



Gathering In Pacific Palisades, CA –1990

By: Raj Christ Jesus -

OPENING: Good morning. As we begin this weekend, I do not want any of you to become too serious. I do not want any of you to approach the weekend and whatever you imagine might happen, with a sense that you must be studious. That you must be absent of humor, absent of joy. Because, after all, if anything meaningful is going to happen here this weekend, it must, of necessity, be happifying.

Now, I want you to imagine three people coming to the city of Los Angeles for the first time. One is a landscape architect. And one is a young single man. And we're going to say, that one is Paul.

And the young man who is single, will drive through the city and he will notice all the pretty girls, especially if he desires not to be alone. He will notice all the girls and his attention will be caught by the pretty ones. And he will be relatively free of any sense of over crowdedness of the streets. His attention will appreciate the fact, that there is an abundance of pretty young things, if you will.

Now, the young landscape architect, is a young man, who is very much enthralled with his work. It is new to him. And his greater desire in coming to this city for the first time, is not only to notice how other landscape architects have planted and what kinds of plants they have used, but also an awareness of the buildings. How mirrored surfaces have been used to amplify the sense of space, when actually the buildings confine the space. His attention will be attracted to architecture and landscaping, that relates to how people are able to function comfortably, in a setting, where there is intense congregation of human beings. And where claustrophobia and tightness, et cetera, can be distracting to their wanting to be in a city.

And then you have Paul, who has come from an environment which is very quiet, very unbusy and gentle, where there is only the stimulation of, shall I say, exceptional beauty. And he sees hustle and bustle, what to him looks like frenetic, chaotic activity. And a tremendous abundance of goods and great input, that promotes the buying of goods, et cetera. And, in fact, when he emerged from his hotel room this morning and looked out at the freeway, he felt intensity and tension and a sense of rushing, that he took negatively. I happen to be with him at the moment and triggered in his awareness, the fact that, many of these people

were expressing an act of joy in getting away for the weekend. And immediately his perception of what he was seeing, changed.

Now, the reason I am bringing this out, is that every single one of you approaches your day and, indeed, is approaching this weekend with certain preconceptions, certain mindsets, that cause you to engage in, what I will call selective seeing. And I encourage you to let go of that. To allow yourself to be, what I will call, full open consciousness. Let go of your preconceptions, because they cause you to single out, from all that is going on, only those things which either match your expectations or fit your sense of what is right. And to the degree that you are indulging in selective seeing, you are denying everything else that you have not selected. This is particularly important, because in the process of waking up, in the process of becoming fully illumined, this selective seeing, must be released or you will not be able to experience the unity of All That Is, of everything that you are experiencing.

And literally, to the degree that you are denying some of what you are seeing; because as with Paul, it is being conceptualized negatively, you are in fact, denying God. You are denying the infinite manifestation of the First Cause or Life Principle. Now, this is more important than you might think, because you each are the direct expression of this First Principle. You might say, that you are this First Cause, this Life Principle in action, embodied. And, therefore, if you are in a state of denying some aspect of what you are experiencing and you are, therefore, denying some aspect of what God is Being, you are also denying some aspect of yourself. And you are denying yourself the joy, that it is your birthright to be experiencing, when you do open your eyes up and look and see your world.

Paul walked back into his motel room, with not a sense of noise and intensity and unpleasant activity, but rather with a sense, that all of this energy that he had been thus defining, was an energy, for the most part, of joy that was being expressed and anticipation on the part of those who were driving on the freeway. And so, he felt better about being where he was.

To the degree that you are not enjoying being where you are, you are engaged in selective seeing. And as we move through this weekend, it will be my intent, to help diminish that selective seeing. So, that more of the infinitude of your Essential Being, can be embraced in its Reality, rather than being biased by your preconceptions or your selections, of what you are going to validate and notice. I look forward to this time with all of you.

ANSWER: We forget to be happy. And when we squelch the joy that is in us and we become deadly serious about living, we squelch our capacity to be grateful. We squelch our capacity to be unconditional with ourselves and we depress ourselves. Go ahead.

QUESTION: I experience a lot of joy, and what feels like, almost, freedom. And then they're times like now, when I have a painful headache. And I don't feel what is my natural feeling of joy.

ANSWER: No, there are times when you let go of the joy, and have a headache. You do not have the headache and lose your joy. Continue.

QUESTION: One thing I've learned is, that I don't want to focus on the headache. What I want to focus on is, whatever is an impediment or a concept, that I am holding on to, that would free me to do what you just said, to not let go of the joy. And so I'd like some help with that. A lot of help. Any help.

And also, what's been in my mind, is my desire to live without pain and without fear. And if that is in some way an impediment and ties me to the pain and the fear. But right now my desire, I would say, is to be in joy without any sense of drag or heaviness.

ANSWER: Then you must let go of all sense of obligation, to fulfill someone else's expectation of you. And you must also be willing to let go of feeling, that if you are not fulfilling someone else's expectation of you, that you are, indeed, guilty of something.

Now, in order for any of you to experience pain or fear, you must somewhere along the line have become convinced, that you are a person. I mean by that, a finite limited ego. If you will observe, you will find that, whenever you are feeling guilty, you have been confronted by someone, who has attempted to promote the concept, that you are not the very presence of God embodied. But, indeed, you are this puny little mortal, this puny little organism, called a human being, that is absolutely and even inevitably capable of making mistakes, that are judgeable.

Now, in the process of waking up, there is a shift that occurs. It is a shift from identification with the body, to identification as Mind. As that conscious awareness, in which the experience of all form is occurring. That is a shift from identifying with, what I will call, the specific identification of you, to the universal presence of You. Whenever any of you are feeling guilty, it is because, either your own inner conditioning or the words of others, have caused you to bring your focus of attention back to this apparently finite, puny little form, called your body, and the ego that supposedly inhabits it. And in your tinniness that you are experiencing, you cannot help but feel vulnerable and, therefore, fearful.

Now, very often mothers are able to convince their offspring, that they are little, that they know not enough, and that their behavior ought to conform to the mothers concept of what is right. But if the mother is not identifying herself with

conscious awareness, but with her own tiny sense of self as body, then her concepts do not embrace your fulfillment, or hers.

Fathers do this too, but it is your mother who bugs you, that manages to trip the switch, that brings into play, your sense of tiny ineffective presence. Now, your freedom lies in your absolute disregard for her point of view, and your willingness to embrace yourself as the offspring of the Father/Mother God, the Life Principle, the Infinite Intelligence, that is absolutely flawless and, therefore, You are absolutely flawless.

Because, you cannot stop being what the Father is expressing and embodying, you cannot possibly be guilty. Again, the only way any of you can become convinced of being guilty of anything, is if you can become convinced that you are the body, that you appear to be. That you are nothing more than an organism, which has evolved and developed a capacity to think. And that the thinking is, therefore, the ultimate expression of limitation. In other words, of physical form, rather than the ultimate expression of an infinite Divine presence, called the Life Principle, the First Cause, Father/Mother God.

You need to switch parents, here. Because, you are the embodiment of what God is Being, you are not the embodiment of what your, so called, earth mother or father, even though they would both love for you to be the embodiment of them and all of their values. But you are not here to embody their beliefs. You are not even here to embody their understandings. You are here to be the unfettered, unconditional expression of God. And in that unfettered, unconditional expression of God, you will experience your integrity and your validity, and your worth. And the gift of who You are, will be made in the world and everyone will be blessed.

Now, not only is your human parent and her concepts, not worthy of being governed by, they are not worthy of being, uptight about. Let her be herself. Because, as I have said before, she is on the threshold of her own learning, just as you are. And so, let her be in her tight space, but understand that that poses no requirement upon you, to be in a tight place yourself. And so, let go of the reaction. This is your weekend. This is your day. This is your moment, to Be and to Be fully, and to enjoy. And if someone else whom you love is fretful, let her be fretful, until she's sick and tired to being fretful and decides she wants to utilize her capacity to be conscious, in another way. And not see her world, with that particular mindset, that keeps her uptight.

You are not here, to embody her ignorance or express it. And likewise, you are not here, to embody or express her intelligence. You are the embodiment of intelligence yourself, regardless of her. And you are the embodiment of joy, in

this moment, regardless of her. If you will simply say, “Yes, okay.” Which I can see you are doing, and will do.

You are absolutely free in this very moment, to be happy and to be comfortable. Every single one of you are. Because, at the bottom line, you are not a puny little organism that has achieved a capacity to think, but who forever remains limited in your capacity to think. Because that capacity has arisen out of matter, out of that which is limited and polarized. That which you are the expression of, is an indivisible and, therefore, unpolarized Life Principle, Mind, with a capital “M.”

And you no longer have to play into a role of puny little mortal, trying to lift himself or herself by your boot straps, and somehow become more, than you were destined to be, by virtue of your starting point of clay. You never started out as clay. And you never have been, truly little egos. You have always been the Divine presence, of the infinite Movement of Mind, called Creation, that is the action or activity of the First Cause, God.

Your mother may attempt to have strings on you, and move you about like a puppet expressing her will. But I will tell you something: You have scissors in your pocket. Use them.

QUESTION: I’d like to follow up one part of that. I seem to not notice, this last visit with my mother, that I was slipping out of my joy, until I noticed that I had a headache.

ANSWER: Indeed, your body is useful in that way.

QUESTION: It seems once the experience of an ego attack, called headache starts, I don’t know how to get the scissors out and cut the strings. I’m conscious. I’m aware. I meditate. I talk to my guide. I let go, as best I can. But, if there’s anything significant you could say, and not necessarily just about my mother, because I do have headaches from other circumstances. Anyway, I could use some real practical advise, regarding what I might do to help myself once there’s a physical reaction in process.

ANSWER: You must understand, that your body is not self-acting. The belief is, that once by virtue of your reacting to your mother, your body begins to be painful. That somehow, something physical has been set into motion and that there cannot, therefore, be an immediate evaporation of that physical symptom, because it is going to take awhile for matter to reconfigure or settle down. There are nerves involved, there are muscles involved, relaxation must occur, et cetera, and physically speaking, this must take time. This is absolutely false.

Again, it is the intent of your body, and I’m speaking in Divine terms here. It is the intent of your body, to identify the presence of your Individuality. Not your ego, but your Individuality, with a capital “I,” perfectly. That is it’s function.

It is here to render visible and tangible, the presence of God, called Individuality, right where you are. Therefore, it is absolutely capable and more than willing to spontaneously behave in a manner that identifies your perfection.

So, you must let go of the belief that you have acquired, that once something physical has been started, it can only subside according to, what we will call physical laws, or laws of physics, or laws of the function of an organism. Your body is quite fluid and quite capable of spontaneously reconfiguring, if you will, whether we are talking about a disease or simple muscle tension. Understand that your body is on your side. It is there to identify your presence perfectly, not imperfectly. And because it is, at the bottom line, absolutely Divine, it is not governed by physical laws.

So, let go of the idea, that it must now take time and physical processes, for the pain to subside. Simply forgive yourself. Which means, withdraw judgment against yourself. Embrace your innocence. And also, embrace your mother's innocence. Don't forgive yourself, but neglect to forgive her. Don't neglect to withdraw self-judgment and neglect to withdraw other judgment, judgment on someone out there. And then fully expect to see your body immediately, if not instantaneously, reconfigure and re-identify your perfect comfort.

You see, this is not unlike other circumstances, where somebody says, "well the physical condition that I'm having to deal with took a long time to come on, and, therefore, it's not reasonable for me to expect it to disappear instantaneously." And that is a bunch of poppycock. It isn't True. You can expect to see your body reconfigure and identify your health instantaneously. Because at the bottom line, it's not the stodgy, physical organism that you interpret it to be. It is a Divine function, acting. And that function is, the identification of the presence of your Individuality. That is what it truly is.

In fact, your approach to your body, as though it is a physical organism, that is somehow different than your Spirit. That concept, causes you to resist seeing reconfiguration and healing. At least, resisting the instantaneous manifestation of it. And that sense of body, as being a physical, material organism, constitutes a false sense of body. And if it is believed, you are believing in an illusion. Because, you are believing your concept. Which blocks you from watching the natural, spontaneous, reconfiguration, called healing; when you are not resisting seeing it, because of your conviction that it can only reconfigure very slowly, if at all.

QUESTION: I wonder if you could give me some guidance on my job situation at the university?

ANSWER: For the sake of everyone here, share the nature of the "dilemma." Briefly.

QUESTION: My job may be in danger, either due to budget cuts, or problems with an evaluation. And I'm wondering how to handle this situation, or what my responsibilities are?

ANSWER: The challenge, of course, is to your sense of your integrity. What you really need to know is that your integrity, does not come from your job. Your integrity is inseparable from you. Therefore, as events unfold here, it is essential for you to engage with them from your undeniable, already existing integrity.

If, in fact, you end up leaving, you must leave and move forward, I'm going to say, riding on the back of your integrity. However, the likelihood is, that you will not be effected by, either, as you put it, the evaluation or the budget cuts.

The point to understand here, is that you have, as does everyone else, an uninterrupted, unbroken, unalterable integrity. And the necessity is to act on the basis of that integrity, no matter what the external events are. And if you act relative to those events out from your integrity, you will bring forth integrity, in those external events. If, however, you begin to feel as though changes in the work situation, reflect a change in your integrity, and, therefore, a potential lose of integrity, you will begin to act out of fear. And you will set your integrity on the back shelf, as it were. Because you cannot get rid of it, and it cannot really go anywhere. And then your behavior will tend to bring forth, a lack of integrity. It will begin to reflect your fear. Your integrity, is absolutely yours. It isn't derived from anything. It isn't gotten from anything. It is inherent in you. Because, can you imagine a God without integrity? Is an absence of integrity a capacity that God has? Absolutely not! Because of the indivisibility of God and, therefore, the absence of polarization or conflict, there is absolute integrity and that is reflected or embodied in your presence, as You.

I encourage you to get up each day, regardless of rumors, regardless of hearsay, and approach every aspect of your day, with an active expression of your integrity. Honor yourself, and honor yourself right through whatever dynamics occur. Because no matter what happens out there, your intelligence remains intact. Your skills remain in tact. Your ability to reason clearly remains intact, unless you become fearful. But your ability remains intact. And no matter what happens externally, you will still be the same qualified presence of intelligence and dignity, that you are right now, when everything seems to be identifying it. Your integrity is, what I will call, an eternal constant. It is inseparable from you. And you can move through troubled waters with it. And you can move through smooth waters with it.

Now, I encourage you to relax. Take one day at a time. And in each moment, honor yourself and act out from your integrity. And begin to embrace the

fact that changes in circumstances, cannot affect your integrity. The tendency is, to gather ones sense of integrity, from how things are going in ones life. But, that then makes you the puppet of circumstances, which is always uncomfortable. It is always impractical.

Your integrity would be present, if there were an atomic war today. And everything around you that had identified normalcy and dignity, et cetera, were whipped out, but you were left, your integrity would be one hundred percent present. And if you did not sacrifice it by ignoring it, because of circumstances, that fundamental integrity, that is you, and is not a possession of yours, would find expression in your subsequent actions. And integrity would once again begin to be embodied in your world. Now you are not faced with a holocaust. Don't let go of your integrity, just because there may be reconfiguration, in your environment.

This will make things smoother and more joyful between now and the time that a reconfiguration occurs. And it will allow you to move through it, shall I say, unscathed. If others around you, are running around like a chicken with their heads cut off, because they are reacting to their fear and their sense of potential lose of integrity, it does not mean that you have to join them. And you may appear to be the idiot, because you are too happy, considering the circumstances. But you will not be contributing to the sense of conflict and the fear. And there may even be those who will say, "how is it that you are managing to remain calm?" And you can share it in your own words and it may inspire them to withdraw from the hen party, if you will.

There is absolutely nothing occurring here, no matter what form the reconfiguration takes, that calls for you to fear a lose of integrity.

QUESTION: I've been helping my fourteen year old grandson, every day with his homework. And I'm doing this, because I have a strong feeling that this is what I'm suppose to be doing. It also gives me a great deal of joy. And Johnny, his name is. He's a child that is not highly motivated, at this time. And he doesn't take responsibility for his homework. He's intelligent enough. But unless someone's with him and working with him, he wouldn't do it at all. But, I also have the feeling, that this is a great learning experience for me, in participating with him.

But, I don't have a great deal of clarity, at this time, about who Johnny is. And what will work, in bringing about this motivation and this willingness for him to take responsibility for himself. So, my question is, what will work for Johnny, based on who he is, and who I am, as someone that's working and being with him daily?

ANSWER: You are asking for a picture, a sense, a pegging of who he is, if you will, and of who you are. And, indeed, this is a way of arriving at a point,

where you don't have to pay attention. Where you don't have to be, on the spot. Where you don't have to be, present attentively, in the moment, that you are experiencing.

Now, the simple fact is, that you are being appropriate with him. You are identifying fulfillment for him, his fulfillment. There is absolute order here. And instead of looking for a label, if you will, or a static definition, of who you are, or of who he is, I encourage you to be in the flow, as you are being. Because you truly are allowing yourself to be with him, whoever it is that he might be. And whoever it is that you are. You are being present with him unconditionally.

I will tell you, that if you can peg who he is, and you can peg who you are, you will stop being unconditional. You will stop being open and sensitive into the moment, as to what is appropriate in the moment. And you will begin to treat him, as this definition. And that would be sad.

You don't have to have him pegged, in order to be with him. Don't worry, he will grow up. Inner maturity will develop, just as surly as he is physically developing, getting taller, becoming more mature. He can not stop that from happening. And there is nothing that can stop, this inner maturity from happening, that will result in his, actively taking hold, if you will, and being self-motivated.

You are nurturing him, while this motivation is developing. But, that motivation is developing, outside of your grasp and even outside of his. Trust that it is there, because it is. And don't try to peg, who he is. Just be willing to be fluidly, in the moment with him, present with him.

You see, if you arrive at a point of having a definition of who he is, then you will begin to hold him to that definition. But, he is a flexible, fluid Movement of Being, just as you are. And he is not going to remain always in conformity to that definition. And if you are sure you know who he is, you will constantly be attempting to hold him to something, that he will always be out-growing. Just learn to be with him, as you are already doing. And stop looking for something definite.

Understand, that the word definite means, that which is not moving, and is, therefore, specifically definable. Life is moving. Being is a movement. Conscious identity is the movement of Being. Would you like me to have a definition of you? If I did, I would lose touch with you, because you are growing. You are a movement. Would you like me to take you at this very instant, and describe you as you are at this instant, and then say that is you, don't change? No, it would stifle you. It would kill you.

Let him be the ever moving presence of conscious awareness. And trust that he is essentially Divine, just as you are. And that he cannot escape what he

Divinely is. And that in his own time, and in his perfect way, this motivation will arise. Trust the movement that is happening and be willing to be part of it.

QUESTION: I know that I have questions, but I'm having difficulty coming up with a specific question. I'm actually interested in why I'm having that difficulty. You know, why don't I have a more specific question? The one that seems to be pressing on my mind is, how to be.. Well what I do is teach yoga. And what I would like to do is, like be a clearer channel for teaching, what yoga is actually about. So, how to be a clearer channel?

ANSWER: Literally, the need is, to allow yourself to be more centered. To be less conceptual and more sensitive, deeply sensitive in the quietness or the void within you.

Indeed, the practice of yoga, emerged out of centeredness. The sensitive, flowing with the capacity to be absolutely appropriate. Appropriateness is expressed in many forms: Art, the activities of life in general and including the postures of yoga. Then, as time past, and there were students of yoga, the postures or forms became more important than the centered, sensitive, quiet abiding in the void, that allowed for the positions to come forth. The positions were a manifestation of centeredness, of connection, at the level of ones Being. Now, the postures are used to get into that place.

I encourage you to let yourself be, I will say, more intuitive. This is the way, in which you will become a more effective teacher. And it is the way, in which you will begin to evoke in your students, a similar preference for centeredness. For abiding in the void, where the Movement of Being can be felt and then come forth into expression, as what have come to be called postures.

Now, you are already well equipped for this. And to some degree, you are already doing it. The simple fact is, that I cannot tell you what will come forth. I can only tell you where to place your attention. Because, what will come forth, will always be fresh, shall I say, original. And it will always connect those whom you are teaching, more significantly with their essential Being. And what will do that on one particular day, will not necessarily do that on another day.

You are not particularly blocked from the experience, that I am directing your attention to. I am simply substantiating for you, that that is where to give your attention.

QUESTION: With regards to your first two answers, physical reactions to relationships, be they parental relationships, whatever. You made a couple of analogies to: Puppet strings, cutting the strings, reacting to a parent, or to a love relationship, as though, they were a switch.

I have two questions about this. One is, your answers seem to be, that it is our idea of ourselves that creates that physical reaction, rather than that physical reaction being inherently physical.

I'm curious about that. Because, speaking for me, I often react to things, in what seems to be a physiological way. In other words, one statement will create a certain consistent response, or one idea or attitude will create a certain response. I'm wondering, if there is any physical basis to this at all, any neurological basis? And if not, then how does the healing team work, and why does the healing team work? In other words, why do they need to come back over a period of time? Why can't they just do a one time switch?

ANSWER: Indeed, healing can occur in one healing session, if the inner shift is allowed for by the one who is in need of the healing. I will tell you, that at the bottom line, nothing ever has a physical origin. The physical dysfunction, is always a manifestation of a mental resistance, of one form or another, a mental denial. And at the bottom line, any denial that one engages in, has to be at some point, self-denial. Because after all, you are confronted with the infinitude of your Being, which is the infinite manifestation of God. And you are the embodiment of God. Then your experience, is God's experience of what He/She Infinitely Is. That's the fact, at the bottom line.

Now, when you engage in any form of self-denial, it is as though, you decrease the illumination of your Being, the glow of it, if you will. You might say, you get dark spots. And since, those dark spots do not reflect you truly, there is a dissonance that is felt. You say, that you experience physical dysfunction of one form or another. But the fact is, that the source of the condition is mental.

Now, when a healing session is occurring, what is happening, is that the healing team or those individualities who are responding to your desire for healing, are addressing the mental concepts, the conditionings, the denials, that have been brought into play. That are manifesting in this form or that form. They are not just addressing the physical condition. Because, it is obvious to them, that what you call a physical body, is entirely mental. And that the blocking, the denial, the fear, the hate or whatever it might be, is also mental. And so, there is no body/mind confusion, that they are suffering from.

If you or anyone else is desirous of healing, but unwilling to give total permission for it, then the healing may not be experienced instantaneously. But, if there is complete willingness, then, indeed, the healing will be experienced instantaneously. What you would call miraculously.

I will share with you, that there was a gentleman who called for a healing session, for recovery from an injury to his back. There were three healing

sessions. After which he questioned, why he wasn't healed. And I simply shared with him, because he wasn't willing yet to give up his workman's compensation benefits. As long as he was experiencing the discomfort, he would get it. But the moment the discomfort or the moment the healing occurred, he would cease to get it. And that required other major changes in his attitude towards his life. And he was not willing to give permission for that. When I brought this to his attention, he said, "you're absolutely right. At this point, I cannot afford to be healed. And I would like to discontinue the healing sessions." He did not want to be free of it, even though at the surface, he wanted to be free of the pain.

Now, the healing team cannot override your free will. None of us, who are awake, can force you to embrace your Good. We can encourage you to, but we cannot force you. Every healing that any of you have had, has been because there was an element of permission given.

For those who are very young, there is a natural expectation of healing. One cuts himself and he expects the cut to heal. One experiences a childhood disease and expects to get well. That expectation, is a form of permission given. And then as it happens, as one "gets older," one begins to say, "there is less and less reason for me to expect healing. Or, there is less reason for me to experience, a rapid healing. My educated peers tell me, that as the body gets older, it begins to lose its capacity to regenerate itself. And I choose to believe this nonsense. And so, I begin to withhold permission or expectation of a rapid, regenerative healing." And as that permission is withdrawn and willfulness in that form of inner conviction as to what the truth is, is brought into play; less and less spontaneous, quick, regenerative healing is experienced. But, it is simply because the permission, begins to be withheld.

Now, waking up, and experiencing ones full illumination, one experiencing himself or herself in his or her right Mind, with a capital "M," is a healing. It is the result of, giving yourself permission to access your greater capacity to be aware, Divinely speaking. I don't mean religiously speaking, but I mean, speaking in terms of perceiving the essential Truth or Reality, of a thing. And the reason everyone doesn't wake up instantaneously, is because, everyone has preconceptions. And some of them are: "I am not worthy. I don't have what it takes. My soul needs to be tried a little bit more, in the refiners fire. I don't deserve it, et cetera." Or, "I am so far off track, that it is going to take ages for me to get back on track."

But, I am going to tell you something and I have said this before and I don't mind being repetitive. Every single one of you, at this moment, is sitting smack dab in the middle of Reality. Smack dab in the middle of the Kingdom of Heaven, with your eyes all squinched up, saying, "I cannot see the perfection." Well, it's

not that it isn't there. It is that permission to open your eyes, has not been given. And literally, all that distances you from the experience of Reality, is that willingness to open your eyes up. The giving of permission. There isn't more to be learned, except, if I may put it this way, how to stop arguing against it. And thus denying yourself the experience.

So, indeed, physical manifestations of disease, are manifestations of a form of mental denial. Which must, therefore, be a denial of some aspect of the infinitude of your Being, and it never is actually physical. If you are existing in a state of reaction to family, or if you are existing in a state of reaction to your environment, it is simply because, you have not yet given permission for yourself to exist without reacting. It isn't that her mother really is a bitch, anymore than the trees or animals in your experience, are truly affective, affective negatively speaking.

It simply is, that neither one of you, has yet arrived at a point of allowing them to be what they are. Realizing, that there is absolutely no call for you to be resistant to them. And thus, you haven't let yourself off the hook. But the potential is there. And the moment you just make this little inner shift, of saying, "wow, I don't have to react. There truly is nothing physically, factually, present that is affective. It is just my little quirky mind, that is not yet giving permission, that seems to cause the headache or the physical reactions to your environment. And I'm not going to do it anymore. I don't have to. There's no Divine requirement for me to be in pain, or in a state of physical reaction and suffering. I'm just playing out a conditioned process, purely mental. And my body is identifying the fact, that I am being inconsistent with what is True."

QUESTION: I have a follow up question to that. There's an element in your answer, that because of my own conditioning, makes me feel a certain sense of blame. That I'm not capable of healing myself, because I can't get this concept—that kind of a thought. I know other people have run into this sense of blame, when they're faced with an illness, that they have not yet been able to heal, combined with a belief system that's been told to them, that says that, in fact, it's within their power to heal. And I wonder how that concept works in regards, to adults with serious illnesses; such as, cancer, aids, things like that. And also, small children with serious illnesses like that. Where, as you said, a child looks at a cut and sees that it will heal. And yet, there are children that get serious illnesses and die, from things like leukemia.

ANSWER: You must understand, that you are in a situation very similar to, shall I say, a resident of a mental institution. All of you, I'm not singling you out. And you are functioning, in a less than full embodiment of your mental capacities.

As a result of the engagement of your full capacities, everything that you do, will seem to express less than the full capacity.

In other words, if you are experiencing a significant degree of ignorance, it will seem that everything you do, even in the process of gaining back your full capacity, will occur in an ignorant way. It is, as though, the cards are stacked against you. Because, you are attempting to become sane again, using capacities that are characteristic of insanity. Thus, your steps are not solid. They do not usually express one hundred percent intelligence or sanity. And experientially speaking, it is as though, you are up against an impossible task. How can one who is insane, using whatever capacities are present, access that which apparently exists outside of insanity, something called sanity. And yet, the fact is, that in your current ignorance, whatever degree of spiritual ignorance you might be experiencing, there is present in you, all of your Divine capacities. And as a result, there is in you all, a desire to access them more completely, even though your steps are likely to be awkward, because of your current incapacity.

I will use a kinder illustration. If you have injured your legs, and you need to go through therapy, you will attempt to do something that you cannot do easily. You will attempt to walk. You will practice walking. You will attempt to do something, that you cannot do well yet. And, by virtue of attempting to do it without skill, you will acquire skill. An even kinder example is, that you want to learn how to play the piano. And you sit down, and you have heard others play the piano well. And you sound clumsy, and you are clumsy. And you do not have facility, with your fingers or the keys on the piano. And you must use your hands awkwardly, in order to discover your ability to handle your fingers and the keyboard, with dexterity and skill and a clear expression of the beauty of the music. But, you acquire the skill, through the use of lack of skill.

Now, the fact that you sit down to the piano and you touch it, and you try to do the simple exercise or the simple piece that your teacher has given you. The fact, that when you sit down to do that, it does not sound beautiful, is that justification for self-criticism or blame? After all, until you sat down to the piano, you weren't confronted brazenly or boldly with your inability. You sit down, and all of a sudden, it's obvious to you and everyone else around, that you lack skill. You could ask your self, why? What's wrong with you? What did you do, that doesn't allow you to sit down and simply play like an accomplished pianist? But you don't get hung-up on that. You stay with your desire to play. And you know that your awkward practicing, will result in greater and greater facility and skill and ability to express the music, as it is suppose to be expressed.

Likewise, when you are confronted with a physical dysfunction, indeed, you may have been responsible for it. But through your persistence to experience the

healing and to not become preoccupied, with what was wrong with you, that got you into the mess, you will get out of the mess. It is a tricky situation. Because, until you realize that it isn't anything else outside of you that is responsible for the way you are experiencing your life, you cannot discover your capacity for changing what you are doing. You will not realize that you have the power. You will feel, that the condition does or that the environment does or the virus does, et cetera. And then you are powerless, to experience change of any sort.

Now, everyone must dare to access their greater capacity to be aware, even though at the moment, you all seem to be experiencing an inability or lack of capacity. And all of you must dare to embrace, your birthright of perfect health. And your ability to experience it, in spite of the current definite limitation. Because, that is what will begin to get you past the limits. That is what will bring you back into your sanity, your experience of your right Mind.

Understand, that the landscape architect, seeing only the things he's selected to see, is not experiencing himself in his right Mind, which would embrace the totality, without resistance to any part of it. Being able to fully be aware of the aspects of what he is looking at, of landscape architecture, but not singling it out.

To whatever degree, you are not embracing the Whole and experiencing its unity, you are using selective seeing. Which is a nicer way of saying, a form of insanity. Your freedom to experience healing, from what are believed to be terminal illnesses, must be embraced. You must put it into practice. You seem not to have justification for it, because "those in authority, those in the know" have said, there is no cure. You must, indeed, be willing to challenge that authoritative expression of current ignorance. And I am not saying that, as a judgment. I am simply pointing out, that even humanly speaking, ten years from now, they will not say the same thing. Because, they will have given themselves permission, to discover the cure. And so, they are authoritatively expressing the current limits of their awareness.

No one is a victim of a virus. No one is a victim of a disease. Everyone is a victim, of their unwillingness to take a radical stand in consciousness and claim their birthright, to experience their health and their Wholeness because, they are not a physical organism, but the direct expression of a Life Principle, that is absolutely indivisible. And, therefore, all that is needed, is the willingness to give permission to see healing, a miracle, a radical and instantaneous manifestation, of the integrity of mind and body. Because, it is the intent of the body to identify the presence of your Individuality perfectly.

This integrity is so complete, that we can put it this way: If you are the direct expression of God, and it is the intent of your body to identify your presence perfectly, it is the intent of your body to identify the presence of God perfectly.

There is the unity. And what is needed is the daring, if you will, to give permission to yourself, to experience that fact.

And giving permission involves, letting go of your confidence in even your most skilled persons of authority, called physicians and scientists. Your physicians and your scientists are exploring the leading edge of, what they call the mind/body connection. But they are not telling you that they are exploring it. And they are not telling you of their hopes, aspirations and confidences. They just come across, with what saves their derrière, in a legal sense. Because, if they tell you that you have reason, unreasonable, reason for hope and you embrace it, but don't embrace it completely enough, and you seem to suffer from it, you will sue them. And so, they will not step out on a limb.

And I am telling you, dare to stand out on a limb. Because, you cannot sue me. And so, you will take the step, without laying responsibility for it upon me. And that willingness to take the step yourself, constitutes that investment of trust or faith, if you will, that is necessary to bring into focus experientially, your health, that supposedly wasn't available to you.

From a vantage point of insanity, it seems impossible to embrace, whatever the meaning of insanity might be. And yet everyone is doing just that. And everyone is succeeding slowly. I am giving you encouragement to do it, with even more vigor and more expectation. So, that you might see your fulfillment come into view, your sanity come into view more rapidly.

QUESTION: We've done a lot of talking today, or you have Raj, about the greater expression of the Divinity through us, and moving from a place of identifying with the smaller ego, and so on and so forth. And all that, kind of comes in, through the head. And I'm sure, that we've all heard it and striven in a hundred thousand different ways, to embody that. But sometimes when you're in a bad state of mind, those ideals seem a million miles away, and it feels like your hanging from the thinnest filament of just intellectuality. You're sort of reminding yourself that, oh, I heard Raj say something. Or, I heard somebody else say something. But you can't translate it into anything, that is going to help you, at the moment you're there, you know, struggling.

And sometimes you think, well this is all just a fantasy, you know. And I don't even know anyone in my life, that embodies this. And I feel sometimes that this, although I grasp this intellectually, the physical. The experience of it, in my bones or in my cells, is something that has eluded me, except, maybe here and there on certain drugs. So, I guess my question is, I'm coming around to a question is, is there a discipline. Is there, other than just talking about it and sort of being encouraged and inspired, is there a way to, or how, what would you say, and I'll say it as it reflects to me, for me.

I don't know if anyone else could tune in on whatever we're talking about, here, to really get that experience, of the larger Being. The real experience, that you can hang on to, when you need it.

ANSWER: First of all, you don't wait until the dire circumstance, to do it. What you do is, you start out with an unloaded, uncharged situation. And you listen for guidance, or you be open to an influx of clarity, regarding something, that as I said, is uncharged. Should I go to the dump, today? Is today, the appropriate day to do that? No big deal, if you don't do it today, it won't be the end of the world. And you listen, in that uncharged setting, where there is no threat of lose of integrity. Should I ware my red tie or my blue tie? This may sound very ridiculous, but you will come to understand, that everything has it's place, in the Divine order. In the Divine unfoldment of fulfillment of purpose.

And if you begin to make inquiry within yourself, of your Divine guidance, of your Divine awareness, as to what is appropriate, as to what fits where, at times when the answer is not going to make earth shaking differences in your life, you will begin to have the experience. You will begin to find out, after the fact, why a certain choice was perfectly orderly. And you will begin to acquire, what I will call a body of experiences, that will ground you more firmly, in the practice of trust. So, that when you finally do have occasion to deal with something major, that really does hook you emotionally, you will have this experience sitting behind you, that will allow you to listen, from a more centered place. And hear guidance, without it being distorted, by the presence of fear.

There is nothing too inconsequential to want to know the Truth about or to want to know where it fits in to the, shall I say, larger tapestry of Life, with a capital "L," in the Father's grand design of fulfillment of purpose. The suggestion may be presented to you, that if you are checking everything out, that you are then just believing in fate. And I am suggesting, that all that is happening, is that you are allowing yourself to become congruent with the Movement of God, the Movement of Creation. And because of your inquisitiveness, you are not relying upon your best conception, which may or may not be congruent with the Movement of Creation Itself.

And so, if you will, this is the practice that I prescribe: Listen, listen, listen. And listen about everything. Because, to the degree that you become aware of how this fits into, the Divine order of the Movement of Fulfillment, you will begin to realize how completely you are surrounded by, embraced by, the Movement of God. And that in itself, establishes a foundation for your letting go, even further. Letting go of control, from a limited standpoint, even further. And trusting into an underlying universal order, that is relevant to absolutely every little aspect of your daily life.

Listening for guidance, can be misconstrued as giving ones power away. But Divine guidance, always leaves you standing more clearly present, as the embodiment of God's purpose. And doesn't leave you feeling like, a piss ant mortal, inconsequential. It helps bring you into your sense of the tapestry of life, as well as everything else. So, that you know that nothing is left up to chance. And that there is such Divine order, that you can let go of your attempts at control, and surrender into the active experience of the Movement of Creation. And what I mean by this, is that, when you are not holding yourself separate, as a puny little mind, or a puny little ego, attempting to be something important. As that defense mechanism is released, you begin at the point of conscious experience, to come into an experience of what God is consciously experiencing, while God is in the act of Creation. And this is the way, in which you find yourself, literally, your Self, with a capital "S." Because, you come into the direct conscious experience, of the act of Creation. So that you experience being inseparable from the act of Creation and the action of the Creator.

But the only way you come into that experience, is when you let go of trying to be separate, a separate, affective, creative human being, or personality. Your movement into that conscious experience of being inseparable from the act of Creation, comes as a result of, beginning to listen. Listening with the inconsequential things. So that you become more comfortable and more confident with that process, and are then able to maintain your equilibrium and your peace and listen when you are faced with, let us say, more strenuous dynamics.

This is the way you begin to discover, that you are not a body. You are not a personality. But you are that pure conscious awareness, in which everything is embraced. And in which your security and stability and your invulnerability, is present for you to experience. This is the beginning.

QUESTION: I have had so many wonderful things happen to me recently, in the last month, that I'm just so deeply appreciative, and deeply appreciative of your help.

I feel as though, in the very near future, there's a lot of not only inner changes coming up, but outer changes. And perhaps a different stress, a different focusing on what I'm doing. I feel that I have been very strongly cooperating with the part of me that wants to put tremendous pressure on me. And that this pressure, has been very useful and it is culminating and allowing me to push through it, in some areas. And, I'm wondering, do I really understand that? Am I really clear, as I feel I am in that area? Not that I'm clear across the board at all, but perhaps in that area.

ANSWER: When you are talking about pressure, you are truly not referring to the intensity of conflict. It is what I would call, the pressure of your Divinity.

It is very much like, the opening of a flower. Because, the stem grows and there is a tiny bud on the end of it. And the stem gets to its full length and the bud begins to swell. And as it begins to swell, it begins to press against the outer covering of green leaves, that are sheltering the bud. And literally, the very center of the flower, is pressing up and out. And it causes the outer covering of green leaves, to separate and then the pedals begin to show. And as the flower comes into full bloom, if you were to watch it in slow motion, you would see the center of the flower, pressing out to show itself. And that is what is called, the opening and the blossoming of the flower. And indeed, while there is the resistance of the outer covering of green leaves, there is a certain sense of tightness. There are no two ways about it.

Now, the pressure of your Divinity, is another way of speaking of, the penetration of who you are Divinely, into the limits of your present sense of yourself. You see, there always has been and always will be the presence of what you infinitely are. But at the present time, all of you are experiencing, only a small circumscribed part of what you are in your totality. And that which separates the small circumscribed part, that you call you, now, from what you are Divinely, infinitely, are ego structures, beliefs. Beliefs, that are the results, of selective seeing.

Now, it is unnatural for you to experience yourself, in this separated or even dissociated way. Where, what you are in your totality, is partitioned off, as it were. And so, because of the integrity, the actual indivisibility of you in your totality, there is this constant, I will say, attempt, occurring to reestablish equilibrium. And this is accomplished by the undoing of the belief structures, that create a separating shell, between you as you currently experience yourself to be, and what you are in your totality.

Thus your Being, with a capital “B,” is constantly attempting to penetrate the shell of your ego structures, always at its weakest points. This is why the saying is, “man’s extremity is God’s opportunities.” When you are pushed to your limit, and you become too exhausted to maintain your conditioned sense of yourself, there is almost always, what I call, break through—penetration.

And as a result of the penetration, of what you Divinely are, into your limited sense of yourself, there are major and often miraculous changes that occur in your life. And you feel as though you have felt the hand of God, rather than the hand of circumstances. Even though the experience, is one you wouldn’t want to go through again. Now, it isn’t because the penetration of what you Divinely are, is in itself unpleasant. It is just that, from the ego’s standpoint, you have to be in such a state of disrepair, (Ha, ha) and, inability to maintain the ego defenses, that it feels, from the ego’s standpoint, like failure. But of course, wherever the ego

structures fail, is where the penetration can occur and the transforming enlightenment, can take place.

So, the word pressure, is not a bad word. What you Divinely are, is constantly pressuring, what you think you are, to give up the ghost. What you Divinely are—your constituting, capital “I” Individuality—is constantly pressuring the ego sense of personality, to give up the ghost. And of course, that is humiliating to your ego.

Now, this is important to understand, because it will allow you, to begin to interpret the experience of humiliation, differently. Because, humiliation, is that which leads to humility. It is that which leads one to the point of saying, “I of myself can do nothing.” Which from the ego standpoint, is the ultimate insult. But when one gets to the point of saying, “I of myself can do nothing,” one is in such a weakened ego dynamic, that ones capital “S” Self, can penetrate and radically alter his or her experience of life and of identity. And then your self, can be exalted. Not the ego, but the capital “S” Self, that you are, can expand and fill the place, where this arrogant little private ego sense, had been operating, or seeming to operate.

Now, this process, is not in itself strenuous. There may be pressure. But to tell you the truth, the pressure is like a friend, putting his arm around your waist and saying, “come on let’s go.” And providing that little bit of embracing push, to encourage forward movement. It is a kind pressure, And it only seems to be strenuous, when one says, “wait a minute, I’m not quite ready,” and digs in the heels, thus creating resistance, that was not intended in the warm embracing encouragement to move forward.

QUESTION: That’s what happened this weekend. I was demanding to understand, and I can’t do that.

ANSWER: You certainly can’t. Understanding isn’t what is truly needed. A feeling, is what is needed. A feeling. A feeling that includes peace. A feeling that includes invulnerability. A feeling that includes unreasonable confidence. Confidence that just simply is there. Of course, the confidence is there, because of this embracing urge, that is being provided. You will grow. And grow is not the best word. You will find expansion occurring.

Now, I mentioned earlier, that all of you are in a process of accessing your sanity, from a place of lesser sanity. Which makes every effort to become more sane, occur in an awkward and unskilled way.

You must understand, that you have support for accessing your capital “S” Sanity, because of the penetrations of your capital “B” Being, the penetrations through the ego structures, that help trigger the remembrance of who you really are. And it is because of these penetrations, that you feel a confidence, to move

beyond the familiarity of your current insanity, into the unfamiliar experience, of who you Divinely are.

Now, I mentioned that this process occurs awkwardly, because it is occurring from a level of ignorance. And, as a result, it is important for you to constantly give yourself the benefit of the doubt, to not engage in self-depreciation and self-criticism.

The point you need to also grasp is, that as you engage in this expansion, as you embrace more of your true sanity, there is constantly present, a greater and greater degree of intelligence and less and less awkwardness to your expansion. And thus, if you do not become side-tracked, by the awkwardness of your forward movement, you will find the forward movement being self-substantiating. In other words, each successive step will by virtue of the increase presence of sanity, cause each succeeding step to be more sane, and more intelligent, and more embraceable.

As I said it is tricky. It is a fine line. Because, the moment there is insight, you immediately become aware of the degree of ignorance, you just stepped out of. And you can become sidetracked by how ignorant you were, just before the enlightenment occurred. Your attention can be grabbed by it. And that can cause you, to not fully embrace quickly, that which the enlightenment has uncovered about your health, your Wholeness, your Divinity. Again, each successive step will be easier. Because, there will be more of your native intelligence brought into play, with each succeeding step.

Every single one of you needs to be aware, that because you are going through this “journey of awakening,” from a position smack dab in the middle of the Kingdom of Heaven, you are guaranteed of arriving there. And the pressure of your Divinity, is really constituted of the dynamics of the Kingdom of Heaven, that are going on around you, pulling you out of your negative reverie. And if you understand that this is the context, even though it is an intellectual understanding. If you understand this context, it will be easier for you, to become less and less serious about the process.

You can look at it a little bit more lightly. And I’m going to say, let yourself into the humiliation more willingly. So that you might arrive at the experience of humility. That experience of humility does, indeed, feel like a void. But it is simply a void, because it is empty of willfulness. And when you begin to value the void, you will begin to see the void filling up with, the clearer experience of Reality. The clearer experience of your True Identity, healing, increased Sanity. And as a result, a willingness to go into the void again, more smoothly.

QUESTION: Am I simply being impatient? Am I really on the right track? Am I right Minded as it is?

ANSWER: You are on the right track. And your ego is suggesting to you, that you ought to be doing more, and you ought to be doing it faster. And I encourage you, to tell it to, jump in the lake. That you are going to yield into this, not control yourself into it.

QUESTION: Over the last several years, I've spoken to you about my marital and domestic situation. And to ask you about leaving that relationship. And more recently, ask you, if there were any loose ends that I need to tie up? And you assured me, that there weren't.

So, after six months of discussion, I've decided, just less than a month ago, to move out of my home of thirty-six years. And to move into, continue in my direction, which is very different from my wife's. This is going to give me a great deal of freedom, compared to what I have had.

And among the things I've done, in the past, is to do workshops and seminars. And I have a friend that I've known for four years, in another part of the country, who has invited me to join with her in presenting workshops. And so, I would just like your feedback, in terms of that feasibility and the probability of joining forces, in doing something of that sort.

ANSWER: Indeed, this is a most appropriate avenue to explore and to enjoy. I will not say more, because, I have said all that needs to be said. And I want it to remain simple and clear with you.

QUESTION: Raj, I've been trying to formulate a question out of feelings that I've been having. And I don't really have a question. But I would welcome your insights or anything you'd have to say, about, kind of a current experience I'm having of myself, and have been having for months now.

And I preface in my expression of that by saying, yes I have just had a baby. And I know that does make tremendous change in your life. And it requires all of your energy and all of that. I really do recognize that. But it feels to me, that this feeling of, like depression or lethargy that I've been having for months now, is something beyond just that.

I've felt, I'm still very functional. And I get on with my life. And I see tons of people. And you know, there's a tremendous part of me, that is still very available to functioning in my life and my friendships and everything.

But there is a part of me, I've been experiencing as lethargic and sad and so exhausted. I just feel tired, to the point, where I feel like my intellect has been affected. And I've always prided myself on having a very above average memory, for example. And I'm very sharp on details.

And I know that you're going to say something about just having had a baby. But I feel within myself, it's beyond that. It's disturbing to me. I even feel like I'm in a fog, half of the time. That I'm just a few steps removed from behind my eyeballs or something. And it's really like I'm not feeling it so much now. I've just had lunch. I'm kind of energized. And I feel nice and all this. But it's kind of a constant thing, in my life and has been for a while. And it's really depressing, just a sadness, a lethargic feeling and almost rudderless, even with having a new child. I always, you know, thought that that would be very galvanizing. But even with Martin, I love him so much, I feel like I'm not quite on the mark with him or something. Not as intense as I would like to be.

You can see, I don't know what my question is. I'm really expressing a whole state of being, that I've been experiencing, that is distressing to me. But I'm kind of in a fog or I'm just not sharp. I wondered if you had any insights?

ANSWER: Oh, indeed. As you said, you have felt that you have always had a good intellect and a well functioning intellect. In effect, you have always been able to feel relatively in charge of your life, in a very wonderful and orderly fashion.

I am not going to blame, what you are experiencing, upon you having a child. But in the having of this child, you truly found yourself for the first time, engaged in flowing with something that you were not intellectually responsible for. You literally, had to yield to the event of the birth.

And in effect, it is as though, an anchor which had been cast near a dock or in a bay where you could feel secure, had been lifted, brought on deck. And your vessel has become caught in the current. Part of you is very much enjoying the movement of your vessel. That part of you that is enjoying it, is the feeling part of you. But it is a part of you that you have not connected with significantly, because of the high degree of intellectual expertise, that you have had. And in effect, we could say that it is your intellect which is feeling sad and depressed. Because it truly isn't having as much opportunity to get exercise and fulfill its role.

Now, what I am saying here, is that, you have been graduating, literally from head to heart. You are connected with your son. No, I'm going to put it this way, you are connected with yourself, as a result of, yielding into the experience of motherhood. And there is a movement, there is a certain connectedness, a centered connectedness with the movement of your Being. It is not totally familiar to you, but you are yielding to it. You are not being able to grasp it intellectually. And, it is my hope, that you never will. It will be well for you to learn to find your security in the movement. I'm going to say, in the movement of your relationship

with your son. Because, that is what is connecting you, with the movement of your Being. And that is what is going to connect you more significantly, at a feeling level, at an experiential level, with your spouse and with your friends and with your world.

The part of you that has prided itself on its facility and skill, simply isn't being brought into play. But it has been replaced with a new enlivening within you, of your more mature connectedness with life.

I encourage you, to be very patient with yourself, as the full meaning of this inner shift, reveals itself to you. Again, it is not going to reveal itself, in an intellectual way. It is going to reveal itself, in a feeling way. And there is another aspect to this, that I encourage you to be alert for. And that is, that you will find yourself having a greater capacity to love yourself, because, at a feeling level, you will be more comfortable with yourself. When you are uncomfortable, it is because you are thinking too much.

You see, with Martin, you manage to allow yourself to let go and simply be present with him. And this is laying the ground work, for you to simply be present with others and with your world, without any intellectual process to it, more heart to it.

Your intellectual foundation, has laid the ground work for this shift. But the intellectual ground work, is literally, like the scaffolding that is used to build a building. And when the building has been built, the scaffolding is removed.

Ultimately, your intellect and everyone's, is there to help you arrive at, indeed, an intellectual grasp of the absolute orderliness of life. The absolute principledness of life. I am going to say, of the Allness of the Life Principle, or God. It gets you to the point where there is such a conviction in the life affirming nature of Being, that you can let go into it, abandoning the intellectual controls. Not abandoning intelligence, but abandoning the structure, the scaffolding. So that what is Real, is all that is left and all that is being experienced. And as I said, this constitutes a shift, from head to heart, or from head to soul, if you will.

Be very patient with yourself here. As you pay attention to what it feels like, to be caught in the grasp of the current of your Being, which is moving, rather than stationary, and is feeling, rather than understanding. You are very Real. And Martin is very Real. And Robert is very Real. And the Reality of all three of you, is what you are in the process of beginning to embrace, from the feelings. It is a wonderful transformation that is occurring. And it will be relatively enjoyable, as you allow it, rather than resist it. There is reason for joy here, even though you are getting stretched a little.

QUESTION: I understand the answer. But I wanted to ask about one more aspect of that. When I'm saying I'm spending my time with Martin,

which is most of my time. And say, we're on the floor playing, or doing whatever you do. I will literally, it's like I see where my third eye should be, like a fan that's like gray and blank. And it's a physical experience. I feel like there's nothing there. It's really an uncomfortable physical experience, between my eyes, where a third eye should be, of it just being vacant. And I feel, I struggle with that, because, I feel this is what I'm talking about, when I say, that I'm kind of in a daze or a fog. It's like a physical experience of blankness.

And I feel that distress. And I'm communicating nothing to him. That he's so, kind of, psychically vulnerable and open now. I feel that somehow that feels like something not totally dynamic is happening. Is that because I have always been so identified with my thoughts and thinking and intellect? And that now it's not working?

ANSWER: You've got it.

QUESTION: But it is like a physical feeling there, of a gray blank place.

ANSWER: Indeed, it feels gray and blank, because what is there, you are not familiar with yet. It is like the void. The void is always full.

It is always full of your real experience of yourself, or your experience of who you truly are. But when you move from your typical everyday surface willful frame of reference, to the point of interface with who you truly are. That point of interface, feels empty by contrasted. But as you abide with it, you begin to feel it filling up, even though it has always been full. It is just that it is not registering with you immediately, because it is constituted of a subtler conscious experience. Where is, your everyday sensory experiences, are less subtle, I will say, more gross.

Now, this gray area is already full. Let it be. It is uncomfortable, because it is not aggressive, and you are used to aggressive. And aggressive means self-respect and a comfort zone, at the grosser level. So, when you notice the gray, remember that before you noticed it, you weren't feeling anything there. And, therefore, the sensation you are experiencing, does constitute an expanded conscious experience. Now, just abide with it and let it begin to provide you with more definition, as to what it is and what is there.

Now, there is something very important for you to know: And that is, that Martin is not just an extension of you. He is an individuality in his own right, already, was before you even saw him for the first time. He has his own inner motivations. He will reach for life, because he wants to reach for life. He will embrace it or even reject it, because he wishes to embrace or reject it. And although he loves you, he is not hanging on to your every thought or word, to

define his life. And, therefore, you do not need to be so self-conscious. This is not a test.

QUESTION: It's like that. It's like performance anxiety. Am I being rich enough in the moment; or, am I being, you know, a well spring of inspiration, or warmth; or does he want to be with me; or am I interesting; or am I just a warm body? I do have some insecurities around being a rich resource of a person for him, you know.

ANSWER: Do you love him?

QUESTION: Yes.

ANSWER: Are you half-way intelligent?

QUESTION: Yes. I think, I'm not really sure anymore.

ANSWER: Indeed, I will confirm to you that you are half-way intelligent. Are you prone to hateful thoughts? Are you spiteful?

QUESTION: Recently yes, actually that was another part of my question, but I just figured I couldn't cover it all in one question.

ANSWER: But, that is a result of frustration, from not being able to be in control.

QUESTION: Right, a lot of anger, and like bordering on malice, I would say.

ANSWER: That is because you are conditioned to be a very proper, obedient, young lady. But you happen to be a real human being. Now, you are a very valuable real human being. And you are not being called on to perform, you are only being called upon to simply, be you. You are not ignorant. You are not uneducated. You have experienced and know what a loving relationship is. Everything about you, except your concern at the moment and your frustration, is absolutely healthy. And you, therefore, constitute a rich resource, yes.

But I want you to understand, that Martin is not going to reach for you, as the only resource and is not now, reaching only to you. And, therefore, in that sense, even your false sense of burden does not represent the fact. You do not carry all of the burden. The trees carry some of the burden. They must be trees for him. He looks at them. They must be something for him. But do you think they are worried? They just be trees and drop leaves and grow leaves and be dormant and blossom in the spring. And they just be themselves and constitute a rich resource of experience for him.

You may be a nourishing resource for Martin, but there is a lot more to his world, than just you. And, therefore, you can afford to relax and help him enjoy all of the resources, that are available to him. And there will be times, that the way in which you let those resources be of value to him, is to not be so actively present in his experience. So that he has the opportunity to explore, because he is

motivated to explore. So part of being a resource to him, is learning to leave him free to explore. Instead of setting him up a wonderful, what you might call Easter egg hunt of delightful life experiences, for him to discover, because you have thoughtfully laid them out for him.

In other words, again, I am encouraging you to relax. To understand that he is going to explore life, and life is going to be available to him, and will define itself to him. And it isn't all sitting on your shoulders. It truly isn't.

QUESTION: I'd like to receive whatever guidance you may offer.

ANSWER: Just a moment. Specifically, I encourage you to have infinite patience and not tire of saying, "I love you." Although at times it might seem to be an unheard expression. And although doubt may be expressed by virtue of, shall I say, continued requests for verification of your love, that would seem to call your love into question or the validity of your statement. Realize that you truly have nothing better to do. It is a wonderful opportunity, to express what you truly feel. Hang in there. Persist.

QUESTION: I wrote a question down at lunch, if I can find it.

ANSWER: How many pages long is it?

QUESTION: Just two. I'm interested in how to discriminate between euphoria of the ego and joy, as I think you'd define it, of the spirit. And how it relates to special love, as a term used in "A Course In Miracles." I want to learn more, how to recognize love or a reflection of love, as opposed to the dependency needs being fulfilled, that I may seem to think is love.

I'm in a romantic triangle. I'm exhilarated sometimes and that through being gently honest with both partners, that they're responding in a way that communicates that everyone is benefiting, despite the jealousy and the fears, somehow. But I know that it's not likely that the triangle will continue. Nor do I want it to. I don't think. One or neither person that I'm involved with, will end up being my partner.

If it's one, I want to share my life with that person, in a fairly conventional and committed or monogamous relationship.

ANSWER: Fairly?

QUESTION: Definitely monogamous. I've hedged on committed, because that seems so absolute. But not on the other one. The woman toward whom I'm most currently leaning, and I have leaned back and forth.

(Laughter) I thought somebody might laugh at that. The newer partner is someone I've been involved with that way, for a couple of months and who I've known for several months on the job, before that. Seems to make me feel extraordinarily comfortable, and we seem very compatible.

Anyway, I'm afraid I'm falling into some emotional codependency. And my original partner and I—so that's one of my concerns—and my original partner and I who—the first person in the triangle—who I've been involved with for over a year. And who lived with me, until about three months ago. And who had an extraordinarily fiery relationship, through which there seems to have been, a tremendous learning and healing. I'm concern, that I may be leaving her, to substitute or, as is discussed, in the healing relationship in the "Course"; for a new person, with whom I can pursue primarily ego goals. And thus slow or make more painful, my awakening.

So the issue is then, that I would like more understanding or some help with, is euphoria versus joy, special love, co-dependency, substituting another relationship for the pursuit of a seemingly more comfortable ego goal. And how can I be helpful, for all of us in this situation?

ANSWER: Indeed, joy is a soul experience. And euphoria, is a false high and ego satisfaction; almost always experienced with fear, never experienced with peace. Joy is always experienced with peace. It would seem incongruent, but the fact is, that peace and joy are inseparable. It is from the very debts of the peace of your being, that your joy arises. And as it arises, it does not unsettle the peace. And yet the fullness of the joy, is not minimized by the presence of this absolute peace. This causes the joy, to be absolutely stable. Whereas, euphoria is always unstable and it never lasts.

Now, euphoria is something you experience when you get something. And joy is something you experience when you give something. It is really that simple. Love is what you experience when you give. Feeling embraced by, consumed by love, is what you feel when you give. And this is absolute.

Love or being loved, is not something you necessarily feel, when someone else gives to you—loves you. It is possible to be loved by another and feel totally unloved, because you are not giving. And until you are giving, you will not feel the very substance of your Being, which is Love. And you will not feel loved or even lovable, until you are making that gift of You.

So you must examine your situation. And take note of whether you are feeling whatever you are feeling, because you are getting or because you are giving. And that will tell you, whether there is any substance to what is happening. And then you can govern yourself accordingly.

Right now, you are providing yourself with an arena, in which there is much to pay attention to. Now, simply pay attention to it in light of what I have shared. And you will become clear.

Special relationships, always involve getting. Holy relationships, relationships of Wholeness, always occur, when giving is occurring.

QUESTION: How do I differentiate, between giving and indulging someone? Indulging someone's neediness?

ANSWER: If you are indulging someone's neediness, they will be the focus of your attention, and they will be the governor of what you do. You will be sensitive to their behavior and based upon their behavior, you will either continue what you are doing or modify it. That is not really giving. That is not being in touch with you. That is not being in touch with the love, that you are. Because, when you are, you will also know when not to give, because, it will be indulgence if you do. But in order to know that, you're going to have to be in touch with you, not in touch with the one you would avoid indulging. You get the picture?

QUESTION: I think so. It's a little foggy to me actually. Indulging someone's neediness, I can tell that, when they become the focus, rather than me. I'd just like you to expand on that a little bit.

ANSWER: Very simply, if you are indulging someone's neediness, you will be being very attentive to them. In other words, you will be watching to see what you are going to get from them, so as to know, whether to continue or cease what you are doing. If you get nothing back from them, you will modify your behavior. If you get, shall I say, confirmation, if you get a lot of attention, if you get showered with affection, etc.; then you will not change your behavior. And so you see, the indulgence of another's neediness puts you not in the position truly of giving, but in a position of being attentive to what you are getting. And in that process, you become dishonest. You become the puppet, of that ones neediness.

QUESTION: On the other side of that, how do I tell when I'm being not loving to them, you know, when I'm being ego centered directly?

ANSWER: You will never be at peace, when you are ego centered. Again, the necessity is to pay attention to how you are feeling. Peace and joy are inseparable. Peace and love truly are inseparable. And when you are not at peace, you may know that you are ego oriented, ego centered. And so, you must pay attention to yourself. And when you are in your peace and your joy and your love are available to you, you will find yourself spontaneously motivated, to do or not do certain things at certain times. And you will feel the congruence of it. You will feel the integrity or unconflictedness in you. You will feel at peace, and I might even say, you will feel strong about what you are doing. Strong in the sense of not being vulnerable and, therefore, not having to be on guard.

QUESTION: From your point of view, will you share something about, what is the role of Mary, in...

ANSWER: Mary?

QUESTION: Yes, Mary, your mother, in our time? And her interactions with us at this time? Perhaps, even in relation to how this fits into your role?

ANSWER: To my...

QUESTION: Your role, as you see it. In your interactions with those of us, alive at this time.

ANSWER: All of us who are totally awake, have one task, you might say. That is of reminding those who are caught in the limited or finite sense of themselves, of their infiniteness. Those who are caught in a guilty sense of self, of their innocence. Those who are, shall I say, very distracted by the sensory data and the interpretations of the world, that are based entirely upon that sensory data; of the mental, the Divine, the nonmaterialistic nature of the world. It is only in the human experience that there is; mother and son, mother and daughter, father and son, et cetera. Because in actuality, we are all brothers and sisters, if you will, offspring or expressions or embodiments of the Life Principle, the Father/Mother God.

And so, my experience of her, is not as mother now, but of equal, of a sister, you might say, truly companions in expressing the Father's Will. And in promoting the desire to express the Father's Will, in those who are still enjoying a false sense of self and a limited experience of will, which is all consuming. And I will tell you, that we take any opportunity that presents itself, to convey the Truth about man, to man, to you. We do not have roles to fulfill. We have the expression of Truth, to Be at all times, with utter appropriateness.

QUESTION: Well, I would like to follow that up, with a question relating to the experience that my friend Lisa, here, and I have had in communicating with Mary, the way Paul communicates with you. And to get any guidance or insight, you might offer us, in pursuing that relationship. And that opportunity, as you say.

ANSWER: Well, of course, I encourage you to be as nondefensive as possible, without feeling totally vulnerable. Mind you, it seems a little unconceivable that anyone would feel vulnerable in the presence of Mary. But you see, the ego sense of self, this tiny sense of self, feels insecure, because it doesn't represent the Whole Truth. And, therefore, every single one of you, if you were confronted by or knew that you were going to be confronted by utter Divinity; would on the verge of being confronted by it, avoid it. Because, you would feel that it would uncover some fundamental guilt in you, rather than exonerate you totally of that sense of guilt.

So, I encourage you to be as defenseless as possible. And I also encourage you to be as honest as possible. Don't put on airs or she like I, will pop your false

balloon or your balloon of falsehood. It is very important for all of you, to become comfortable with who you, are at the moment. So that you may be secure enough to receive new information. If you are on guard and uncomfortable, you will not be, shall I say, responsive to that which triggers new and greater insight. And so, if you are really upset by something that is said, say that you are upset. If you do not understand and what you have heard seems unfair, don't squelch it, express that you are distressed. And ask for further guidance. Ask for further explanation. But be yourself, exactly as you are at the moment.

And I will tell you, there is another reason for doing this: If you are willing to be, what might seem to you to be, a reactive self, whose reactions would be totally inappropriate, in the presence of one who is Divine and, therefore, such reaction would necessarily bring forth judgment upon and against you; your expression of that reactivity will disprove your belief. Because, you will find yourself unquestionably loved and not judged.

And unless you are willing to be this, so called sinner, that you have been told that you are; until you're willing to be it and find that the wrath of God does not come down upon you and that judgment is not given, but love is and understanding and compassion is, then you begin to be able to, at an experiential level, let go of your fear of judgment. And accept this unconditional embrace, that is extended to you. And then companion with her or companion with me or companion with your guide, in your forward movement, with less fear. That is what I would tell you.

And this applies to everyone, who is desiring to be in touch with guidance or insight or revelation. Be willing to simply be who you are at the moment, without apology. If you want to apologize you can, but it is not necessary. Because, no judgment will be made, that the apology would fit, or be appropriately responsive to. I will tell you, it is going to be very difficult, to let go of a sense of guilt, until you find that you are loved, not penalized, whether you are feeling guilty or not. And that is when you will begin to be able to grasp, that maybe you are really innocent. And maybe you never were really guilty. And that is what she is present to work with you on, your fuller embrace with yourself with self-love, instead of judgment and criticism. And instead of a burden of guilt, that the church has created, in order to keep the pews full.

QUESTION: Good afternoon. The question that to me has the most energy behind it, is the one that I am most terrified about.

ANSWER: Wonderful.

QUESTION: And it has to do with my acting. And the reawakening that I'm having about really committing to it, on a really deep level, as never before. And along with other things that I'm doing, one thing that I'm taking

steps toward, is moving to New York for awhile, which I love. And I kind of want to get your feedback; as to my relationship to New York, its relationship to me, the theater that's there and my relationship to acting. And I'm terrified about it all. Because, I'm wondering if its in line with my purpose; even though I know it is, even though I question whether it is or not. And I go back and forth, simply because, I think I haven't had reflected back to me, this time around, as it were; jobs in acting, which I had before, in what feels like another life, which was about ten years ago I worked all the time. And I haven't now since I've had a break from it, doing other things. I'm now going back to it totally committed, totally new, but terrified. And I want to get your impression of it.

ANSWER: I can only tell you what you already know. It is absolutely congruent. And I will be very frank with you, it is time to be through with talk about it. It is time to be through with thinking about it. It is time to do it. To just do it. Because, the doing of it will bring forth the substantiation of the fact, that it is what you should be doing. I am not going to waste my time or your time, attempting to convince you, that you are perceiving what is true for you, correctly. I encourage you not to look around for further confirmation, because it is a delay tactic. It is as though, you are standing on the board on the high dive. You have your bathing suit on. The pool is full of water. Thinking about diving, is no longer relevant, it's time to make the dive. That is very simply the answer.

QUESTION: Well, I've been trying to decide which question to ask. I think I'll ask in relation to Joyce's first question, it will probable fall in there somewhere.

I have an older sister. And when my father was dying, he chose me to handle the trust, the family trust. She being an older sister, feels that she should have been the one chosen, and is trying to prove me incompetent and quite pitiful, in handling the family trust. I feel, because I won't comply with certain requests that she has made, she is no longer speaking to me. I'd like to...

ANSWER: That must be a relief...

QUESTION: In a way it is, but I want to express love to her. And in so doing, it's like a wall or something, I think there's something I'm denying within myself. But I want to see what's in myself, that's preventing me from loving her.

ANSWER: What is love? Love is the recognition of that which is Real, in each and everything. It is the willingness to recognize that which is Real, in each and everything. To be unconditionally loving, means to withhold judgment

relative to anything. However, being unconditionally loving, does not mean becoming a doormat to everyone else's ego perceptions.

Now, I will tell you, that the only thing you can do, is to refrain from engaging in judging her and condemning her, within yourself. But you cannot force her to receive the love you have to give. You cannot, by virtue of being unconditionally loving, force her to change. Loving or being the presence of love, is not a matter of becoming a tool for effecting change. If it could be, then it would become part of the ego's bag of skills for manipulating relationships.

So when you refrain from judgment and you engage in being the presence of love, and she continues to be unpleasant; do not ask yourself what you are doing wrong. As though, if you were doing something right, she would automatically change. She has to arrive at a point within herself, where being judgmental is so unfulfilling, that she decides not to utilize that as part of her repertoire of behavior in the world. And until she makes that decision, you can only refrain from indulging in judgment yourself. And you can only be willing to acknowledge her Divinity, even if she refuses to embrace it, as a practical and real thing in her life, relative to you.

Now, you're responsible for handling a trust. It is a trust that was placed in you. A trust in you, placed in you by your father. It has nothing to do with you and what you might think. And it has nothing to do with what your sister might think. This was an act of conscious intent expressed by your father, a placement of trust with you. It is really not open to question.

And it is your sister who, is being disrespectful, not of you, as much as of her father. And I encourage you not to be distracted by her behavior or her attitude. I encourage you to be true to the trust, that your father placed with you and in you, and let the chips fall where they may. And you handle that trust, according to your best and clearest judgment, because that is exactly why, he placed that trust in you. This truly is not open for debate. And I encourage you to be matter-of-factly clear within yourself about it, and let whoever else doesn't like it, just tough it out.

QUESTION: Well, you must be aware of these levels that I've been experiencing, that are, you know, kind of absolutely to a point of great need for clarification at this moment.

For some months I have been experiencing—and not necessarily in a disturbing way—levels of experience that there is something going on out here, which seems to be offering me various enticements and possibilities. And there is a dream level of activity, where for weeks, every night I'm on the road. I'm with a group of people and we're going from conference to conference or we're going somewhere. And there's various symbols along the

way, people from my past, but its movement also. And the other level, that seems to be going on here, is this is both professionally and personally.

And the third level seems to be in the last couple of weeks, where when I've been quiet, wanting to speak with you or with my guide, I've heard this little voice just say, (?) And its very clear and very sweet and very loving and its different. The way I feel is different, than with you or with Thomas. And somewhere in this whole experience, I must have asked who it was. And I got the word Sybil. Which is a name I never would have thought of in a million years. And so, now, what I have here is a triangle. And I experience you as teacher and I experience Thomas as a companion and I don't know what Sybil is. But I work in three's a lot. And with the triangle, I'm in the middle of it, it's around me, its inner/outer. And I would like to have some place to stand now, that I've had all these experiences.

ANSWER: The place you must stand is, as the one who is paying attention, without preconceptions. Paying attention as unconditionally as possible.

I will put it very simply, you are like a walnut that is being opened, so that the meat may be gotten to. So that, the meat of the walnut, the essence of it, is no longer hidden. This opening is a self-opening. I mean by that, that you are engaged in a process of self-discovery. It is simply time to pay attention and allow this movement of opening, to fulfill itself. You do not want to help it along. What you want is to maintain an equilibrium of balance, in which you may pay attention, because disclosure of you to you, is in the process of occurring.

I also encourage you, not to take any of the symbolism that you have expressed, as though that is what expresses the absolutes of this movement. The movement that you are feeling, is itself the absolute. It is what I have referred to as, the opening of the walnut. The opening of the shell, that covers over the meat of the nut.

The part of you that clamors for control, is not satisfied with what I have said. But the part of you that clamors for control, even the amount of control that would come from, a general overview of what is happening, that part of you, is what has constituted the shell. And the shell is being broken open.

And so, I encourage you to notice the part of you that clamors for control. Just notice it and let it, let it be there. And then take this part of you that is noticing the ego, let this part of you that is noticing the ego, abide with the movement. Because, it has the patience to let the disclosure occur, in its perfect timing. Perfect in terms of, your conscious experience of your fulfillment.

You won't arrive at the sense of what is happening, through an intellectual process. It will finally make sense, because disclosure is what is occurring. And once the disclosure has occurred, it will have made sense out of itself. So, I am

encouraging you to learn from the movement itself, rather than learning by means of a logical process.

QUESTION: Yes, but...

ANSWER: Indeed.

QUESTION: I feel like...

ANSWER: You are like a young woman on the delivery table, knees up in the stirrups saying, "Yes, but, it would be easier if I was on my side." Continue.

QUESTION: Most of the time it feels fine. And I'm enjoying the journey, really. And then comes the time when I need to make a decision about this. You know, am I going to stay in this apartment? Am I going to move some place? And its like I do not have enough information.

ANSWER: And if you do not have enough information, then you cannot come to a conclusion, and you must stay where you are. If you do not have the clarification, it is not time for the clarification. And the fact is, that you are not blocking clarification. You are wanting it, sooner than its perfect and appropriate timing.

QUESTION: Can you tell me or will you tell me rather, if I will receive some clarification, beyond where I am now, by the first of the year.

ANSWER: I will say that that is very likely. Understand, that I am not here to satisfy your ego. But to promote and substantiate the essential You. Which is not available to be run around, by the ego.

QUESTION: I have for most of my life been in a depressive state. And I'm really tired of it.

ANSWER: A depressive state?

QUESTION: Yea, I think so. Well that's how I would call it. Something less than joy. I suppose experiencing my joy and connection, mostly through my own mind. Experiencing a happiness in relationship, mostly in my imagination. And combining that with thoughts of death, in whatever way, heroically, or in various ways. And seeming to have the feeling connection to body, mostly through that experience of imagination. Can you clarify that, or help me understand it and be done with it? Or find a better way the world?

ANSWER: The great lessons, the great insights, the great learning's, the great awakenings, if you will; all tend to occur spontaneously, in moments of utter simplicity, in the middle of utter mediocrity, in the absence of specialness. They do not happen in the height of frenzy or excitement or of great spiritual dynamics. They happen in the place of humility. And as I said earlier, from the ego's standpoint, in the places of great humiliation. In other words, they happen in the very spot, that you are complaining about being in.

One tends to deny his or her opportunity for joy and fulfillment, because nothing grand is happening. But I guarantee you, that the great things that have happened in this world, have arisen out of ungrand, simple, mundane moments. So mundane, that there were no great dynamics to distract one from the insight or the revelation or the discovery.

Now, your question was for the most part, asked on the basis of ego activity, ego thinking, ego reasoning. But the fact is, there is a part of you that values this space, that you have found yourself in for such a long time. It is a space, an experience of being, that you actually feel is more spiritually advanced. You would not actually trade this experience, this space, for what your friends or people you know have; who seem to love themselves, who seem to be happy, who seem to have evidences of fulfillment.

And I am here to confirm to you, that that part of you that values this absence of, what I am going to call false success, is honed in on the Homing Beacon. And it doesn't really constitute a depressed state. The part of you that asked the question, is the part that is looking for stimulating excitement and dynamic success, which the more dominate part of you really would not accept, if it were given.

Because you are very dedicated to your enlightenment, you are very dedicated to being spiritually clear. In other words, you are very dedicated to experiencing, being without any distortion or bias. Now, I point this out, so that you can see that, indeed, there can seem to be at the same time, two parts of you operating. When you really become distressed, is when you begin to pay attention to the part of you that asked the question. And when you are feeling your inner strength and, I'm going to call it your spiritual strength, it is when you are honoring this part of you that is humble; that is not full of excitement, that feels its stability that arises out of a much deeper level than the ego.

Just be aware of this. So that when your ego acts up, you can say, "Oh, my ego's acting up again." And then don't honor the tantrum that it is throwing, too much. The moment it finds out you're not going to hook into it, it will stop and find some other approach, that it thinks may hook you.

QUESTION: Then my yes, but, is: Why do I cry so easily? Why do I cry just raising the question?

ANSWER: Because, at the bottom line, you are very connected with your soul and you feel a lot. You experience, shall I say, more of the depth and breadth of your capacity to feel. And, indeed, much of your crying, generally speaking, is a result of your remembering Home, with a capital "H." Experiencing a connection, that you cannot put into words. And, it is not an uncommon thing. It is the way in which a deep joy emerges.

And I will tell you, that the time will come, when that deep joy will emerge as laughter. But right now, it emerges as a very beautiful feeling, that your human experience, can only interpret as sadness. But it is a very beautiful feeling of joy, that comes out in this fashion. You need not resist it. And you need not wonder, what in the world is wrong with you.

QUESTION: Well, my question is kind of based around words. Mainly the words of the Bible. My problem is, I'm not really sure how to understand words, especially in terms of the Bible. I don't know if I'm to believe that what I interpret from the Bible today, is actually what was meant, when the story was written.

And I guess my question to you is, is it important for me to place a value on the words I read, or just accept them from whatever form of the Bible I chose to read. Whether it's King James version or Old Hebrew Testament or whatever? I guess I'm asking you, is there one more valid Bible, than another or should I place any value on it, at all?

ANSWER: I encourage you to place value only on that which triggers, promotes an inner conviction, as to the Truth. You must understand, that much of the Bible has been altered down through the centuries, to suit the purposes of the church. And so, it is necessary to read the Bible with discernment. And as I have said before, you must dare to trust, that you have the innate capacity to recognize Truth. And then honor that, by trusting your perception of Truth. If you do not have an innate capacity to recognize Truth, then you are lost. And, indeed, it would require a miracle, for you to become aware of Truth and know that it was the Truth.

But absolutely everyone of you has the inherent, innate capacity to recognize Truth. Because, at the bottom line, what Truth is, isn't separate from you. You are the embodiment of Truth. And because you are, you have that in you, which is able to recognize it. Now, that which discloses to you more and more clearly, your essential Divinity or your essential Worth or your essential integrity, should be valued. And that which tends to undermine your sense of your integrity and worth and value, should be trashed. That which unsettles you and causes you to become confused, should be avoided. And that which promotes greater equilibrium and balance within you; a clearer perspective that is able, by virtue of the peace that it operates in, to come to correct conclusions, should be valued. And you will find places in the Bible, that do both.

You cannot know what was truly intended, because you are not reading the original, in the original language. But it doesn't matter, because you have the innate capacity to recognize Truth. And so, read the Bible with discernment. And value that which allows you to yield to God. And do not value that which causes a

gulf to grow between you and the Father, causing you to be fearful to come close. Because, obviously, if you get too close, you will be convicted of that which you are guilty. You see, that sets up a barrier, a spontaneous and natural resistance. The love of God uncovers God's Son, as what He Really Is. Which exonerates you of any guilt and relieves you, of the belief that any penalty is do you, that you must pay.

Whatever confirms your Divinity, value; whether it is in the Bible or not. Also, it is not so much the words, as it is the feelings, when you are reading the Bible. Because, always your return Home, occurs as a result of, what I'm going to call, remembering the feeling of Home. And the remembering, is not an intellectual remembering, but a feeling remembering. Value whatever connects you with the feeling or experience of your Divinity, and that which more completely discloses your innocence, your guiltlessness, your integrity and your inviolability. That is what will allow you to function in the world, out from your integrity. And as I mentioned earlier, deal with interruptions of forms or patterns of living in your world, without experiencing any interruption, of your sense of your integrity.

QUESTION: Thank you. One more question, I guess, it's kind of my own personal ego question. Was Joseph Smith a prophet?

ANSWER: Indeed. Indeed. So, what do you do with a prophet? What do any of you do, when there is a prophet in your mist? To whom do you listen? Yourself, that is correct. And you see whether what the prophet says, adds up, when you measure it against your deepest level of knowing. You do not become the obedient servant of the prophet. You are not here to serve another's vision. You are here to experience the fact, that others have visions and make the spontaneous connection that, indeed, that is your prerogative, to be the one to experience visions.

In other words, to be the one who experiences a direct connection with Reality. The one whom Reality can penetrate and register with, so that you can be utterly appropriate in the moment, utterly congruent with your fulfillment of purpose.

A prophet is, indeed, suppose to be a way-shower. Not in terms of saying, move here, move here, move here, move here. But, in terms of what he embodies, himself. So that you may realize, "Ah, I can embody that also."

So, I have said that Joseph Smith was a prophet. That may or may not have anything to do with you, in this moment, on this day, at this time. It is a fact. It may not be relevant though, to you, today. And you will only know that, if you take that little bit of information within yourself and measure it against your deepest level of knowing. And then trust your deepest level of knowing.

QUESTION: I'd like to thank you for your smiles. And the sense of peace, that I feel when you're with us. I was wondering, if you could offer some insights, to my present leading edge of awareness or feeling about myself currently?

ANSWER: Well, I will tell you this, there is such a significant level of evenness and peace and, what I am going to cautiously call, self-satisfaction, without any negative connotations to it. That you are significantly primed for break-through, for, I will say, further expansion. And yet, that word expansion in this respect, really means, experiencing a more all inclusive awareness of yourself, where in, there is a diminished sense of separation between you and your world, between you and your fellowman. And I'm not talking about this at an intellectual level, I am talking about it at an experiential level. And because of the degree of peace that you are experiencing, this expansion is likely to be experienced very smoothly, very gracefully. Because, there is a sense of inner security and an absence of any significant sense of vulnerability.

You are in effect, in a permissive state. Not so much a matter of consciously giving permission, as being in a permissive and, therefore, yielding state. And this is wonderful. I do not tell you this, so that you will look forward to it and loose contact with where you are. I tell you this, so that it can simply be embraced, in your awareness of where you are. And I also tell you what I have told you, so that you will not be inclined to think, that maybe you ought to be experiencing something other than this equilibrium.

The evenness can seem to become monotonous, unstimulating. And, of course, the ego thrives on stimulation. And so, it always inserts itself and says, "create a little drama in your life, this is very dull. Because it is dull, it certainly cannot represent Divinity. Divinity must be significantly meaningful." Well, it is. But I want all of you to understand, that the experience of being Divine, is an ultimately natural experience. It is an experience of being more you, than you have ever been before, not more different from you, than you have ever been before. It is an experience of coming down to the essential Self, which is going to feel like you, even though it is far more expansive than what you have experienced to this point. And so, I encourage you not to brace yourself for the break-through.

QUESTION: Raj, I seem to recently realize that, at least it appears to me, that I have chosen for the majority of my lifetime, this time, to be a loner. Or when I haven't been a loner, I haven't felt comfortable and I go back to being a loner again. Therefore, I'm wondering if that really has been appropriate for me to have operated in that style, during this lifetime?

ANSWER: I will tell you, that it has been essential for you. It has been an essential part of your arriving at a point, of owning your own integrity. Owning

your integrity to the point, that you have found it unnecessary to be with someone else, in order to experience it. You see, before a relationship can become totally fulfilling, before it can fulfill its Holy purpose, each member of the relationship must arrive at a point, of being aware of his or her independent integrity. Where his or her sense of identity, is not gathered from the other member of the relationship; but is clearly derived from the First Cause, the Prime Mover, God.

Once that connection is made and once permission is given to embody ones own Wholeness, then it becomes possible for the gift of ones self, to be made to the world. And then those who are in relationship to you, all greatly benefit. It is by virtue of your “aloneness,” that you have found yourself coming into a fuller experience of your health, a clearer experience of your invulnerability and your peace.

I will put it this way, you are nearing the point where you could engage in a relationship. And the potential for that relationship would be very, very full, because you would not be gathering your sense of yourself, from the relationship. You would bless the relationship, with the gift of who you are.

QUESTION: I wanted to ask about joy. And it seems this morning, I have a different headache, not the same one. And with all your help, and with Paul’s healers and my healers, I got through the day more comfortably yesterday. But I had a raging, really bad headache, with nausea, last night. And I tried to be with the things that I know are true and that you shared yesterday, about embracing my innocence and forgiving and all the other things and doing the authorization. At some point, it gets very jumbled and all I can do is pray for help.

And I want to go on here a minute, so I can bring up all these things that have been, kind of a constellation of things, in this. Somehow, what you said yesterday about humiliation, has stuck with me. I don’t know if there’s something I’m missing, in all of the inner work that I’ve been doing, or in my heart I believe I’m not doing anything wrong, and yet I still have a great deal of pain.

The pain isn’t acceptable, and yet, I also think maybe I need to accept, that at this time in my life, this is how it is. And I still hold the belief, that life of freedom from pain and fear is possible. And like, pain and fear are connected for me. And also, because I feel so much joy. Okay, so, last night, what I’ve come to in my own awareness with my guides help; is to allow and yield into and through a headache, specifically a headache.

And I persisted and that headache left. And now there’s this small other headache. Am I missing something, or what could you share with me to expand on—I’m confused again—about what the role, if there is a role for

pain? And what I need to understand for myself, so that I can live in freedom?

ANSWER: It is not well for you to conceptualize, that there is a role for pain, as though it were an actual presence, with an actual intent, that could benefit you. Pain is always, the way in which you experience unacknowledged Good. That is another way of saying, that it is the way you experience the act of resisting your Good. However, it puts a different emphasis, because it makes it clearer, that there is something there to acknowledge and it is not the pain.

When you were willing last night, to simply be with the pain, shall I say, to go into it, rather than denying it or resisting it; you also found yourself experiencing a feeling along with it, a self-feeling, a negative self-feeling. When you do not resist the pain, and I'm going to say, if you are willing to abide with it, the feeling; I'm going to say, the lie, the negative that is covering up some aspect of your Good and your experience of well-being, surfaces. And you can see, what it is you are feeling about yourself, that constitutes self-denial. Then it becomes possible for you to see the ridiculousness of that denial, and the fact that it isn't truly relevant now, although it may have seemed to be relevant in the past.

Allowing yourself into the pain, rather than trying to rise above it and separate yourself further; is, indeed, another way of describing the process of humiliation.

Now, I want you to understand something. I want all of you to understand something. This process of ego humiliation, that allows you ultimately, to move into the experience of your humility, with which there is no pain associated, is very much like a roller coaster ride. Where you reach the crest of the upper curve and begin to plummet downward. And I want you to imagine, if you will, that instead of coming to the bottom of the plummet and ascending again, you continue to move forward parallel to the surface of the earth. In the process of this humiliation, you literally pick up momentum.

In other words, it is not just a downward movement of unpleasantness, of sadness, of a sense of failure, etc. It is a downward movement, only from the ego's point of view. It is actually a picking up of momentum, as you move into your humility and the clearer experience of who you Divinely are, of who you Really are, and not of who you believed you were. And so, when you reach the bottom of the descent and you begin to level off and move forward, it is with great speed. Now, that speed, is the equivalent of the power and the strength and the substantiality of what you Divinely are, which is now being experienced, as a state of humility.

And if you stop and think about it, the words humility and grace are almost always used together. Because, when you are experiencing humility, when there is

humbleness, when you are not arrogantly believing that you are something important, from a conceptual and conditioned standpoint; you, indeed, come into an awareness of your essential validity, your essential worth. Which has nothing to do with any accomplishments. It has nothing to do with anything you have done or anything you are planning on doing. You are in this state of humility, a total absence of arrogance of any kind, which to the ego's point of view, is the pits. And, in that unpretentious being, you experience your integrity. You experience your indivisibility and, therefore, you find yourself absent of conflict in any form.

So, this process of humiliation, is truly a movement into the essential power of your Being, which has nothing to do with credit that you can claim, as having been caused by anything you have done. That is the meaning of the word grace. It is experiencing your essential value, your essential integrity, without being able to claim any responsibility for it. It is simply there. And it is always there in your humility.

Now, there is still a part of you, that is feeling irresponsible. And that irresponsibility, is being judged by your ego, as bad. That is what is hooking you, and that is the nature of the headache, today. But the simple fact is, that you have become irresponsible from the ego's standpoint, but you have not become unintelligent. You have not abandoned simple wisdom.

You are obviously functioning in the world, well. Even though you are not functioning in the way you did, two years ago. You are flowing intelligently, rather than controlling intelligently. That is intelligence. When you are living in this fashion, you are embodying intelligence itself, which is the nature of God or the nature of the Prime Mover. That is called congruence. And because it is new to you, you are not gathering from it, fully, the sense of your integrity. You are not seeing that your integrity is fully embodied in that. And so, the ego still has a little place to hook you, and say, "but you are not following the accepted norm, of being a responsible human being, a responsible parent, etc."

But I am telling you, that you are simply moving into a new manner of dealing with the world, by not dealing with it; but flowing sensitively, paying attention to inner guidance, paying attention to a wisdom that is going beyond the concepts of wisdom, which you have been raised with. You are beginning to express more originality, not ego originality, but originality in the sense that you are managing to be intelligent. You are managing to function well, without exercising a personal sense of control. It is a spontaneous intelligence and wisdom, rather than a calculated intelligence or wisdom.

Everyone will find that, as they begin to allow for the embodiment, the practice, if you will, of spontaneous wisdom; that your ego will hook you. It will

try to get you back within the fence of obedience of practices, obedience to the continued reinforcement of fixed patterns. It will tell you that you are being disobedient, except that now that you are adults, it will tell you, that you are going crazy. It will tell you, that you are being irresponsible. It will tell you, that you are not expressing intelligence. And it will picture for you, impose upon you, the old patterns, from which you used to derive a sense of being intelligent.

I will tell you something, there would be no growth of anything that you see, trees, grass, there would be no movement of the universe; if all of it were actually functioning within the confines of a pattern. The growth occurs because the growth doesn't abide by patterns, by fixed structures. And that is why an embryo divides and grows and becomes something totally different, from a sperm and an egg. And that is why one tree doesn't look exactly like another tree. And that is why no two sets of finger prints are the same. Because life doesn't have anything to do with patterns, fixed, stable, structures. It is a movement. And if there is anything happening here, in the process of awakening or the process of enlightenment, it is that you are beginning to learn to let go of patterns, and be the flow. To be the Movement. Because that is what you have always been.

Humanly speaking, it seems as though, you have a very short time, in which to make this shift, from rules and concepts, to the spontaneous movement of intelligence. The spontaneous expression of wisdom, that is not calculated, but is a response to your world, in the moment that you are experiencing it, without preconceptions governing.

Now, everyone says, that it is by virtue of memory and the ability to examine history, which is embraced in memory; that it has become possible to be civilized. And that, therefore, the past and memory are absolutely essential. But the time is coming, for not absolutely governing your present according to memory. Because if, indeed, that is successfully accomplished, change will no longer occur. Life will be stifled, you might say. And, of course, that will be cataclysmic. Because the power of the movement of life, cannot be squelched. Now, it is scary to be spontaneous. It is scary to be in the middle of movement, change and activity, and deal with it, by means of your wits.

Now, student pilots practice in a simulator. And they know, that if they goof and crash, no one will be hurt, because the crash will not actually happen. If you were to practice driving in a simulator, you would feel safe. But the time would come, when you would need to put into practice what you had learned, on a real road with other cars that are real, that are not programmed by a computer onto a screen, and which seem to be driven by other potentially erratic and undependable egos.

And then you are smack dab in the middle of change and the need to respond, not according to what happened in your practice sessions in the simulator, but “Johnny-on-the-spot” on the highway, at the time that life is happening. And so, you do not drive in a calculated way, other than that you know where your destination is, usually. And so, you learn to be on-the-spot when you are driving.

This movement of awakening, this willingness to be sensitive-on-the-spot to life itself, and not to respond to it according to memory or according to mental calculations, is what is frightening to everyone. It literally, is the straight and narrow way, that few go in. Because you might say, it takes guts. It is much easier, to have everything pegged. To have everything fixed and dependable, so that you don’t have to be sensitive. You don’t have to be aware. You don’t have to be fully conscious.

And so, as you move into this practice, if you will, of being spontaneous in the moment and not responding to everything on the basis of what you have come to believe it is, you are from the standpoint of your old conditioning, becoming irresponsible. You are stepping out on the water, as it were. Not absolutely solid ground. You are catching the wave, as it were, and learning to be in a process of movement, rather than standing on solid ground; that will likely be there for ten thousand years. And if you never move, you’ll never have to think or be sensitive or responsive.

You are in a process of letting go of conditioned thinking and responding to life in the moment. And your old conditioning is hooking you and saying, “You are being irresponsible. You are breaking the rules. Therefore, you are being disobedient and punishment must be experienced.” And that threat, that suggestion, whispered out of the recesses of your memory; cause you to feel guilty and defensive. And that defensiveness, results in a physical tightening up, for self protection. As though, tensing up makes you more dense and, therefore, more invulnerable. And you use your body to defend yourself against the punishment, that has been whispered into your ear, as what is coming. And it is not the potential punishment that was whispered in your ear, that you are suffering from, but the fact that you are using your body, as a defense against this supposed punishment. Again, pain is always, the way you experience the presence of unacknowledged Good.

You are always confronted by one thing only, Reality, the Kingdom of Heaven. Now, I keep using the word Kingdom of Heaven; it simply means All That Is, experienced without any distorted perception at all, experienced as it is being expressed by the Life Principle, the Life Force, the Father/Mother, God. You are confronted always with that which is Real, with a capital “R.” And if you

are defended against any aspect of it, for whatever reason, and you attempt to densify your body for solidity and protection like armor, you will experience pain.

Only value the pain as an indicator, that you are confronted by a good, that you are not embracing. There are times that you can simply acknowledge that, and there will be a spontaneous giving of permission to experience that good and the pain will fade, without ever having become aware of what the specific self-doubt or self-criticism or fear was. But if the pain doesn't spontaneously disappear, then as you did last night, allow yourself into it and pay attention to the emotional feeling, that is also present with the experience of physical pain. You may find, that it is a sense of worthlessness. You may find, that it is a feeling of being unloved. It may be a feeling, of being treated unjustly. But whatever it is that comes to your attention, once it has come to your attention, you will realize that it doesn't justify, it truly doesn't justify the degree of defense that you are bringing into play, and the misuse of your body that results and which results in pain. And the nonsensicalness of it, will trigger your willingness to let it go. It will be to ridiculous to continue to embrace.

Now, I say this cautiously, because there will be a tendency on the part of some of you in the room, and on the part of some of those who will eventually listen to the tapes; to begin to value pain and look for every opportunity, to get into it. And it isn't the focus on the pain, that is important. It is not resisting the pain, and giving your attention to the emotional feeling relative to yourself, that you find emerging.

Growth, is not in itself painful. Pain is not inherent in growth and enlightenment. It is only experienced when one is resisting it, because, one is seeing it as threatening to the status quo, or threatening to ones current sense of what is right and wrong. The growth is expanding you beyond your current limits. Just as the growth of your feet constituted an expansion beyond the size of the shoes you were wearing and your shoes began to get tight and uncomfortable.

Now, you are doing very well, in terms of becoming intelligently irresponsible. And you need to hear that. All of you need encouragement, as you are breaking old patterns, not to engage in self-criticism and self-doubt just because you are experiencing something new, that is causing your perspective to take on a new flavor, if you will. As children, all of you embraced growth, with enthusiasm and joy. And, there was great curiosity to see what remained yet undiscovered. But, as you have grown up and become adults, you have tried to become responsible. And, you have tightened up and begun to limit yourself and abide by the principles you were taught as a child. I will tell something, the principles were taught, so that you could become an adult, that you could survive, if you will, growing up.

Now, it is time to let the rules take second place. Just as the one learning in a simulator, must eventually give up the characteristics of that experiences, which were always absolutely safe, for actual engagement in driving on the freeway, for actual engagement in life, which is not predictable. And if you have grown up being told, never drive if you're not in a simulator or you will get twenty demerits. You will have to override that conditioning and access your freedom to be intelligent spontaneously and flowingly, on the spot, while engaged in the undependability, or shall I say, the forever freshness and newness of life itself.

This process of awakening, indeed, constitutes a next step, if you will, in your developing maturity, as what you Divinely are. I will tell you, once you get this point, once it really clicks with you, then as you proceed even further you will manage to be able to get past the whispering of disobedience in your ear more gracefully, without hooking into it and beginning to defend yourself, by densifying your body. I'll tell you something else, to the degree that you use your body as a defense, you are significantly identifying with and as body. And you become trapped further, in that you neglect to access the conscious experience of the infinite nature of your Being as Mind, as conscious awareness.

It is not outer space that it is time to explore, although that will happen, it is the infinite actuality of you, as conscious awareness, that constitutes the new threshold of exploration and discovery.

QUESTION: I need clarity about my nephew, John Dean. He's forty years old. He was a schizophrenic and then he was healed. And he has a great deal of determination. And has shown determination and effort to get a job. Which he has a nice job now, driving for a messenger service. And I've been assisting him, to get settled in his new place. He has a nice room with a family. And he's not capable of managing his own income. So I've got a budget set up and he brings me his check, and then I give him what he needs, for gas and food and so forth. And then we save each week towards his rent, that will come due.

But he disappeared all of a sudden. I got him settled in his place and no one's seen him for several days, since probably Thursday. Although, he may have been to work on Friday and I didn't happen to contact his work. So in the past, he did this once before, he took off for Las Vegas and spent all his money there and then came home broke.

But my question is, well, I could first ask, is he okay? And will he be back?

ANSWER: Indeed, the answer to both questions, is yes.

QUESTION: Okay, good. Did he go to Las Vegas? I might as well know that.

ANSWER: Indeed.

QUESTION: Okay, so he's following an old pattern. And it's been at least two years since he did this very same thing. So I want to know what my responsibilities are towards John? I've loaned him money, and I feel very comfortable about having done that. It'll either come back to me as income later on or it'll be a gift. And either way I'm comfortable with.

ANSWER: I'm going to interrupt here. Your responsibility is not so much to him, as it is to yourself, monitoring or paying attention to yourself. So you see that you are never violating your own clearest sense of, what is appropriate for you. You must always do what allows you to remain in your comfort zone. And I mean that emotionally, as well as financially. As long as you are doing what feels right to you and is not jeopardizing you, then you are fulfilling your responsibility to yourself. And that will bless everyone around you.

Simply, don't do what is uncomfortable to you. Don't do what creates conflict or distress within you. And when you arrive at a point where you cannot do more, or perhaps you cannot continue to do what you have been doing and remain comfortable, then simply state, unapologetically, that you cannot do it.

Again, the responsibility, is for you to remain congruent with yourself. To do that which keeps you in your peace. Because it is only in your peace, that you easily have available to you, the perspective that allows you to be appropriate.

For instance, Paul was late this morning. And he was feeling responsible for all of you and how you might be feeling. And the fact, that he did not keep his word, etc. And he began to drive more hastily and, I will say, more unconsciously. And he rather quickly discovered, that he was feeling uncomfortable. And that this was not what he now recognizes, as natural to him. And he decided that what needed to happen, was for him to experience his peace, and let the chips fall where they may. He did recognize that if he continued to rile himself up, he would not be fit for sitting here and listening to me. And that he would at some point have to take the time, to become still, to become centered. And so, he chose to do it, on-the-spot, while he was driving.

And thus, he was able to get here safely and what we all were intent upon doing today, began. Now, he could still criticize himself. But what benefit would it have? The only thing that would result from it, would be that he would be less able to be appropriate in the moment. Less able to experience the order, the fulfillment, the meaning that each moment holds.

And so, if you truly want to be of help, pay attention to yourself. And do what you have to do, to be in your peace. Stay within your comfort zone. And don't defer to everyone else, because that will tie you up in knots, sooner or later. It is your integrity which needs to be expressed. And you will have to pay

attention to yourself, to know what your integrity is, at any given moment and how it is best expressed in the world.

QUESTION: What my fear is, is when John was a schizophrenic, he was out on the streets. He chose this, cause he didn't want to be medicated, otherwise he could have been in a board and care home. But anyway, he got healed. But my fear is, of him being out on the streets, again, if I'm not available. Maybe I won't recognize that part of my integrity. I'm not sure. So that's my fear. And this is my ego, I know, drawing all these pictures that could happen.

ANSWER: Indeed, and it is also a false sense of what real help is. Because you are dealing with only one person and maybe two, in your life, that you are helping. The unreasonableness of your approach, does not stand out as much, as it would if you had a hundred or two hundred people.

You are not God. You are not your nephew's, capital "R," Resource. You are not, that which is embodied in your nephew. It is God, that is embodied in and as your nephew. And it is God, that is embodied in and as you.

Now, humanly speaking, as I said, you must pay attention to your comfort zone, and I mean, in extremely practical terms. And then you must also entrust your nephew to his Divinity, to the capital "S" Source, that is embodied in him, as him, truly. And you must not try to take on responsibility, that is God's. And you must dare to give him the freedom to explore his leading edges of discovery, whether they are in ways that you would choose for yourself or not. Be sure that in your process of helping, you are not taking on the position of controller, else you will find yourself beginning to feel burdened.

Now, the only way in which you will not recognize what is appropriate for you, is if you are not paying attention to yourself, but you are trying to fulfill a role or a concept of helper, of being the only one who can appropriately fulfill his need. The justification seems to come, that no one else will do it. Well his Divinity will. His Divinity, just as yours, is always operating in his experience, in spite of his ignorance, in spite of your ignorance, in spite of everyone's ignorance. Each one's Divinity, as I said yesterday, is insisting upon registering, is insisting upon penetrating whatever the false limits are that are binding one. And I will tell you something else, Love, Divine Love, always is able to manifest itself, in language of your current perception, in language of your current limitations. It is always able to register with you, as that which meets the need under the circumstances.

You are not God. And yet, God is all there is of You. But you are not here to function as the ultimate Resource, for another's well-being or Wholeness. And instead of making spontaneous assumptions, that he does not have within him

what is needed for his well-being and, therefore, it falls to you, to be that. Correct it. Because you are projecting upon him as though it were a fact, your belief that he is incapable, that that essential something is not in him. And if he is believing that, he now has a partner in that belief, that strengthens it. And you are not able to be present as an agent for change in his life, which is really the meaning of a helper.

If you are going to help, truly help, you will be that which triggers the awareness in him, that he is Whole, that he has integrity, that he has what it takes. It has been said, that the best charity, is to show someone that he doesn't need charity. I encourage you to keep that in mind as your motto. That is truly Love. And that is truly helpful.

QUESTION: Raj, thank you so much. I can feel the Truth. And I can trust myself. I have the feeling that I can trust my feelings and just take a step at a time. And I'll know the best way to help myself and to help John, as I'm guided.

ANSWER: Indeed, it will be your emancipation. Remember to trust your feelings and not your emotions.

QUESTION: And if this had perhaps happened yesterday, at this time, I would say, "Raj, is this really happening." I don't have to. Because I know that I've made some tremendous progress, by coming. And I'm very deeply moved by it. And it could not have happened under any circumstances that I can see, except these right here. It had to happen in a workshop, I think. And I know it had to happen in a place where I fully trusted the leader, completely.

ANSWER: But you see, you are the one who had the trust.

QUESTION: Yes, I trust, I trust you completely.

ANSWER: It was all You.

QUESTION: I see that. And I believe I've hit the jackpot. And I don't have to ask you, I know I did. Its the very basis of many lifetimes of clearing the fear. I haven't done it. I've opened the door and I've opened the door quite a bit.

ANSWER: And when you, do the fresh air blows in. I say that, so you will not conceptualize, that you must now step over the threshold, before anything else can be experienced.

QUESTION: I feel, I have already done that. I already am there. I am there. And, of course, the main fear is based in the root chakra. And I had some wonderful conversations, wonderful conversations. And God bless those I've talked with. One woman especially, sitting across from me, Sally. God bless you. The work you've done with yourself, I'm so grateful, so

grateful, what I've learned from you. And Raj, I ask you to qualify that, what I've learned. I know that's the direction I'm going. I know it. And, that's my question.

ANSWER: You are feeling and experiencing You, with a capital "Y." What you are feeling, is your integrity. I just encourage you, to remember that it is a moving thing. It is really, as though, at this moment you have climbed into your integrity, as though, it were a wagon or a vehicle. And if you continue to leave the door open, as you put it, and abide with it, it will move you. It is a feeling of congruence, with your capital "S" Self, that you are feeling. That is all I need to say.

QUESTION: My question was—I didn't make it clear. I'm interested in knowing—well, here I go with wanting to know again. Is it a matter of my just simply being patient and waiting and see how it all happens. Or I guess I'm just plain curious.

ANSWER: Well, you can be impatient and still wait to see how it all happens.

QUESTION: All right, lets do that. The conversations this morning from this lady, were about working with root chakra energy, through Eastern philosophies. And, a lot of that has come my way already, not a lot, but some of it has come my way, already. And I'm wondering if that is appropriate for me? Like for instance, what do I do about the?

ANSWER: The what?

QUESTION: The(?) The Eastern term for energy moving in an erratic way, at a point of time where there are high energy around.

ANSWER: In all cases, what is called for, is what I will call relaxing, letting go. That which blocks the flow, is the practice of control, of being tight, up-tight, tense, defensive. It is not that you need to do something, with the energy at the root chakra or at any other level. It is this willingness to give permission to let go, that allows the natural movement to occur, unhindered.

QUESTION: You spoke earlier today, about the patterns being broken. And, how important that is to move away from that mechanical repetitive way of responding to life. And I think I've broken a lot of patterns recently in the last couple of years, which has enabled me to move as I have recently.

ANSWER: And in each case, there has been a greater investment of trust in your essential Self. I'm not talking about your ego, but your essential Being. There has been a greater honoring of It. And that is why there has been an experience of emerging freedom. Continue.

QUESTION: In reference to this, concurrently with my decision to move away from the former patterns that I'd been in, a lady has come into my life, that I've known for some time, but has spent the last four or five years working on moving out of her patterns. And so, we have a great deal of freedom and equality, as we come together. And I'm very strongly moved to combine forces with her and move together, as we break other patterns, and continue to realize our Wholeness and to facilitate each other...

ANSWER: ...Could you repeat the last part of what you just said.

QUESTION: I would like you to comment on the feasibility of my combining forces with her, in a partnership arrangement, where we would work to facilitate the continued growth and development in each one of us, as a person and as a couple.

ANSWER: I will simply say, that it is feasible and that it is appropriate to allow it to unfold. And I will also tell you something else, you will not be moving into this relationship "on the rebound." Because you have not suddenly left the old pattern, but have left it over a period of time. And you are not in a state of reaction. You are in a place of noticing your greatly increased freedom, but you are not like a jack-in-a-box, that has just popped it's lid, where you are suddenly in a new frame of reference. Again, I encourage you to let this relationship unfold.

QUESTION: Yesterday, when I asked you the question about working together with a person in doing workshops and seminars, there was quite a smile on your face. And I'm wondering if you have any recollection as to why you were smiling.

ANSWER: Simply because, you were experiencing doubts about it, and it is so plainly appropriate. The doubts reflect a certain caution, out of habit, that is totally, uncalled for.

QUESTION: I believe that you defined love as, that which recognizes that which is Real...

ANSWER: Not that which recognizes, but the recognition, the action of recognizing, Yes.

QUESTION: Would you say more about that. I mean, it seems to be a matter of letting go of what you think you know, in order to recognize what is actually there.

ANSWER: Indeed, that is why the very first lesson in "A Course In Miracles" is, "Nothing that I see means anything." The purpose of that statement or that acknowledgment, is to jar one loose from his or her convictions, about the meaning of the thing. If there is a willingness to assume that you do not know what a thing means, there is a spontaneous activation of curiosity. If I don't know what this thing means, then what in the hell is it? In other words, there is an

opening of a door of willingness, to understand what the thing is. Because, it is impossible for you to say, this doesn't mean anything and have it continue to be there in your experience, without beginning to experience wonder. I wonder, what it's doing here. I wonder, what it's purpose is.

You see, you all block yourself from further discovery, by assuming that you understand what a thing is, or that you understand who this individual is, in your experience. Except, that usually what you mean, when you understand what this individual is in your experience, is that they are what you perceive to be a set of behavioral patterns. And yet, if someone else looks at you, and treats you as though you are a set of behavioral patterns, you become indignant. It is insulting for any of you to feel, that you are nothing more than a statistic in an evaluative report somewhere. And that that report, by virtue of reflecting patterns of behavior, has captured the essence of you.

All of you are defended against experiencing Reality by means of your convictions, as to what a thing is, as though you now understand it. Actually, your reason for understanding a thing, for coming to an understanding, is so that you can quit giving it your attention. You have come to a belief, that there is a point that you are suppose to arrive at and where you have a grasp of everything, and you will, therefore, have "grown up" and won't have to learn anymore. And actually, learning is the definition of, embracing the ever new Movement of Creation, as it unfolds Itself.

The willingness to recognize the essential Moving Reality of a thing, is Love. And what love amounts to, is the willingness to be undefended against the experience of the Real meaning of a thing. Love is defenselessness. Love is a letting in. Love is extended, by letting in the full meaning of that which you are experiencing. And when I say a full Meaning, I mean Meaning with a capital "M", implying again, its Divine or True Meaning, without any perceptual distortion whatsoever.

You look at the plaster walls here, and you imagine that underneath the plaster walls is tar paper and chicken wire and nails, and underneath that are the studs and the plaster has been mixed, etc. So you sense or you have a feeling, that you grasp everything there is to grasp about it.

But I will tell you something, and some of you in this room have had the experience of an illumined state of awareness, where what you were observing, that looked like plaster or any other substance, was living, moving, its substance was love. And there was an absolute awareness, that it was the presence of God in expression. And thus, this plaster and lath and tar paper, etc., was discerned to be something far more Divine and far less mundane or material than you thought it was. Absolutely everything that you are observing and experiencing at this mo-

ment, is the manifestation of the Divine Movement of Creation, constituted of the substance of what God is, which is Love, Spirit, Life. Absolutely everything you see, whether it is the wood of this chair or whether it is these flowers, is alive. Not organically alive, as you think of life, but alive in that, it is, at this very moment, the active expression of the Father's intent. The active expression of the Movement of Infinite Divine Intelligence, the Life Principle, God.

If you are not having a direct experience of it, then you don't yet know what these things mean. Which means that you stand always on the threshold of discovery, if there is a little bit of curiosity and a willingness, not to be so sure of what you think you know. Love is the willingness to go out into your day and dare to see the presence of God. And much to Paul's dismay, I am going to say, that you even have the opportunity to experience that, on a crowded freeway, literally, a Holy experience.

Love, is—the willingness and the acknowledgment of—the willingness to acknowledge and the acknowledgment of that which is Real, with a capital “R,” in each and everything, in each and everyone. The fact that you think you understand what these flowers are or what this building is; literally limits you, literally confines you. Your conviction about their meaning, convicts you to that single limited perception. Love is the willingness to become defenseless enough, to let the Real Meaning of these things penetrate, at the level of experience. So that, you in your state of illumination, have the opportunity to discover that life Itself, right here, is a Divine experience, profoundly Holy. Which doesn't mean, profoundly religious. It means profoundly Whole, profoundly complete in every aspect. So that, the connection of the thing being observed with the Father, is inescapable.

Now, there is another aspect to this, and that is, that in this state of illumination, which truly is your natural state of Being; it is also an inescapable fact, that what you are observing and recognizing as the presence of the Father, is also inseparable from You. And You are inseparable from It. And the Love that constitutes Its substance is You, is inseparable from You. The absolute unity of it all, without loss of its infinite Individualized expression, becomes clear and you are embraced in that unity.

And what's more, in the moments of illumination that some of you have had that I am describing, you have not experienced any tininess. You have not experienced the limits of the ego. And what makes this experience profound and Holy, is because it is your Wholeness, your Infinity, that becomes apparent to you. And there is joy.

Remember when you hear the word Holy, don't think of churches, don't think of religions. Think of it in terms of Wholeness, an experience of indivisible

Wholeness, that you are not separated from. In which the unity of the infinite expression of God is experienced without any, I'm going to say divisiveness. The infinite expression of God, will still have infinitely diverse expressions or manifestations. But the diversity of them won't separate them from each other, nor will it separate them from you. Love is the willingness to have this experience. The willingness to acknowledge, right where you are, this experience of Wholeness and utter perfection. There isn't some place else to go to have it. Because, what is causing you not to experience it here, will cause you not to experience it there. It isn't in what you are observing, but it is in the manner that you are observing it, that the problem lies.

And it really is time to wake up. And it is only your conditioning and it is only the suggestions of your limited frame of reference, that causes you to assume, that it is going to take vast amounts of growth and refinement of your soul, before you can have that experience. And that is part of the dream that can occur, when you don't have your eyes open. And it might seem as though a great process must occur, to extricate yourself from the dream. And the only thing that needs to happen, is for your eyelids to flutter open. Which has nothing to do with any of the dynamics of the dream, you might be having while your eyelids are closed.

Now, I'm going to share a point with you. Many of you, as a result of your various studies, have heard the term dream used, relative to the human condition. And, of course, we are talking about waking up, awakening, etc. It is time now, for you to conceptualize or understand the word dream. Not to reflect a night dream, but a day dream, where you have become distracted by memory or even imagination, from what is Really going on, right where you are. You are where you are suppose to be. Reality is what is happening. But you are distracted from it, by a thought or an image or a series of images. In this way, you will be able to understand that what is needed, is not a heavy duty process of rousing yourself out of the heaviness of sleep and a night dream, but rather a simple shift of attention, back to what is going on right in front of you. And in this way, you will begin to understand, that you do not need to believe that there is a great deal of process that must occur, in order for you to have this experience of illumination, that I have described. The one element that is needed, is curiosity and the willingness to acknowledge what you will see, as a result of your curiosity, that is Love.

And so, each of you might as well start with the things that are right in front of you, the pain in your knee, the pain in your head, the relationship, whatever. And let that be the place or the point where you are willing to see the presence of God. And then watch, because sometimes the ego will say, "Oh boy, if I do that, then I'm really likely to get stuck in this relationship." No, Love emancipates. And what does not fulfill purpose to be together, will not end up being together. It

is only in our ignorance, that we function inappropriately, incongruently, at odds with the divine order. But when love is practiced, when one is willing to acknowledge that which is Real in each and everything, then it becomes easy to allow each one and each thing, to be where it needs to be. And one doesn't compulsively grab for, that which one thinks identifies Reality. One lets go of a concept of Reality, for Reality itself. One lets go of a concept of fulfillment, for fulfillment itself. And so emancipation occurs, healing.

And then, let me ask you something. Does any of you know how to be intensely curious? Curious in a heavy duty manner? No. Curiosity, if it is curiosity, is always light, I will say, airy, not insubstantial. But there is a light-heartedness to curiosity. And the image of children in a park, chasing after a butterfly or a dog laughing gleefully, expresses the real nature of curiosity. And, of course, we are coming back to the subject of joy, because it is inseparable. So when you are curious to experience that which is Real in each and everything or each and everyone; don't do it with intensity, do it with curiosity and let there be a lightness to it.

You will find, however, that if you are willing for there to be lightness to it, you are going to have to let go of all the arguments you have against seeing what is Real. Because, those are heavy. You see someone you love and they are not behaving in a manner that is pleasant to be around. And they haven't behaved in a manner that's pleasant to be around, for ages. And now here they are again in your experience. And you brace yourself, because "experience has taught you," that its going to be the same again. Your reasoning, based on your experience and your memory, locks you into self-protection. And you approach this one, with no consideration of what might have happened since the last time you saw them. Because, of course, if something happened, it would have had to have been a miracle and miracles don't happen. And, in effect, you hold them to your old concept of them. And if they have begun to change, they find you to be a resistance to their expressing it. And you are not expressing Love. And your ego says, it is dangerous to express love, because then you are likely to be the brunt of their historically, substantiated likelihood of misbehaving now. And that is the way you defend yourself, against experiencing change in others.

Now, what I have been saying here in this example, relates to the human level of experience, let us say, a manner of behaving toward your fellowman, that psychologically certainly would promote change. If, indeed, you were willing to look at this one, with a sense of curiosity. But there is more to it than that. Because it isn't your goal and it isn't my goal, for you to just experience yourselves more happily in a social context. It is your goal and it is my goal, for you to experience each other in the Real context, the Divine context, the Infinite

context of your Being. Where the Christ of your fellowman and the Christ of You, is being fully and profoundly experienced.

Now, let's be clear about the definition of the word Christ. The word Christ means, that conscious awareness of existence, that in no way holds itself separate from the Infinite Mind of God and God's perspective. It has nothing to do with a historical figure. It is the natural estate and nature of conscious individuality, at every point of its expression, at the point of every Individuality.

And when one has yielded to the Father, it means that one has yielded up a private, personal sense of conscious awareness and a private, personal definition of everything that is seen. Which, of course, is exactly what Adam and Eve did. They sat down and defined again, everything that had been created. They gave their own definition and lost the experience of the Kingdom of Heaven, because they believed their definitions. And they lost the Kingdom of Heaven, right in the middle of the Kingdom of Heaven. And they did not make a new creation. And, they walked around in the Kingdom of Heaven and called it earth, the human condition.

The Christ is Individuality, which derives every meaning of its presence, only from the Father. And thus, does not experience a conscious experience of everything, different from what the Father intended it to be, by His act of Being the Infinite Movement of Creation. The Christ is conscious Individuality, experiencing the full Movement of God, because that Individuality, is claiming no separate sort of existence. It is what each one of You are. And the experience of it comes through the act of Love. The willingness to see that which is Real in each and everything. Which means, the willingness to abandon your firm convictions, in what everything is. To abandon your definitions. And the ego says, "abandon your definitions, and you will be left with chaos." And the fact is, that what you will be left with is Sanity, and the conscious experience of the absolute order and beauty and integrity and Wholeness of Being. And everything will be opened up to you. In Biblical terms "The veil will be lifted." The veil of ignorance.

So start with the little things, the immediate things, as I said, the headache, the sore knee, the sprained ankle, the chicken pox, the thin wallet, and let there be a curiosity to see what is Real.

Now, I realize that I am going on at some length here, but this is important. And it specifically addresses your question, and you did ask me to elaborate.

Be careful, because there is a tendency when you desire to know what is Real, to define that term Real, in old terms. If you want to know what is True or what is Real, you can come to the conclusion, that it is true that you live in an existence, which it would be a good idea to get out of. You could come to the conclusion, that it is true that this is a hell of an experience. You could come to

the conclusion, that the truth about what you are experiencing, is very far removed from what God is. You could come to the conclusion, that what is true about what you are experiencing, is that, it is an illusion.

So, when I say, that love is the willingness to recognize or acknowledge that which is Real or that which is True; I am saying, that which relates to God; and the perfection, the unavoidable perfection, of the Movement of God, the Movement of Creation.

You need to be curious to see the perfection where the headache seems to be; the perfection where the sore knee is, the perfection where an unlovable ego, called you, seems to be. You are needing to be curious to see, that which goes beyond your present definition of who you are and what a thing is.

Contemplate the words, perfection, beauty, harmony, love, joy, integrity, wisdom; as expressions of the nature of the Movement of God. And, therefore, as the substance and the nature of You and of everything. These are not other worldly terms. They are not terms that apply to the afterlife. They are terms, that properly define what is Really going on here, and now.

Everyone says, in the by-and-by or after I pass on, I can expect to experience the Reality of God's Creation. And that is the way you deny yourself the experience, here. You say, in effect, "I am not going to give myself permission to experience it here, because I have come to the conclusion, that it is not here to be experienced, but after I die, it will." Well, I will tell you something: After you die—IF you do—you will find that the ignorance you were suffering from here, has accompanied you. And you will still find yourself in the middle of the Kingdom of Heaven, needing to give yourself permission, to experience it.

Love is a big word. It is a big word, the results of which, are life changing. But the act of Love, is simple. It is the willingness to acknowledge Divinity, right in the middle of your humanity. The willingness to allow the utterly, incredibly, perfect perception of the Movement of God, of the Movement of Life, with a capital "L," right now. And the willingness to let go of, the tendency to try to hold your walls in your current definition of them, and your fellowman in terms of your current definition of them. It is what will uncover your physical perfection. It is what will uncover your deathlessness. It is what will uncover the transformation of your world, and the transformation of your social behavior.

And if there is anything that this world needs right now, it is a little joy. You are having great manifestations of justification for joy on the world scene, or you have over the past two years. And even now, what seems to be spoiling the causes for joy that you have experienced, is constituted of an awkward outbreak of intelligence; and should not be interpreted in the manner that your media is

presenting it, or even in terms of what some of your best thinkers are judging it to be. Now, I have talked enough. I have answered your question.

QUESTION: You were talking about perfection, a little, in the last answer. What is the perfection of the pain in the knee, or...

ANSWER: It is not the perfection of the pain. It is the perfection of the knee, which is painless. The simple fact is, that all of you do understand the word perfect. It means flawless. It means manifesting no conflict. Perfection feels good, looks good, smells good. So don't become confused and intellectually arrive at some complex explanation of perfection, that somehow embraces what is obviously imperfect.

QUESTION: How does something obviously imperfect exist, in the perfection?

ANSWER: How is it, that all of you can sit here this morning and not see Heaven? How is it, that you can sit here and appear to be nothing more than physical organisms? It is possible, because you do have imagination. And you can imagine anything you wish. And then you can take your imagination and you can treat it, as though it were Real. And you can give your imagination, defined as real, preference to Reality.

Like the student in the class room, gazing out the window, daydreaming about swimming down at the swimming hole, who is not hearing the explanation of a principle of mathematics. You can seem to exist in a space, meaning the classroom, without consciously embracing it. Now, if that child were to begin to behave in the classroom on the basis of his daydream, he would run into trouble. He would experience dissonance, such as bumping into a desk, or falling over a wastebasket. His actions based upon his daydream, would be incongruent with where he was. And the reality of where he was, would begin to interfere, would constitute a dissonant experience, simply because he was being incongruent.

You can, by virtue of resistance to Reality, experience Reality uncomfortably. The dissonance, no matter what form it takes, is always representative of your not being congruent with what is Real. The problem is, that most everyone gets caught up with the dissonance and bemoans his or her fate, rather than saying, "what does this dissonance represent?" So, that there can become an interest in becoming sensitive enough to what is True, to be congruent with it and experience the harmony; whether it is physical harmony, social harmony, national harmony, et cetera. Something is going on. Something Real is going on. If you are experiencing dissonance, it means you are not congruent with what is going on. And the incongruence or the dissonance should spontaneously foster a curiosity as to what is really going on, so that one can act congruently with it.

Now, the fundamental flaw, if you will. I will say, the fundamental error that is being made is, that everyone tends to define his experience, based on an assumption, that he or she is the physical organism he or she experiences himself or herself to be. And that, indeed, Darwin's theory is correct. And, therefore, everything that is going on, has no direct relationship to, let us say, a greater intelligence than physical intelligence. And when I say physical intelligence, I am speaking of natural atomic order, that has allowed for the formation of a universe and the appearance of life, because of a random joining of fundamental atomic structures, that have allowed for a spontaneous generation of what is called Life. The interpretation of existence. The interpretation of the conscious experience of being, that everyone is having, based solely upon, the evidence that can be gathered by the five physical senses, does not provide the opportunity to connect with, what I am telling you is the capital "R" Real knowledge of what is really going on. And from within that limited definition of Reality, that your scientist have arrived at up to this point. Based upon that limited understanding, you are locked into the belief that life and the body, which could be called a life support systems, is brief and temporary. And that, indeed, there is a point at which the body naturally reaches its peak, and then begins to decline, and become a less and less effective life support systems. That is a very limited comprehension of life.

Now, it is no accident, that down through the centuries of life, perceived as I have just described it, there have been seers. Seers in all countries and in all religions, who have been willing to listen, to be sensitive beyond the data gathering means of the five physical sense. And, indeed, they have, in so many words, allowed for the penetration, that I spoke of yesterday, of Reality. The penetration of the perspective of the Divine Mind, that really is what is moving and appearing as everything that you see. And as a result of there doing so and sharing it, you could say, that the further penetration of the human experience by what is Divine, has occurred. And to the degree that that penetration of the Divine has been embraced and even lived, and to the degree that the definition of man or the definition of the conscious experience of Being, has been based upon what has penetrated the human condition, there has been transformation. I mean by that, physical transformation, called healing. In many cases instantaneous healing. And this has left an indelible mark, historically speaking, that has served those who have experienced an awakening curiosity within themselves, to pursue their curiosity further.

And in the last hundred years, there has evolved, what has been called, metaphysics, and metaphysical healing. Which has been based upon a fundamental principle, that man is not the result of physical evolution, but is the direct expression of the infinite intelligence, of which all that you see is the

manifestation. And as this new manner of self-identification has been embraced and, I will say loved. And as the conclusions that have been arrived at, based upon evolution, have been called into question, there have been more and more dramatic evidences of healing.

Now, the simple fact is, that everyone has, Divinely has, the capacity to view Reality forth-dimensionally, three-dimensionally, two-dimensionally or one-dimensionally. To view Reality, which is forth-dimensional, from any of the lesser dimensions, constitutes a limited experience of it, but doesn't change the Reality that is going on. But the more limited experience of it, is not natural to you. And so, it is not experienced comfortably. And that's something that is innately inherent in you, meaning your Divine origin asserts itself at some point, reminding you that your discomfort, your illnesses, your disease, your distress etc. don't represent.....?

?.....to generate the curiosity necessary to rouse yourself. Mankind is greatly more roused now, than a hundred years ago. And it is making it easier and easier for, what I'm going to call the Divine awareness of Reality, to register, and to grow, and to be embodied. So that those who have become enamored of the limited three-dimensional frame of reference, are beginning to be able to let go of their compulsive hold on it and to let go of, the apparent challenge that it represents.

Physical healing of every disease and even of, what I'm going to call, imbalanced proportions of the body, will occur, as one begins to make the shift from a body identification, to a mind identification. If you want to play with the essential factors of awakening and explore the possibilities, begin to take time observing everything from the standpoint of your awareness, rather than from the standpoint of you as a body, seeing. That is a very practical way of beginning to open up and to become defenseless.

And understand, as I said yesterday, that what you are in your Totality, what you Really are, in spite of the limited perception that you are using to experience it, is insisting upon reestablishing the integrity of its wholeness and undermine the false concepts that seem to separate part of it, from the rest of it. Meaning you in your present sense of yourself, from what you are in your Totality. And so the moment there begins to be slight curiosity, there is a weakening of the ego structures. And what you are in your Totality immediately takes advantage of the weakness, using it as a point of entry, thus connecting with you and inspiring you to further curiosity.

So you are not doing this all alone. You are not lifting yourself up by your boot straps. You have help from the rest of what you are, that you are not

embracing at the moment. There is an intent of your Being, to experience its undivided integrity.

Your question is very much like asking, “I have eyes, how could it be that I might not see with them?” And I would say “well, if you simply close them for a moment, you’ll see that you are quite capable of experiencing an inability to see.” And yet there is no dysfunction going on. You are not blind. Likewise you can be the undistorted presence of and the embodiment of God, and yet seem not to experience it without there being any fundamental error or fundamental dysfunction in the Allness of God going on.

It is possible to experience Reality, from any of the four dimensions. And to experience it from the third or the second or the first, does not constitute a disobedience, it is simply an experience that is available. It is an experience of limitation. But I want all of you to know, that the fact that you are experiencing it, does not mean you have been disobedient. And although, it has been called the fall from grace, it does not constitute an act that elicits judgment from the Father.

You are not sinners, by virtue of having opted for a temporary experience of Reality, from the third level, as it were. But because it is an experience of limitation, and because it is engaging, and because it does cause you to feel small, rather than infinite; it does pull you into an ethic of defense, of challenge and of overcoming the challenge. And it becomes easy to forget to come back into your right mind, if you will. To come back into the infinite view, which it is natural for you to be experiencing. And the fact that one can tend to get stuck, and forget to come Home. And because, that stuckness represents a dissonant experience, does not mean that you are being punished. It just means, that there needs to be someone to say, “Hey, over this way, come on. Remember? Remember what it was like? Come on, ah that’s it! Come a little closer. We’re making it.” And that’s what I am doing. And that’s what your Being is doing, every time there is a little bit more illumination or penetration. Because, it is not natural for you to be stuck in this viewpoint.

QUESTION: This morning, Joyce, was speaking about humility and joy. The question that I had originally framed before I came into the group today, came out of a feeling of discomfort. And the word you used was dissonance. And I’ve been experiencing yesterday, and the word pride came to me, and still my question was around humility. And the way I experience it, is that although intellectually and conceptually and in some way with my heart, I accept and feel together with everyone. There is an emotional holdout, that always seems to—well not always, but less and less, but it did while in this situation—holds me like a step away, instead of in union and that’s very, its a real form of suffering for me.

And I remembered or dreamt or something, that when I was little, that the identification that we were all given as children, was that we were different, we didn't do things that other people did, and that difference made us better, and that it was something to be proud of. And intellectually I've known for a long time, how terribly set up we were, to feel separate always. And I have a sadness around that.

And then I came upon what humility was some years ago, which was that humility was not(?) Humility was in recognizing, that which is true and acting in accordance with it. So your use Raj, with the word humiliation, brought up this old past anguish and whatever I am experiencing here, brought up the feelings, of not quite having that wonderful sense of communion, of being totally with my companions.

I'd like to know what's the truth about that? And I'd really want to bridge that gap, and be where I have been a lot of the time recently, which is feeling like, like that wonderful feeling I'm just like everyone else and isn't that wonderful.

ANSWER: Indeed, that feeling of being like everyone else, does come at the end of, shall I say, the process of humiliation. Humiliation is, your process of coming to the end of your rope. And, literally, the rope I am speaking of, is the rope of roles. The rope of the masks, that you present to others, that causes you not to be seen. And yet, this mask that is presented, just a moment... is treated as though it really constitutes your identity. And again, I'm not addressing only you. Everyone is, to one degree or another, presenting their best face and as a result, not simply presenting who you are.

When you get to the end of your rope, you get to that point where you are so tired and exhausted, that you don't have the energy to put forward the mask. You don't have the energy to put forward your ego presentation of yourself, your good manners, your fulfilling certain expectations of others. And, of course, since that mask is what you have identified yourself as, this loss of the mask, truly feels like a loss of identity. It is when you let go of the rope, that you find yourself in the state of humility, because you simply have ceased to desire to put forward the mask, you have ceased to put any energy into it, and you are left with You.

What isn't immediately apparent as you let go of the rope, is that this you, that you will be left with, is what I will call, the You, with a capital "Y." Your essential Self, your honest expression of yourself. Not an honest expression of ego. But an honest, genuine presentation of, I'm going to put it this way, whoever you find yourself to be in that humility. Because of your conditioning, this feels very uncomfortable. The process of arriving there, feels very uncomfortable. But the freedom you feel and the joy that you feel, at being released from any self-

directed obligation to put forward a mask, is Heavenly. It is not that you suddenly become an angel or suddenly exhibit Divine qualities, it amounts to coming to a point of utter self-acceptance. It is a matter of arriving at a point where you are not trying to be anything, you are not trying to be different from who you are and what you feel at that moment. This does not constitute a coming into an experience of your Divinity fully. What it constitutes, is arriving at a threshold where what you Divinely are, can begin to emerge.

One of the first things you notice, is that you feel a great stability, a great evenness within yourself. You become aware of how unsettling it had been, to attempt to put forward this face, this mask, this sense of being better than everyone else, that there was something significantly unique about you, that set you apart and above everyone else. This evenness, this equilibrium, is a real direct experience of the peace of your Being, your Divine nature. And what also emerges, is a conscious awareness of what you are feeling, is Divine. What you are feeling about yourself is Divine, is Holy, in the sense of being Whole, as I said. This still does not constitute a full embrace of what you Divinely are. These are the first emerging glimpses at an experiential level.

You begin to discover that what your ego had defined as a problem, is the solution. The ego says, to be humiliated is a problem. But to come to the end of humiliation and let go of it, and move into the experience of your humility, is the solution. When you come into this experience of humility, you make no claim to know anything, there isn't even that much arrogance. And there is a willingness to insist upon not knowing anything of yourself, based upon your past experience or your best judgments. And that is the element that contributes to this direct experience of the Divinity, the Holiness of You, the God connectedness of You.

And then is when a realization occurs, that you in your essential humanity, you in your essential humanness, are the ultimate, that is where your Divinity is. And because you have discovered that your Divinity lies in your essential humanness, it is inescapably obvious to you, that because everyone else is also human, this must be true about them as well. And that is when you experience being the same. Except that this sameness, at the level of simple humanness, turns out to be Divine and that is a cause of great joy within you. And then you find yourself, because of feeling identical with them, able to relate to them, without your mask. And because you are coming to them undefended, they immediately recognize that they do not need to be defended with you. And this is the way transformation begins.

Again, this is inseparable from the act of love. Letting go of the rope, letting go of the mask, is the releasing of defense, whereby, it is possible for you to let in the recognition of what is Real in your fellowman. It happens to be very

undramatic, the happening of it does, but the impact of it is quite great, not overwhelming, but most significant.

If you want to know more than you know, then you have to erase from the blackboard, as it were, of your mind, what you know. Or, at least, you have to be willing to not let it be standing out so boldly, that there is no room for anything else to replace it. And that is why, I have referred to it in the past, as the not knowing place, the void.

In no longer being present as the mask or face that you put forward to the world, and being present without that sort of self-identification, you have the opportunity to discover what it is that has always been present behind the mask. And what is present behind the mask, is, indeed, the presence of God. The presence of You in your unapologetic genuineness. The key to genuineness is, being free of an attempt to be anything, and just to be present.

That which was distressing to you yesterday, was the fact that you thought you knew what needed to happen. Or you thought you knew what was appropriate, and what was happening was not what you thought was appropriate. Your thinking got in the way. When that happens it is well to say, “I don’t know what needs to happen. The I, that thinks it knows what needs to happen, is an illusion, a mask. I am going to be still. I am not going to activate this reaction. And I am going to pay attention to what is happening, to see the fullness of it. I am going to yield to the flow and not wish it was different. I am going to allow myself not to know, so that I might become aware of what I need to know.”

QUESTION: It’s funny, this has to do with humility too. I’ve never really understood the idea of humility, as a virtue. Certainly, we’re taught in this world, to act in the opposite way. And then I think about the memo, in the S&L scandal, that the sales people, who were trying to sell the junk bonds, wrote among themselves, where they were instructed to prey upon the weak, the meek and the easily deceived, or something like that. I wonder if you could, Raj, if you could talk about the phrase, “the meek shall inherit the earth.” What the word meek means there and what it means to inherit the earth?

ANSWER: Indeed, there is a connection between the meek and the humble. Out of what, does arrogance arise? It arises out of a fundamental belief, self-belief, of incapacity and incompleteness. I mentioned earlier, that within the three-dimensional frame of reference, there is the experience of challenge and then the thrill and ultimate pride of overcoming the challenge. The only reason there seems to be a challenge, is because one is not experiencing himself wholly, w-h-o-l-l-y, and thus experiencing all that is going on within his wholeness, with perspective.

When one is experiencing himself in a partial way, he feels as though he is a small part of the totality, of things. That is a misperception. But if it is accepted as true, then life becomes something to cope with, instead of experience the harmony of. And so, one begins to try to achieve control. One becomes arrogant, assertive. But this assertiveness arises out of an incomplete perception, that is being taken as though it is total. And so, it becomes a compulsive act, that is not based upon clear balanced perspective. Ones acts inevitably occur at odds with Reality, at odds with what is going on, as the Movement of Creation.

When one has adopted this stance, when one has accepted it and identified with it, then the concept of meekness, is equated with vulnerability and stupidity. The statement “to prey upon the meek,” can only be made in the absence of an understanding of what the word meek means. It interprets the word meek, to mean vulnerable and stupid. But meekness and humility constitute a description or definition, of one who is not behaving out from a sense of incompleteness, because there is a very significant groundedness that that one is experiencing. There is not a feeling of vulnerability that that one is experiencing, and thus his perception is not biased by a need for self-protection.

And in this marvelous state of equilibrium, one cannot be taken advantage of, because one is not overlooking himself and being dishonest, to impress others or to protect oneself from others. The meek cannot be violated. The meek cannot be used or abused, because they are so in touch with themselves and so unapologetically, unafraid to declare themselves, as who they are at the moment, that there is no opportunity for deception to occur. It is only when one is unself-conscious that he can be deceived.

“The meek shall inherit the earth.” The only thing is, that to the meek the earth is Heaven. And they inherit Heaven, because they are allowing themselves to be the Christ. They are allowing themselves to be the threshold of the perception of Reality.

QUESTION: Raj, you have talked about pain, as originating in a mental pattern. I have noticed that behaviors, responding to another persons behavior or responding to a situation, are also patterned. In other words, you can recreate a certain behavior, trigger a certain behavior, repetitively. A parent can do that with a child, relationships. I asked a similar question yesterday, and I want an elaboration, please, today.

When you talk about, all things seem to originate as a thought, a lot of our activities, behaviors, pain, etc., seem to have a basis in thought. Some thoughts such as, where to have dinner or what to wear, are readily changeable. Other thoughts, which are reactions, behavior patterns, are very difficult to change. Can thoughts be like mental computers, or mental

templates, where they're reproducible almost as a physical reaction is reproducible? So that that is why we have difficulty releasing certain behavior patterns, because they are almost as tangible as physical reactions. In other words, are there levels of thought, almost like a physical level of reaction? Does that question make sense?

ANSWER: Indeed. I'm going to put it this way, right as you sit there at this very instant, there is present a body of light. Right there where you seem to be experiencing a dense, physical, organic body, it is perfectly visible to me, as the body of light, that is the real manifestation; or shall I say, the True manifestation of You.

Now literally, as one moves from the forth-dimensional conscious experience of Being, the undistorted conscious experience of Being, to the three-dimensional frame of reference; the body of light moves with that one into that frame of reference, it is not immediately, shall I say, snuffed out. But as one becomes involved with the, shall I say, unusual and distracting elements of the three-dimensional frame of reference and the means of experiencing it and begins to feel the way everything appears; in other words, tiny, a small part of something infinite, and one begins to feel a need for defensiveness; one begins to tense up, to become tighter.

In other words, one begins to create, by virtue of the need for defensiveness or the perceived need for defensiveness, to contract and create a shell, where this, I'm going to say intangible body of light has been. As this closing down occurs, as this act of defensiveness occurs, it is almost as though the atoms, the energy of the light; becomes so densely packed, that it begins to block off the light. Now mind you, this is still happening at very subtle levels of energy, if you will. But as it continues, the body begins to not show forth the light, at least, from your point of perception. And there is a certain relief at that, because you now have a more solid feeling of presence, that seems to give you a feeling of being less vulnerable. And eventually you arrive at a point, where you are experiencing your body as you now experience it. Mind you, I said, as you are now experiencing it, because, in fact, every single one of you in this room, is grandly illuminating this room with the effulgence of the light that you are. But you are not experiencing it, because of the mental act of defensiveness that you are engaged in and which seems to be justified by your environment, your circumstances and the fact, that you do not feel your Wholeness, your Infinity.

Now, now we have arrived at a level of, what you would call physicality, it is not subtle any more. We are not talking about subtle defensiveness, we are talking about physical defensiveness. For those of you who are students of the "Course," this whole process, describes using your body improperly, using it as a

defense, using it as a tool of defense. Now, once you arrive at the level of a physical dense experience of what cannot actually be changed from a body of light, you then still find yourself still needing to protect yourself.

And so, after the experience of birth, and as you are becoming familiar with this experience, certain events in your life trigger your perceived need for further defense. And you pick away, you pick a pattern, if you will, to densify your body further. And you do this by tensing it up. You do this by, almost literally, solidifying it, so as to give you an even greater sense of impenetrability and, therefore, greater safety. And, indeed, your mother may have at one time, for the first time, said (very loud), “Leslie;” and you responded spontaneously and tightened up a part of your body, to gain your equilibrium after the surprise of the tone of voice and the way it was said. And then the next time it was said that way, you spontaneously repeated it. You had established a pattern of self-protection.

Now, the patterns are not inherent in the form, and they are not inherent in the idea, they are inherent in the spontaneous way in which you used your body to provide further protection. And so, indeed, it is as though you create a pattern of response, that repeats itself, until you finally, at some point, invalidate that pattern and simply do not utilize it again.

You could call this programming, in the sense of computer programming. But the first time in which that particular response was used, was totally original. I’m not meaning Divinely original, but totally original in the use of the body in that way. And so, it isn’t as though there is a mental body, behind the physical body, that has a structure of its own. But there are ways in which you have used the body, that have established a pattern, that I suppose you could call a mental body, because it is a mental way of using the body for defense, that is always consistent.

It is, as though you create a groove, that it is easy to slip into and establish your safety, through the use of your body, as a means of defense. Now, this means that the habit is not in your body, physical or mental body, the habit is entirely mental, but not as a mental body. And the moment that you release yourself from the supposed need to protect yourself, from your mother, or your mate, or your environment, what happens is, you don’t spontaneously use that avenue anymore and you can be instantaneously release from that pattern.

Now it is important to understand this, so that you don’t conceptualize that there is a physical body that must go through a change, and there is a mental body that must go through a change, before you will be released from this habit. A simple shift of attention, a simple shift of consciousness, is all that it takes. And something as simple as the statement in your mind that, “this pain that I am experiencing is illegitimate,” may be all that is needed to make that shift. A

simple remark, “that’s ridiculous!” made in an off handed manner, but one that expresses the truth to you, maybe all that it takes for the spontaneous instantaneous release from that pattern of behavior.

I encourage you, I encourage all of you, but I specifically encourage you, to play around with off handed remarks, that disqualify or negate what have been standard patterns of response. You are likely to find them working in releasing you from spontaneous physical problems, that have occurred in the past, out of that simple habit, that I have described.

QUESTION: So then, by releasing habit patterns progressively over time, do you release or relieve physical density, which allows you to then perceive your own light better?

ANSWER: Indeed, yes. And actually, through out the weekend here, everything that I have been saying, has been addressing each of you individually, relative to your making a shift of consciousness, that spontaneously triggers the release. So that, you might experience yourself leaving the weekend and subsequently discovering that changes have occurred, that you did not have to work hard for. So that, you might then allow yourself to become lighter, less intense, less concentrated in your spiritual growth. And thus, might effect the shifts, without the hard work, that you have engaged in, in the past.

QUESTION: Raj, something you just said, reminded me of a time, about five years ago, when I started feeling a severe pain in my side. And it just occurred to me, out of the blue, a line kind of from the “Course,” but it seemed to come to me, very spontaneously, “I’m a Holy Son of God and I cannot suffer,” And the attitude was, “this was ridiculous, that I have this pain.” And the pain went away. And it was a kind of chronic pain that I had been having for weeks and it went away and was gone for quite some time. I’ve had it since then but, I haven’t been able to repeat that kind of experience. It’s just that, at that point in time, it wasn’t just an affirmation or something, it was something I actually thought. And so, you spoke to this and if you could say anymore, that might be helpful in how to do that some more. That wasn’t my original question, but it occurs to me anyway.

ANSWER: It will be easier for you to make such an off handed comment in your mind, if you will embrace the fact, that pain and illness and every manifestation of imperfection, is an illegitimate imposition upon your birthright to experience your perfection. Even just the acknowledgment that this is illegitimate, whether it is the headache or whether it is the knee or whatever it might be, may be all that is needed to facilitate this shift, which actually constitutes a withdrawal of an investment of trust or faith in the condition you are experiencing.

Now, the reason it is important to know that these things are illegitimate, is because the word illegitimate means, having no valid source. And, therefore, it constitutes an invalid phenomenon or illusion. The best way to release an illusion, is in an off handed way. Because, in effect, you are not honoring it enough to get intense about it. The way to dismiss something that is invalid from your experience, is literally, in one way or another, to laugh at it. To not be serious about it. Because, the moment you become serious and intent about it, you are treating it as though it has substance that requires that kind of concentrated intention, concentrated attention.

QUESTION: Isn't that sometimes denial, psychological denial, therefore, making it stronger, my belief in the thing that I'm trying to tell myself is not real. And how would I know the difference.

PAUL: This is me Paul. Would you restate the question?

QUESTION: Yes. To do that sometimes, would seem like psychological denial. And, thereby, making it stronger, the belief in the pain or whatever. Am I correct in that?

ANSWER: The word denial is too strong a meaning. Denial is an attempt to annihilate.

You must rather be like a King, who is giving audience to his subjects, on a particular day of the week. And one of his subjects comes into his presence with a frivolous thing, that the King knows he doesn't have time for. And so, he simply dismisses the subject from his presence, "you are dismissed, next." He does not deny the existence of that subject. He does not get into a process of removing him from his experience. He knows his authority. He says, "you are dismissed, next," immediately shifting his attention to the next subject, who is waiting for audience with him. The King's guards will eject the subject that has been dismissed, if that subject does not want to leave, but the King knows that is not his job. He dismisses him, in the way he would wave off a fly. That is not denial. That is not engagement in conflict or contest. It is just an awareness, that it is not something that you have to deal with, because it is not legitimate.

QUESTION: So, I've been going to a therapist for about the last month or so. And the goal is, for me to become aware of things I'm defending against. To become aware of the ways, that I defend against being in touch with myself. It's like, we're searching to recognize what defenses I'm using, getting sleepy or being preoccupied with things that are not.....? About a year ago, I think, I asked you if therapy would be a good idea for me, specifically, and you said no. And now I'm doing it.

ANSWER: And how is it going?

QUESTION: I think it's going okay. I think I've had some awareness', well I have had a couple of awareness'. I've become aware of some kind of chronic anger and sort of a cruel streak in myself. My question I guess is, is for me personally, is continuing therapy a useful thing for me to do? And in a larger sense, is continuing to look for things, that are ways, that I'm holding myself back a functional thing to do.

ANSWER: It is appropriate and valuable, for you to continue with the therapy. It is not particularly productive for you to go on an internal witch hunt. What is of value is, for you to have the conscious intent, as you go through your days, aside from the time you spend with the therapist, with the intent to be present with what is going on. Because, your intent to be present with what is going on, is what will bring into play, any habits of resistance that you unconsciously utilize. And then, you will feel yourself being distracted from being present with what is going on. And because, you are doing this consciously, you will be able to notice those things which will need to be dealt with, with the therapist.

You see, it is the conscious intent to actively engage in life by being present with it, that will uncover spontaneously those techniques that you have developed, for avoiding experiencing life directly. Don't just sit there in the therapy session, racking your mind to find out how you might be blocking the full experience of your life. Actively engage in your life, and you will naturally come up against those blocks, that you habitually bring into play.

There is an additional point here. Those things which will come up, are the things that you will be most ready to deal with and release. And once having released them, then you will find yourself being confronted with subtler means of defense. And those subtler means of defense, cannot be dealt with appropriately, without the grosser means of defense being dealt with first. But, if you sit, going through a mental or an intellectual process, you may attempt to deal with some of the subtler things first, and find no real progress occurring.

The key is, the active engagement with life, the conscious intent to be present with it, while at the same time being alert for the experiences of withdrawal that happen "against your will." Then you will have the material that is ready to be dealt with, to take with you into therapy. Or to consider within yourself, with the desire to experience illumination relative to them, so that you can release them, without the therapist.

The key is to handle them in their proper order and their proper order will be uncovered, as you consciously and, shall I say, conscientiously engage in living.

QUESTION: I'd like to ask you about Mitreya. And any clarification you can give me about his relationship with you, and his present circum-

stances or—let me be more specific—I guess any clarity that you can—and then to the whole topic of Mitreya and the fact that—so you hear that he is living in London. And exactly who this being is, in relation to Jesus, Buddha, you know, all of the great masters. And specifically address this whole phenomenon of the crosses of light, that keep appearing now in the most mundane places, like peoples bathroom windows and things. But I am very, very interested in Mitreya and hear little dribbles of things and have read some of the Alice Bailey material and know that there’s been, you know, kind of a gradual release of more focused information about him.

ANSWER: I will tell you, that the gradual release is quite orderly, and literally, it is not appropriate for me to gradually release a little more, at this time. Now, the presence of Mitreya, the presence of Myself, but not in physical form, on your globe and the presence of other phenomenon around your globe, are all manifestations calculated to trigger a solid conviction, if you will, within mankind. That the spiritual teachings that have been handed down, have been based in fact and not fantasy. That they are still relevant to the age in which you live. And that, indeed, there is more to the conscious experience of being, on your planet, than you are presently experiencing. So, as to instill the curiosity necessary to give permission to yourself to experience the more, that is present to be experienced.

Now, as I have said before, at this time there is some question as to whether or not it will fulfill purpose for Mitreya to make his presence known, globally. The process of awakening, the shifting of consciousness that has been represented by the events and the changes in Russia, as well as in Germany, and so on, are beginning to obviate the necessity of a fully manifested man on your globe, for the purpose of promoting or facilitating, the more rapid process of the shift of consciousness. Nevertheless, he is still at work, but not in the forefront.

And also, as I have said before, there is one other Individuality on your globe, who was not born into your experience. He is just being on your planet. As I said, He is or appears to be an itinerant traveler in the Himalayas. But He, together with Mitreya and Myself and others, that you do not even know of, who are not on your globe, are helping to support, what I will call the tone. As some of you might put it, the vibration of Love, that supports the experience of inner security, that allows those who are curious, to give permission to experience awakening. To experience the influx of revelation and enlightenment, of the sort that we have been talking about this weekend. I mean by that, the very practical, down to earth, experiences of physical healing, of experiencing the forms in your world as alive and constituted of living Love.

We cannot force any of you, as I said, to awaken, but we can support, by joining with you at the level of your Divinity and your willingness, your giving yourself permission.

It isn't so much the presence of Mitreya and Myself or anyone else that is important. It is the movement of dawning awareness, of enlightenment, of the embracing of the truth about you, in you. That is important.

And so, I do encourage you not be too curious about teachers. Because, I will tell you something, if there are going to be teachers here, someone is going to be the student. And that means, that the student will be engaged in his growth, and the teacher won't be the focal point. So don't be too quick to want a teacher, unless you want to experience the growth. That is not a threat, it is just a fact. And I do not want you to be side tract by some grand sense of what a teacher is. A teacher is that which promotes growth. Where, in the teacher? No, in the student.

I am helping to promote a shift of awareness in those who are listening to me, which allows them to engage their growth, totally as a result of their own inner desire, rather than, because they are being nudged by a teacher. So, that you might feel the integrity of you, in every step of your progress and thus avoid the tendency to acknowledge the integrity of the teacher.

I thank you for asking that question. There is one other thing, you asked what is my relationship to Mitreya? You must understand, that my relationship, is with the Father. Mitreya's relationship, is with the Father. And because we are claiming no other mind except the Mind of God, and because we are not functioning out of a mind separate from God, we are each acting in concert, you might say. Not by virtue of mutual agreement and not by virtue of position, but by virtue of the fact that we are expressing the indivisible, nonconflicting, harmonious, integrity of God's Will.

My oneness with you is not through space. My oneness with you, exists by virtue of the fact, that God is all there is of Me, and God is all there is of You. And the unity and congruence of that, is truly only experientible, as one gives up a sense of private selfhood, which we have called the ego.

QUESTION: And my follow up was, that Mitreya refers to the crosses of light, that have appeared, say in Monrovia here or in someone's bathroom window or some very mundane place. And I recently heard, I think it was last week on the news, that one had appeared in a bathroom window in Louisiana. And I wondered what, if there was any substance to these crosses of light?

ANSWER: Absolutely, these are the phenomena that cannot be explained, that get the attention of the people and open them up, reluctantly though it may be, to the fact that, there is more to Reality than what is being consciously embraced,

at the moment. And that there are laws, let us say, above and beyond, what are called physical laws, that operate and are actually governing, what you call the universe. They are triggers that cut through the reasoning, and illuminate the fact that you don't know. They spontaneously move individuals into the not knowing place, which immediately, as I said, brings into play, curiosity, which opens the door. And there will be more and more signs.

QUESTION: I have two questions that I would ask of you, relative to the last discussion I had with Paul, before lunch. But before I do, I would like to follow up with the issue of humility. And I think it was rather well followed up by the questions concerning neatness, specifically applicable, was also the questions concerning behavior patterns and the difficulty overcoming them.

I have for a substantial period of time, been going through various processes of self-evaluation in many different forms and manners, to try and divest myself of some of the arrogance and some of the masks, that I find myself wearing in public, and even in my private relationships.

And I have found that it is extremely difficult. It involves a process beyond mere recognition and mere observation and throwing aside, to adopt a new form and getting in touch with yourself. It's an extremely difficult process, even after recognition, there becomes a period of stagnation. I guess, where your fear of change wrestles with your recognition that such change must take place.

Overcoming that fear is one aspect, which I think I appreciate and I'd like to avoid discussion necessarily created with that, but to focus on the process of overcoming those steps, which are really in addition significant to progress, in that evolution of self, recognition of self. I would like to hear your comments on what processes you would feel would be tailored, and I hate to be selfish, but to me, for that. And, I say I hate to be selfish, I want to be, but I hope everybody else will understand this is a question of import to me. And I feel that it will allow me to relate to other people and to my environment on all levels, in a much better and more significant manner.

I would like to have some insight into this aspect of change and personal growth techniques. I might use, ways I might adopt, to approach this.

ANSWER: You are quite correct in your observation, that this process is not always easy. I point out, that it is not necessarily hard, but the fact is, that if it's easiness were perceived, more people would have already woken up.

One does not let go easily, of those things which have provided a sense of security. More than anything, I have been meaning to communicate the reasonableness, the desireableness, of breaking old habits and the justification for

it. And that, indeed, it isn't a matter of creating something entirely new out of yourself, but uncovering the greater aspects of yourself, which you have not been accessing. This in itself, conveys the fact, that it is not the laborious hard work, that it would be if, indeed, you were creating something entirely new in yourself.

Now, you will not overcome old habits and access new more genuine parts of yourself, if there is not a desire. If there is not an inner motivation. And if there is not an inner motivation to do so, it does not mean that something is wrong. As I indicated yesterday and earlier today, that of you in your totality which you are not currently accessing, is insistent upon registering with you, with everyone. And so, there is this constant, you might say, undermining, pestering of the ego structures which do confine you, even though you may not be uncomfortable within them, at the moment. Therefore, you can trust that as a natural course of events, an unsettling will occur, which will give rise to motivation or curiosity...

QUESTION: Raj, I'd like to interrupt you just a minute.

ANSWER: Okay.

QUESTION: I don't think the problem for me, is a motivational one. I recognize and desire change in these areas of my life. Specifically, in my manner of approaching and addressing others, and the way that I express who I am, and knowing myself. And I think, that's more an area of change, instead of recognizing that I need to work with this, I've been doing this for some time. And I recognize the aspects that I wish to change, to a large extent, I'm sure I don't recognize all of them. But I'm having difficulty overcoming the set behavioral patterns that I have.

I can relate them back to my childhood, my upbringing; my father, how he was; my mother, how she was; my brothers, how they were and all these things. But they don't seem to help me. I guess, I work better with a process or a procedure, that I can understand. I don't see myself breaking through these behavior patterns, even though I desire to do that. I don't think they're terrible wrongful or destructive, but I do think that they have to have an inhibiting factor, into what my fullest potential could be.

ANSWER: Indeed, what I was leading up to was, that you can dare to allow yourself to be exactly where you are. Because, whatever is needed to promote the release of the mask, will naturally come forth. It is the same as I put it yesterday, regarding your son, when I was speaking to your wife. That she does not need to feel personally responsible for being the ultimate resource for him, because there is that in him which is insistent upon taking hold of the fullest potentials. And it is the same with you.

You are already abiding with a desire to be more genuine, to allow who you are, rather than old patterns of behavior, to be what comes forth and not be colored

by the old patterns. That desire in itself and abiding with it, is what will provide the degree of attentiveness needed for you to, shall I say, open up. And there is not a call for you to apply yourself more specifically than you already are, else the process will become laborious, when it does not need to.

You see, what I was bringing out, was that there is a natural movement in you, just as in everyone else, that does promote your being on your leading edge and moving over it. And it is already happening with you, in language of your work, in language of your life. It is commendable that you consciously desire to facilitate this, but it doesn't call for you to do anymore than you are already doing. And you need to know that, so that you may allow yourself to be where you are, engaging in this process, in the way you are engaging in it, and be at peace.

QUESTION: In essence then, you are reiterating your advice of yesterday, that I need great patience. And must continue with my efforts, as I am. Would that be paraphrasing what you...

ANSWER: I am saying that patience is needed, because there is no need for patience. I mean that, you are right where you need to be. It isn't someplace else that you need to be. And you, in the language of your own experience, are doing what I will call, threshold work. Even though it may not be the same threshold that your wife is on, or the language of the threshold, may not be the same language as hers.

QUESTION: That brings me to the second questions, actually set of questions. Recognizing that my wife and I have in these ways some significant differences and in that, I point out, that I know we have a loving relationship, and that there is a lot that keeps us together and there is mutual interest that we also share.

It seems to be a source of frustration, I feel probably more for my wife, than for me. That she's so willing to fly, if I can express it that way, with concepts of self and concepts of meaning and life and activity and relations. And my interests have not been devoted in a strong way, in this area. My interests have been more on an either pragmatic or day-to-day basis. I don't know whether I would say materialistic, but there is an element of that I'm sure.

Is there a way that I can foster and support my wife's interest, that will be more comforting to her, while being honest with my interests, as they are?

And the second part of that question, which I'm sure will relate. Obviously, I have a very beautiful young child, both my wife. And any comments you have with regard to appropriately approaching these subjects with him or in growth with him, would be appreciated as well.

ANSWER: It is important for the two of you within the relationship, to emphasize those avenues of connection, that do already exist. And not allow them to be demeaned or minimized, because there are a couple of other areas where you are not meeting or interfacing well. It is so important to understand, that the elements of relationships which have substance, are the elements of love, and communion where they exist. And again I say, it is important for those elements of communion that do exist, not to be undermined by the elements where that communion does not yet exist.

It is not possible for you at the moment, to, shall I say, be a stimulating partner, relative to her particular engagement in her spiritual growth. But that does not mean that you are not engaged in your spiritual growth. I encourage you not to try to be something you are not, and not to try to do something you cannot do. But what you can do, do. Where the communion exist, I encourage both of you to value IT. Because, it will serve as a foundation for expansion and growth, where it really matters.

In that environment, in the peace and the joy of it, it will be possible for the two of you to ease up and come to a greater sense of peace. That will contribute to and allow for, let us say, expansion that will allow for either a direct interface or, what I am going to call, an interface by virtue of translation. Where the same elements that are operating in your experience and your growth, which come to you, in other words, than the words she is familiar with, will become identifiable as interchangeable, and you will be able to say, "Yes I understand what you are saying, because with me it happens this way." And dialog will be able to open up, without a requirement for both of you to speak without translation.

It is perfectly all right for translation to come into play, and for the two of you not to speak the identical language. And there is an added advantage to this, because the ability to make the translation will broaden both of you. And help both of you to come to a mutual understanding, that it isn't the language that is important, but the experience.

You both have the opportunity to discover that you are doing leading edge work, if you will, that is of equal value or significance, even though the language of that leading edge work is different for the two of you. The fact is, that the difference will contribute to stimulating even further growth, without narrowing things down into such a myopic or limited manner of expression.

But I will tell you something, again, it is not the language of your growth that matters in your relationship, it is the places where you are experiencing communion. Lock on to those and value them, because they have substance. And because there are so many people who are together, who are not experiencing communion, but are insisting on remaining together.

QUESTION: I hate to do this, but I just want to ask. There's a tremendous amount of frustration, because of the significance of these areas. Frustration on my wife's behalf, because she wants to fly with her life-mate. Frustration on my behalf, because I want very much to be with my wife and to be able to support her this way, but also to be honest with myself.

And I really appreciate your answer, because I think it was very significant to me. But, how do you deal with the moments of, I would say, conflict? But it's not really conflict, it's more like an explosion.

ANSWER: I will tell you, this is a place where humility comes into play. Fly in the areas where communion exists. I realize that I am being monotonous here. But fly together where the connection exists. Valuing that connection and flying together where you connect, as I said, will broaden the base of your love, will broaden the base of your communion. So that, ultimately, it can embrace these areas where you cannot fly together at the moment. But don't undermine the essential relationship, by insisting on flying together in areas that you can't.

The place where the humility is going to have to come into play, is literally, on your wife's part. Because, she is the one who is so desirous of being able to fly in this language, with you. The humility and the simpleness of flying together where communion does exist, will seal your union, if I may put it that way, and provide the bases upon which the two of you can grow together, expand together, with substance and duration to the relationship.

Fly where you do connect. Fly together in the areas that you do connect. This is very practical advice for all of you. Fly where things work. Do what works. Love yourself as you are. And in the environment of that love, you will find your capacities expanding. But, if you hold yourselves, in one way or another, to be less than you ought to be, and then you criticize yourself for it, even though in many areas you are all that you ought to be, at the moment. You will lose the stability of the awareness of the areas in which you are all that you ought to be, at the moment. And you will create for yourself, an on going experience of frustration, which is not a contributing factor to your expansion and growth.

I have made the statement before, to always work with the clay that is at hand, instead of rcaucusing(?) about the better quality clay, that comes from such and such a place, but which isn't available to you at the moment.

I am not frustrated, because I am not working with more brilliant people. And I do not require anything of you. And I acknowledge you and love you, right where you are. And where we can talk, I talk. And I enjoy the interchange. And for instance, the fact that you and I are not able to pass through each other as bodies of light, and experience, what could be called the far more fulfilling experience of communion, than what we are experience in this way; does not

cause me to value the places where we are communing less. It does not cause me to value it less. And I joy at whatever degree of communion we are able to experience, because I know that that promotes our being able to access greater connection.

The barriers are coming down. But the barriers in a relationship, only come down, when those places where connection exists, are valued and embellished by the attention that is given to it.

QUESTION: My question is going to be on a more wider topic, what I consider a wider topic. But I'm curious about it. My sister, who lives in the northern California area, has two birds, Pete and Repete...

ANSWER: Pete and?

QUESTION: Repete. They've been acting quite strangely lately. For instance, one has been walking across the top of the cage, which it does not usually do or has never done before...

ANSWER: On the inside of the cage?

QUESTION: Un-huh, upside down. Because of the birds peculiar behavior, about a year or so ago, she became sensitive or more aware of an earthquake, which they did have. And then there's Humphrey, the hump back whale, who got lost in San Francisco Bay. And some activity in the Mona lake, Mamaths lakes region, which is a volcanic area. It's as if the earth is beginning to wake up again. That's my curiosity about it.

Are there going to be more earthquakes, is there going to be more volcanic activity, is there anything really going on?

ANSWER: I will put it this way, there is adjustment occurring. It is not a matter of the earth waking up. It never was asleep. The adjustments are adjustments of equalization, rather than radical movements of reconfiguration. That is the simplest way I can put it.

I will tell you, that at the turn of the century and especially at the turn of a period of a hundred years, oh that is the same, there is always an expectation of new beginnings. And as a result, there is also a certain willingness to gullibly entertain expectations of catastrophe. It happens that at the present time, because of the shifting of consciousness that is going on, and the more definite connectedness with, what I will call humane values on your planet, there are not only manifestations of healing socially on your globe, but manifestations of healing physically on your globe. Thus, you are experiencing movements of adjustment of the crust of the earth. But these are manifestations of healing. And because they are manifestations of healing, you will not find them fitting the definition of global catastrophe.

I encourage all of you, not to indulge in speculative fear. But rather, a willingness to be curious to see and expectant to see further and further manifestations of harmony and health globally, and I mean that physically, including the closing of the hole in the ozone layer. It is inappropriate for everyone to climb on the crape hanging bandwagon, and energize that kind of thought, that kind of energy. Because why? Because, it will distract you from your peace. It will distract you from remembering, that there is a fundamental harmony and order to life, that is available to all of you anytime you chose to become open to life, from your center, rather than from your conditioned thinking.

This is not a time of catastrophe, that you are entering into. It literally, is a time of fulfillment.

QUESTION: There is sort of a follow up curiosity. And around the year 2000, the planets are suppose to become aligned. Will that have any effect on the earth? Will it change magnetism or anything weird like that?

ANSWER: It will facilitate a shift of the axis of the earth. It will not cause it, but it will facilitate it. And as I have indicated before, this shift will also be part of the manifestation of healing. And will, therefore, not be accompanied with physical catastrophe. It will happen very gradually, very gently and will not inundate coastal cities with large amounts of water.

It is extremely important for everyone to begin to approach this shifting that is occurring at all levels, with a sense of it being God manifest. And, therefore, inherently expressing and embodying the nature of God, which is harmony. Healing is not traumatic.

QUESTION: I have a heavier question. I'm presently separated from my husband. There's a lot of unfinished business between us. What can best heal each of us, our relationship, whatever that may be or become? And my relationship with all men, and the masculine and/or Father aspect of life in my own being?

ANSWER: Well first of all, I would encourage you to identify God as the Father from whom you will gather the characteristics of fatherhood, which will then illuminate for you the true qualities of manhood. And will allow you to be more forgiving, to be more willing to withdraw judgment. Remember that forgiveness is the release of judgment, within you. And it really has very little to do with the one who is forgiven. Forgiveness is you, engaging in the act of love, the willingness to recognize that which is Real, with a capital "R," in each and everything.

Now, the unfinished business, as it were, that you have to complete, will most easily be able to be done, if you will not conceptualize your husband as your adversary. Because, to the degree that you hold him in your mind to be an enemy

or an adversary in anyway, you will be in a mode of attack. Because, you will be engaged in a judgment, that is not based upon what truly constitutes him.

And it doesn't matter what he thinks constitutes him. It matters what you think constitutes him. Because, what you think constitutes him, will govern how you act. I'm going to put it this way, it will govern whether you are able to act, or whether you are in a state of reaction. And if you are in a state of reaction, you are in an attack mode. I cannot put it more simply than that. And when you are in an attack mode, he is going to become defensive.

Now, I encourage you to understand that when you adopt the attitude of acknowledging his Divinity, that will not be the same thing as becoming unintelligent, unalert and undiscerning, to what is appropriate or inappropriate. And you will not say, "well, he is the Son of God, and, therefore, I can trust that he will do the right thing, and I can just be unattentive, unaware." And that certainly is not intelligent.

So, what you do is, you hold yourself in your peace. You allow yourself to abide in your peace, which you accomplish by not engaging in judgment. And then from the standpoint of your peace, you be conscious. And you discern between what is appropriate and what is not, and what is reasonable for you and what is not. And you trust that feeling within yourself, and you hold to it. Not out of defensiveness. Not as a form of getting even. Not with any element of reaction to it, but just out of simple clarity. When you do that, the element of attack will be absent in your behavior. And although you may need to negotiate, the negotiations will not occur, in what would otherwise be an open state of war. And, therefore, peaceful negotiations and settlements will more easily occur.

QUESTION: Is the marriage ended completely? Between us?

ANSWER: Indeed. And that is your blessing and his blessing. And I say that, so that you might generate a little bit of curiosity. Just a little bit of curiosity, to be open to recognizing the blessings as they come. Rather than digging in your heels, with a certain amount of distress and frustration, for the first few miles of your freedom, before you finally relent and embrace the freedom and the blessing.

QUESTION: I have one more statement. I seem to want to ascribe to some big cosmic deal, to this whole event, that has taken place between my husband and myself, three or four years ago, when the separation occurred. It was like...

ANSWER: I really encourage you, to embrace it, as a simple manifestation of nothing more than common sense, simple orderliness. The movement of the Divine in the human experience, is ultimately simple. And connects, you might say, at the level of the humility, that we have been talking about, the genuineness.

All that is really very unprofound, except, that by virtue of it's utter simplicity, it is Profound.

There doesn't have to be cosmic significance, to a manifestation of simple intelligence. And it does not have to have cosmic significance, in order to be worth what you went through. For it to be simply intelligent and express simple common sense, is where the wonder of it is. Just as it is in the exquisiteness of who you are in your humility, in your simple humaneness, that the presence of God, finds expression.

The ego always has all of you strive for the ultimate. But it has you look for the ultimate in a place other than, simply who you are as the conscious experience of Being, of existing. And thus, you always miss the point. And if you begin to get close to the point, oh boy, does the ego speak up.

Always you will find the experience of illumination, of enlightenment, of revelation, occurring when you least expect it, when you are being least controlling. And very often, it will occur only when you are at your extremity and feeling utterly humiliated. And that is because, it is in that simple place within you, that that which is truly meaningful is present to come into expression. So, I encourage you to let this divorce, this moving of each of you in new directions, to be something utterly and simply intelligent and wise.

QUESTION: Raj, would you please indicate to me, how things are progressing, so to speak, with establishing for myself, more of my own genuineness my worthiness?

ANSWER: Very well. But he is obviously throwing the ball back in your court.

QUESTION: In relation to that, I would like to ask the question about the incident at the motel last night, also. I'm not sure how that relates, but it was an uncomfortable time for me. And could you tell me, whether or not the action was action or was it reaction? Was it an expression of anger or an expression of intelligence?

ANSWER: Well, I will tell you this, the actions that you took, expressed integrity, dignity and self-respect. The fact that you delayed in taking the action, expressed an uncertainty within you of what did constitute self-respect. And, indeed, you attempted to go through a somewhat metaphysical process, of seeing through the situation or of not engaging in judgment, as though you would be able to arrive at a point of peace within yourself, where the continued disturbance was undisturbing.

That is like having a healing of cancer, without the cancer going away. It was necessary for this disturbance to stop, it was out of order. And you finally arrived at a point, where going through a metaphysical process of seeing this

correctly, was released, in favor of what was really appropriate. Which was the call to the management, to let them know they needed to bring this to a stop. Then congruence occurred.

It is important for all of you to understand, that arriving at a point of spiritual clarity, does not mean saying yes to everything and then not being bothered by what you have said yes to.

Spiritual clarity, indeed, unconditional love, involves arriving at a point of clarity and includes the use of discernment. Discernment, that allows you to separate the tares from the wheat. Even though in the parable, the tares and the wheat were allowed to grow side by side, discernment was still utilized, and there was a point at which the tares were separated from the wheat. That did not constitute judgment against the tares. It constituted a simple act of intelligence, that allowed the wheat when it was young and would be disturbed by the removal of the tares, to grow until it was ready to be harvested, at which time, if they were disturbed, the full growth of the wheat would not be lost.

Discernment is different from judgment. I have said, that all of you have the capacity to recognize Truth. Well, if you have the capacity to recognize Truth, you then have the capacity to recognize whatever is pretending to be true, but is not. That does not constitute judgment. It constitutes clarity, that allows your actions to be effective and reasonable. And so, you know when to say no, and you know when to say yes. You know when to stay home, and you know when to go out. You know if, indeed, it is necessary to pay a particular bill today, when you seem not to have all the money necessary to pay all the bills. And whether it is appropriate to pay for it next Monday.

It is possible for you to distinguish what is appropriate, so that you may be in your right place, at the right time, doing the right thing, that identifies fulfillment of purpose. And that necessarily means, not being somewhere, and not doing that thing, at another time. That is discernment. That is clarity. To become the expression of unconditional love, does not mean becoming a doormat for all of the egos in the world. For all of those, who still see themselves as egos. You do not end up judging them, but you end up discerning what is real and what is not. What needs to be joined with, and what needs not to be joined with.

And so, last night you came to the end of your rope. And suddenly did the real and genuine thing that needed to be done. You registered what is called a complaint. But, what you did was, you registered self-respect and said, “this does not coincide with an expression of self-respect, and I do not join with it. I do not tolerate it, period.”

QUESTION: Just as a short follow up, Raj. Do I engage in too much of this metaphysical practice, and hesitate too often in doing just what you've indicated I should have done, sooner than I did?

ANSWER: Not particularly, no.

ANSWER: The time has come. I have enjoyed being with you. We have, together been a great deal of illumination for each other, and to the degree, that more willingness to give permission to experience clearer views of reality right where you are, has occurred this weekend, it has lessened the density of the dreaming, of the distraction, that those who do not have their attention on the Kingdom of Heaven, have suffered from. I appreciate your being with me, and I have enjoyed being with you. That's the end of this comment.