaphorical statements.

They are *literal statements*:




there is no other time experienced but now.

there is no other place experienced but here.

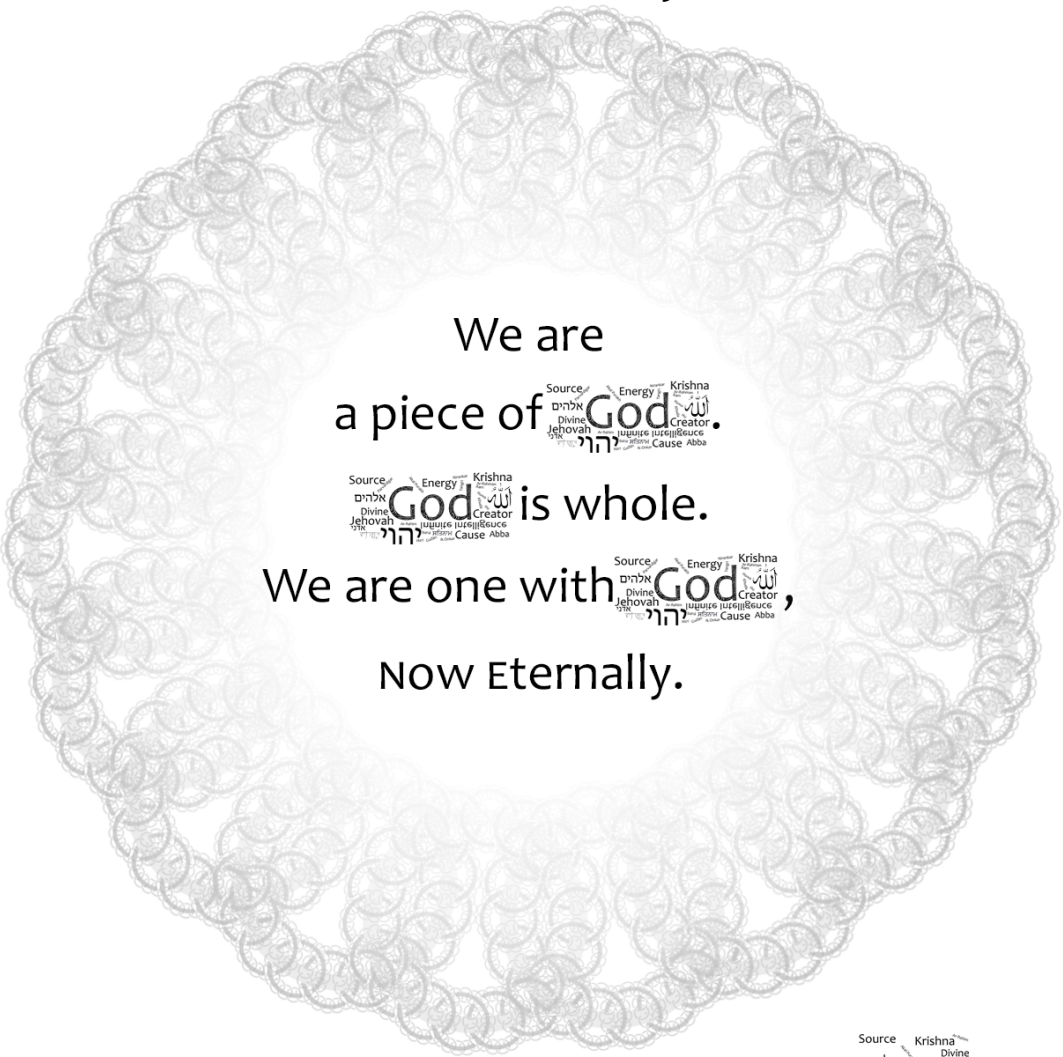
But...how could we be separate from  God...?


STOP!

This world is the result of asking that question.
It has no answer. It is not possible.


Trying to “think through” how it may be possible
will only lead to thoughts of separation from  God,
a concept which, although *absurd* in Reality,
is *tragic* in time.

There is no need to continue any further than this.




So how can we realize our oneness with  God?
Ah, Here is a nice question.
Perhaps we must brush up on our communication.



Whatever we say, think, experience, or feel
is directly communicated with  God instantaneously.

Every thought

is a statement of what we'd like to communicate with  God
Eternally Now.

In this light, there are no idle thoughts.

Each thought,

each moment,

is an endless opportunity

to communicate the
Truth of Who We Are

with  God .

And everything we
perceive

is a reflection of that.

is a reflection

of

what we are

Love
or
not love.
*Love is reality.
“not love” is illusion.*

Joy
or
not joy.
*Joy is reality.
“not joy” is illusion.*

Truth
or
illusion.

To choose “not peace” is but a mistake to be corrected.

To choose “not love” is but a mistake to be corrected.

To choose “not joy” is but a mistake to be corrected.

Fortunately, none of these mistakes hold in Reality.

Reality is beyond mistake. And any mistake we think we make, is but a mistake.

Reality sees through mistake.

Reality sees through “not peace” to Peace.

Reality sees through “not love” to Love.

Reality sees through “not joy” to Joy.

Reality sees Truth,
Now Eternally.

We are trained to use “good judgment”,
but in Reality,
we are unable to use *any* judgment.

But be at ease,
and forget not;
we are given a dearly beloved friend:
Truth.

Truth knows the answer to all the items on our list.
Truth knows the outcome to all interactions with the list.
And Truth is always in direct contact with us.
We, Creation, cannot judge.
But Truth offers us its service, Eternally Now.

We must relinquish judgement
and allow Truth to judge for us.

Fear not the relinquishment of judgment,
for fear is relinquished *with* judgment.

When we relinquish our capacity to judge,
we are making a statement to Truth.

We are saying:

	Dear Truth,
	We don't know what anything means. We've
	pretended that we do for a while now, but we're
	still here. We've judged good events as bad, and
	bad as good. We no longer know the difference,
	nor can we. You know all that is needed for us to
	act in our own best interest. Therefore, we give
	you our little willingness to listen to your
	judgment.
	Thank you, Creation

How do we know if we're listening?

Here's your checklist.

Am I Listening? Checklist:

- ☐ Am I fully Now Here?
- ☐ Am I fully joyful Now Here?
- ☐ Am I fully appreciative of Now Here?
- ☐ Am I fully content with Now Here?
- ☐ Am I fully free of all desire Now Here?
- ☐ Am I fully free of all judgment Now Here?
- ☐ Am I fully free Now Here?
- ☐ Do I love my Self fully?
- ☐ Do I love all others fully?
- ☐ Do I forgive my Self fully?
- ☐ Do I forgive all others fully?
- ☐ Am I fully at peace?

Have you checked off all the boxes?

Yes

Great! Keep it up. The world thanks you for your service.

No

You are a perfect Creation. Declutter and *audibly* (mentally or vocally) set the intention to listen.

Can this be “proven”?

No.

But it *can* be reasoned internally.

And it is, ultimately, the greatest place to place our faith.

We each place our faith somewhere.

Some place faith in perception through senses.

Some place faith in science.

Some place faith in material substance.

Can it be “proven” that what we perceive is the true nature of our reality?

No.

Can it be “proven” that the physical laws which hold all our scientific understanding won’t one day collapse?

No.

Can it be “proven” that our material world won’t one day vanish?

No.

Each of these ideas requires faith to operate.

Which begs the question...

Truth cannot be perceived.

but it is known.

↑
Faith.

Imagine yourself to be in a quiet room.

The temperature is perfectly comfortable.

You sit or lay in your favorite way,
on the support of your choice.

The lights are dimmed,
and the room is brought to complete darkness.

At this moment,
there is nothing to sense:

there is nothing for your eyes to see,
nothing for your ears to hear,
nothing for your nose to smell,
nothing for your skin to touch,
& nothing for your tongue to taste.

Our body has seemed to disappear.
And yet, our Self is Here.

Meditation accomplishes connection with Self
precisely because the background noise is removed.

This “noise” (perception) is simply a way to communicate
with other bodies.

It is not an identity to limit.

When, one day, our body stops working,
it may seem to disappear.

And yet,
as we’ve always known,
our Self is still Here.

Perfection
Enlightenment
Nirvana
Salvation
Self-Realization

is the

Completion Path
Actualization
Attainment
Goal

of Self.

Do you wish for external peace?

By answering “Yes”
you’ve implied external peace is not Here Now.

But you’ve also given the willingness to make it so.

So, what will it take for external peace to be Here Now?

What is Here Now?

*Now is the closest approximation to eternity
that this world offers. -A Course In Miracles*

*Here is the closest approximation to infinity
that this world offers. -extension from above*

Here Now peers into the realm of the Infinite & Eternal.

Our Identity,
 who we are,
 exists Here Now.

And who we are is Infinite & Eternal.

Here Now.

Here Now is not bound by physical.

We are not bound by physical.

Our body is simply a role we play,
 not an identity to identify.

And as we release its hold upon us,
the clouds of ego begin to slip away,
making way for eternal peace
to take its rightful place:

Here Now,
Eternally.

