



Gathering In Boston, Massachusetts –1992

By: Raj Christ Jesus -

RAJ OPENING COMMENTS: There is, indeed, one thing I want to say. And that is: That whether or not you are Catholic, or whether you are a Christian Scientist, or a student of A Course In Miracles, or a Methodist, or a Mohammedan, you are first and last Brothers and Sisters. And any spiritual course of, shall I say, study or training, should be helping you to be better Brothers and Sisters. Not better Catholics, not better students of the Course, not better Christian Scientists, not better Methodists; better Brothers and Sisters. If you will remember this, you will keep your perspective. And you will know where the attention and where the actions are that are to be valued. And your studies will not become a means of separating you, one from another.

At the bottom line: There's one thing to learn. And that is to Love. And I will tell you what Love is: Love is the willingness to recognize that which is Real—with a capital "R"—in each and everything, which means in EACH and everyone that you discover or find to be in your experience in your world. The willingness to see beyond whatever ego presentation that other one might be sending in your direction. Love is the willingness to find God in your fellow man. But you know something? If you can't find the God in you, you can't dare to find God in your fellow man, else you will feel one down.

And you know, in the process of awakening, all you are doing is arriving at a point where you can find the equality of you and your brother, in the context of the Allness of God, which necessarily means, in the context of your both being Divine. It is letting go of the self-definition that is less than the direct expression of God, called you; that allows you to release your brother and sister from that very same definition. In releasing yourself, you release your brother, because you will find that you will not want to be alone in your Divinity.

And you know, when you are willing to embrace the fact of your Divinity, and then acknowledge it in your brother, that constitutes joining; which is the exact opposite of the one single element that has kept all of you in trouble for so long. That one element is the distinct intent to be separate and individual, different from, unique, to everything else.

You are not going to find your Real originality until you stop trying to be different, and better, and further up-front, further ahead of the crowd. And when you abandon that challenge, you will begin to find yourself feeling so utterly safe, that you can dare to be original. And originality will begin to emerge out of your peace. And your originality will never take away from anyone else And it also will not control anyone else, and there will be harmony.

And so, as we proceed through this weekend, this time together, we are always going to be speaking in the context of Love—the willingness to recognize that which is Real in each and everything. And if nothing else, you will be able to go home with a better sense of my perspective of our equality. And it will not be quite as easy for you to insist that you are not worthy to eat the crumbs that fall from His [the Father's] table, but rather that as the full and complete direct expression of God, it is your birthright to be experiencing God's point of view, and not a lesser more limited point of view, because you are some sinner.

I will tell you now that I am grateful to be with you this weekend. More than that, I want you to know that indeed I am always with you, and am always available; if you will just stop justifying a sense of difference about yourself, that makes you either unworthy or somehow incapable of experiencing my presence directly within yourself. The only reason it doesn't happen is because you have said, in one way or another, it is unreasonable for me to expect it to happen. And your word is all that blocks it, I assure you.

QUESTION: My question concerns something that we spoke about in our private conversations and that was about my ability to generate some income. And you had stated at that time, that in November, this past November, would be a time that that would be possible for me. And I think I have been paying attention but November has gone by and I'm still in a place where I still can't see that happening. And I'm also really extended myself beyond what I have before as far as financially goes. And so, I'm concerned about that. So, if you can say anything about that, I would appreciate it.

ANSWER: Indeed you are in spite of your extension, not in a dangerously vulnerable position. Now, indeed, you opened a door in your life. You engaged in a larger embrace of yourself, I'm going to say aspects of yourself that you were not willing to enthusiastically embrace. And as a result of your fearlessness and your willingness to open the door, there has been some significant growth that has been occurring, which employment would have blocked or made more difficult. And so, there is perfect order here, because you are coming into a place of greater inner balance, because of greater inner embrace of yourself more totally. And so, there was a reconfiguration that occurred, altering the November date, so that this stabilizing and yes, grounding growth that you were willing to embrace could occur.

Now, you are, from my vantage point, much healthier because you are embracing more of what you wholly are. The ground work has been laid for the employment that we spoke of to come into view now. And indeed within the next 90 days, you are likely to find this aspect of your experience opening up. I encourage you to give permission for it now. And above all I encourage you to continue to embrace your guiltlessness.

I will tell you and I will tell all of you something: The more willing you are to embrace who you are—WHO you experience yourself to be totally—without rejecting it; the healthier you become, the more balanced you become, the less justification you have for hiding from the Truth and the more you are able to give permission for your fulfillment of purpose to come to view. It is a simple thing.

If you are feeling guilty, you will be reluctant to ask to know what the truth is, because your conditioning will cause you to assume that the truth will convict you of the thing that you are feeling guilty about. But you must remember that the revelation of truth, the direct revelation of truth within you always does one thing only, it uncovers your absolute innocence, because you never were anything less than the Son or Daughter of God. That's the only Truth that can be revealed to you. And that unconvicts you. And in the absence of a sense of guilt, you are able to begin then to enthusiastically say "YES" to God, "fill me up with all Thou art. I no longer have the justification I use to think I had for denying my good, for denying my birthright." That's the end of the answer.

QUESTION: The Course talks about being still and going Home. And in your book Graduation you're constantly saying "stop thinking" and "listen." I have a great deal of difficulty in trying to "stop thinking" and in turning off the many thoughts that run through my head to enable me just be quiet and listen. How may I and anyone else who wants to do this, improve that procedure?

ANSWER: It is a good question. Understand that you are not called upon to somehow, magically cease thinking forever more. I will tell you that for all of you to learn how to meditate is a very effective means of more rapidly being able to be still for longer than a moment or two. And indeed, because of the simplicity and the thoughtless nature of Transcendental Meditation, I encourage those of you who are having difficulty and do not know an effective means of meditating, to learn it. It is not necessary for you to become involved with the Maharishi's teachings. It is only necessary for you to learn the technique. That is not the only means, but it is a very effective one.

Now, on an on-going daily basis, there is one thing that you can easily do and that is that you can, on an on-going basis, assume that there is a different way to see whatever it is you are seeing. And not have such a strong conviction that your perception of a thing, is what it is. And if you are able to practice this—you might call it doubt about what you are seeing—and you will become curious so

that no matter what you are doing you just say in your mind, “Is this appropriate or not? Is this the time or not? Should I do it now or should I do it later?” etc.

If you will begin to express curiosity as though, indeed, there is another way to see what I am seeing, that will bring into play the act of listening. You may not be able to listen very long before interjecting some of your own thinking. But you will begin to break the habit of absolute confidence in your point of view, so that a new point of view can register with you.

Now, it is perfectly workable for you to engage in self-hypnosis, relaxation techniques, or soaking in a hot tub in order to relax and become more still in your mind. For those of you who tend, as the questioner is, to be constantly thinking and for whom a word or a visualization simply contributes to on-going thinking, you can just sit down in a comfortable chair, one which does not have a high back, so that you must hold your head erect and simply take a few moments to stretch and relax your body, so that you know that there is no place in it that you are really holding tense. And then breath through your nose comfortably, at whatever rate comes naturally. Do not try to breath slowly, you will run out of oxygen and breath faster. So just be with yourself at the rate of speed of breathing that you find yourself at at that moment. And then simply pay attention to the bridge of your nose and the sensation of the air as it passes there. You can pay attention at the point of the nostrils, wherever you most easily feel the sensation of the air as you inhale and exhale. And just let your attention rest on the sensation. Do not concentrate on it. Just pay attention to it.

And if you find yourself thinking, you’ll never notice when the thinking starts, but when you realize that you’re thinking and you have forgotten to pay attention to the sensation, gently bring your attention back to the sensation. And please don’t get upset with yourself for your short attention span.

The very nature of meditation is to bring about a clearer experience of peace, physically and mentally. As you relax and your body releases tension, there is almost unavoidably a streaming of thoughts that occurs. And so, when you are meditating, and you find yourself thinking a lot initially, it is because the meditation is working. And you should not jump to the conclusion that you are too much in your head and, therefore, a poor meditator, and give up, when indeed the practice is working. It may take you two, three weeks, a month, before you have an experience of quietness that you can identify as a reasonable span of time in which no thinking was occurring. But then that will increase. So give yourself time.

Now, why would one bother to go through all of this? I will tell you, that it is for more than just lowering your blood pressure, because even if you do not immediately experience an absence of thinking, you will within just a few days begin to notice that, generally speaking, you are more at peace. And specifically at the end of any period of meditation, even in the beginning, when you open your

eyes you will find that you were in a more peaceful state than you thought you were while you had your eyes closed.

Now, we are not talking about a peace that is just an alternative to anxiety. We are not talking about peace that is just the absence of jangled nerves. Indeed, there is what could be measured as physical relaxation. But the experience of peace that meditation brings you to, is more than just a peaceful body. The peace is the very nature and substance of your Being. And so, the peace that you experience when you are meditating, when you are becoming still, is really constituted of one of your first direct experiences of your Self, with a capital “S,” of your essential Being.

Now you know why it’s important, because it is the beginning of getting to know thy Self. In biblical terms, it is what is meant by going into your closet to that within place and praying to the Father, which is in secret. The word “secret” means really, silence, going within and praying to being with the Father, which is in silence.

“The bridegroom cometh when ye think not.” In other words, the revelation and experience of your Christhood comes when you are not thinking. That is why it is valuable. It is not because I am trying to turn you all into East Indians or get you to change your religion or philosophy.

I am here to confirm to you that your basic philosophy is true and you need to trust it more. You are the direct expression of God. And God is Infinite Intelligence and the Father has withheld nothing of what He is from His Self-expression, therefore, you must be Infinite Intelligence. You must be the All Knowing Presence that God Is, because God did not create something different from Himself. The expression of God must be God expressed. And Waking Up, coming Home, means coming back into your Right Mind, your natural unalterable Sanity; your ability to experience everything from God’s point of view.

So you have two things to help you. One: A specific period of time in which you are purposely intending to become still; so that you might begin to have the experience of being conscious without thinking, fully conscious, fully capable of being and responding to life without thinking. And the other is: To have a general on-going curiosity based upon a premise that there must be another way to see what I am seeing; so that you do not just mechanically move forward in your confidence that you comprehend what a thing is, or how a situation ought to be dealt with. That curiosity brings you to the point of listening, if you’re half way on the ball. And listening is the way you open the door to revelation.

Now, lets take just a moment here. So many of you are caught up in grand religious concepts about very simple words, like revelation. Indeed, Paul shared with you that in the beginning when I first spoke to him, there were none of the connotations of some truly spiritual event occurring. Very simply, revelation is the dawning in your thought of how to be utterly appropriate; whether you are

choosing between two things at the grocery store, whether you are working out a problem with your wife or husband, whether you are driving the car to an unfamiliar place, etc. Revelation is the dawning in your thought as to how to be utterly appropriate, so that the Divine harmony of Being and the unity of life might be experience, here and now.

As I said, your study of any spiritual path can really only have one goal, and that is not to be a better student of that path, but to be a better brother and sister. Likewise, your process of awakening will not cause you to become more and more incongruent with your world and your fellow man. You will become more congruent and more valuable, because there will be more intelligence and more love being expressed by you, that allows everyone to be less defensive with you. And so, where you are going to see the Kingdom of Heaven unfold in front of your eyes, is right here. What will fall away, is not the world and universe, but the scales in your eyes. And the scales are constituted of your preconceptions, your mindsets, your convictions about what things are, who people are, who they cannot possibly be, etc. And your thinking reinforces your mindsets, and imprisons you in them.

The only thing you will loose, is the ignorance that causes you not to see the Kingdom of Heaven, right here, right now. If God fills all space, where is there room for some other creation, some alternative creation? Where could sinners possibly be exiled to, if there is no outside to God? And so, if indeed you are sinners, you must be sinners in the middle of the Presence of God. There is an inconsistency there, because God is indivisible and, therefore, undivided. And therefore, God's constituting Presence that fills all space, must be the only thing right there where you're sitting. And that's what we're waking up to, who you Divinely are and always have been and are at this moment.

Now watch how your conditioned thinking argues, "it's a nice idea, but what about this; if I am Divine, how come I don't feel that way"? That's not a genuine question. It's a justification for not believing. The moment you say, "maybe there is a different way to feel than the way I am feeling," then you are expressing curiosity and opening the door for a new feeling that more closely approximates your birthright.

The giving permission is the way you open the door for an experience. And the experience will be so clear to you, that then instead of using your words to form questions that are really blocks to your experience to your Divinity, your words will follow an experience of your Divinity and you will be hard put to continue to express in words, the Divinity of you, that you are experiencing and about which you have no doubt, because it's not a head trip, it is an experience.

So, we are here in a process of giving permission to experience one's Divinity. Still consistent with the premise of Love; the willingness to recognize

that which is Real, capital “R” Real, in each and everything. That’s the end of the answer.

QUESTION: I have a three part question for you and they’re not related. One, who is Woldara? Two, what happens to the soul after the body expires?

PAUL: After the what?

QUESTION: After the body expires as we know it. And three, where have all the squid gone? Namely the Loliginidae Pealeii species along the East Coast.

PAUL: I’m sorry, this is me Paul. I didn’t understand the third...

QUESTION: The third question is: Where have all the squid gone, the Loiginidae Pealeii, that inhabit the East Coast of this country. They seem to have disappeared. Do I need to repeat any of the questions now?

PAUL: No, indeed. Okay, this is me Paul. Sometimes he answers questions with images rather than words. The image relative to the squid is that they have gone into deeper locations to escape pollution or something that’s in the water that is not compatible with them. But he says they are far from extinct.

ANSWER: I am going to refrain from answering the first part of your question. The second part though, you must all understand that your soul is not like your body, it doesn’t have limits. You could most accurately say that Soul, with a capital “S,” is Minds, with a capital “M,” capacity to sense the meanings that it—Mind—expresses. In other words, Soul is Minds sensing capacity. It is your capacity to feel the meaning of God’s Creation. It cannot go anywhere, because it is omnipresent. This means then, that there is far more of infinity for you to be having the direct experience of, than you are currently experiencing. Your Soul does not inhabit your body, just as your mind does not inhabit your body, just as your love does not inhabit your body. Your Soul goes nowhere, because it is everywhere. This means that, all of what you are is always present. What you have yet to discover is that, all of what you are is always available to you as a conscious experience, even though you may not be paying attention.

Now, If there was a very bright light in your sky at night, let us say a vehicle of some sort, capable of moving at light speed, at a very fast speed. And you stood there gazing at it fixedly, while it was there and then it very suddenly departed. You would continue to seem to see it. In other words, there would be an after-image in your eyes, even though it had departed, even though it had gone beyond your present capacity to perceive it.

And what all of you must understand, is that you have been misunderstanding what happens at this point, that you call death. What happens is that the individual has moved beyond your present capacity to perceive him or her. And what is left for you to apparently deal with, is what we could call the after-image left in your eyes. In fact, the reason it seems to decay, is the very same

reason that the after-image in your eyes of a bright light decays; because there is not the original light present to reinforce the image.

Now, this is, of course, a very simplistic way of explaining it, but it more clearly expresses the truth and helps you to understand that you are never bodiless. And what I mean by that, is that you are never not identified. You are never not identifiable, anymore than God is ever unidentifiable. I have said it before, that God unexpressed is a nonexistent God. There cannot be God without the infinite manifestation or experience of the Presence of God. Therefore, there cannot be YOU without the identifiable experience of your Presence.

No one abandons a body in that instant that you call death. The one who has passed on finds himself or herself as totally identified as before hand, except that whatever seemed to cause the death, if it were a disease or injury; is no longer present, because that one has the inescapable proof that the disease didn't kill them. And that realization causes the immediate release of fear of the disease and the manifestations of the fear, called disease, have not a leg to stand upon and the evidences of it disappear.

This is an important point to understand, because if you think that there can be a separation between Individuality and that which identifies it, called body; then you will not honor the body and you will also never really become curious to see what the body really is, if indeed it is the visibility and tangibility of an absolutely Divine Presence, called You. And if you don't become curious about it, you will not experience the revelation of it. You will not experience the scales falling from your eyes that cause you to have a distorted perception of your body or of your world. You will tend to neglect the body. You will tend to neglect the world. And there are even those in the name of spiritual growth, who can't wait to drop the body. Now that would be suicide, because if indeed you could annihilate the visibility and tangibility of God's Self-expression, you would do yourself in, as well as God. So be careful, when you want to rise above this world, or rise above your body, because that ultimately constitutes an act of self-denial, it also constitutes, what the Course calls, an attack on God.

Now, for some of you who are students of the Course, what I have just said creates a dilemma, because the Course says the body is an illusion and the world is an illusion. Again, there cannot be unmanifest God. God being Infinite, must be Infinitely Identified. And that Infinite Identification is what is meant by the word Creation.

Now, the solution to this dilemma comes with the very first lesson in the Course, "Nothing that I see means anything." Do not read that statement as though it says, "everything is meaningless." The purpose of that lesson is to cause you to release your convictions about what a thing is. It is to promote your willingness to abandon whatever your current definition of a thing is; whether it is your body, or your toe, or a leaf, or the planet, or the universe. Why? so that you

may then become curious. “If it isn’t what I think it is, what is it?” That’s when you begin to listen, is when you say, “what is it”? And this is when your Soul comes into play. This is when your capacity to feel the meaning of God’s Creation becomes activated within you, while at the same time permission is being given to receive the experience.

If you are misperceiving something and you are believing your misperception and you are believing that it constitutes the whole truth about a thing, then all you are seeing is your perception of that thing. And your confidence that that perception is the totality of it’s Reality, does indeed constitute a deluded perception at what we could call an illusion, because you are not open to the Movement of the Identification, or the visibility of that thing, and thus you are not seeing it. It is as though you have taken a photograph of a river and you are saying, that is the river, while the river continues to move and be an action, a movement.

A concept about a thing is like a photograph, it is a freeze-dried image. But you say, “that’s not reasonable, I can’t do that.” Well, I would ask you to look at a family member who you are having difficulty with, and you tell me whether, on the spot, right now, you can release them from your conviction about they’re unchangeableness? How willing are you to let by-gones be by-gones? How willing are you to truly expect that maybe they will behave in a more enjoyable manner? You’ve got them freeze-dried!

Now, let me ask you something else, if somebody has you freeze-dried and they are constantly approaching you based upon their attitude, their unchanging attitude about you that is not complimentary; how easy is it for you to be defenseless and loving with them? For how many of you is it not difficult to get angry, because they are not seeing you. And then tell me this, if you express the anger, doesn’t it confirm to them that their point of view is correct, and that you’re still unpleasant to be with? And so, everyone locks everyone else into a freeze-dried picture, and acts toward them on the basis of the picture, and you aren’t in touch with the real living, moving, changing, growing Individuality that is there.

That is just a small illustration of the fact that your convictions about what a thing is, meaning your world and your body and your universe, stands in the way of your experiencing what it Truly Is. And if you think that the freeze-dried picture is the Real thing, and that’s what your holding to, then you are holding to something that is an illusion. The thing of which the picture is a picture, is Real and Eternal.

That’s why it is so essential for there to be curiosity, right here! Right now! right where you are, about the things you are confronted with every day. There really is only one thing present for you to see and experience, and that is the Presence and Movement of God, called the Kingdom of Heaven—for lack of better words.

Why should we call it the Kingdom of Heaven? Because that helps you not settle for the current concept of a material world. If you will label your world and universe as the Kingdom of Heaven and you will honor that choice of words, you will either have to frustrate yourself or create frustration within yourself, by continuing to treat it as though it is not the Kingdom of Heaven; or you will have to bring into play curiosity, to see where the divinity of it is.

And so, I'm using the words to promote a curiosity, where most everyone tends not to be curious at all, because they've got it pretty well pegged, pegged well enough to function fairly well. And after all, the point is to get everything pegged so you can sit back and enjoy life; which means, not have to learn anymore, not have to adjust, not have to grow.

You and your fellow man are the Christ. And the world and universe is the Kingdom of Heaven. And waking up is the result of a willingness in you to see past your definitions and other people's definitions, and see the essential Son and Daughter of God everywhere you look. But it won't happen until the curiosity is there. And until the curiosity is there, there isn't really Love. The saying is that, "curiosity killed the cat," but I guarantee you, your curiosity will wake you up and save your life, from ignorance and the effects of ignorance.

There is more that could be said, but that covers your question for the moment. That's the end of the answer.

QUESTION: Well I'm going to be curious again. In a guided meditation at a gathering similar to this one, we were told to ask for our spiritual name. And for the first time, I think, I heard it. I still doubt it, but it was very clear at the moment that I heard the word "Eisha." It was so nice and I was very excited, but then when you go out and you go for lunch, and you say did hear it or did I make it up. I'm curious, I want it to be real. And I would like to know what it means.

ANSWER: You heard correctly. Now, you might think I am avoiding the second part of your question, but I am not. YOU are what it means. It doesn't have a definition that is of any usefulness. The name expresses your nature, your Individuality, not your ego, but your Individuality.

It is a hard thing for you to comprehend at the moment, but God is Infinitely Individualized. And each of you, you could say is an Individualization. But your sense right now, of Infinite Individualization is that something whole has been transformed into many parts, when the fact is that, that which is whole is wholly embodied in each of you. You can grasp slightly the possibility and the meaning of this, if you do identify yourself as Conscious Awareness, which you have experienced no limits to. All of you can conceive that you are Infinite Conscious Presence, without losing the sense that you are you and your neighbor is your neighbor.

The fact is, that even when you wake up and you have no other perspective or point of view than the Father's point of view, you will still also experience yourself individually. You will not be swallowed up in God and not be individualized. You will have to take my word for that, the experience of it will prove it to you, but you will have to wait for that.

Eisha is a name that expresses the individualization that you are, which is not identical with any other Individuality, but at the same time is identical. I do not say that to be confusing, that is the clearest way I can express a nondimensional fact. The more you let yourself into the conscious experience of who you Divinely Are, the more you will understand the name. And to put it very simply, if you become familiar with the name and some meaning it is suppose to have, you are likely to obscure yourself from yourself just as much as knowing my name and having concepts about it has obscured me from you, because it has caused you to feel less than, different from and unworthy by comparison with me. And I am here now to correct that misperception, so that you labor under it no longer. And I'm not just speaking to you.

I cannot afford not to be repetitious on this point. Even your advertisers on Wall Street know that you must hear a new commercial many times before you will remember it. And so I am happy to provide you with the opportunity to remember.

The words that "I am the only begotten Son of the Father," is incorrect. I am the Son begotten only of the Father, just as you are the Sons and Daughters who are begotten only of the Father. And you know what that means? It means you aren't truly begotten by your human parents and you are not begotten by your egos either. You are begotten only of the Father. You have only one Source. You have only one Cause. Not multiple sources. There is nothing that sets us apart, in fact. In the imagination, you seem to have been able to set yourself apart by virtue of beliefs; that place me above you and you below me; and I am the sinless and you are the sinful.

I'm going to tell you something: Primarily the sense of inequality, the sense of sinfulness has been a male chauvinist precept, because you were what? born of woman! and full of trouble. There hasn't truly been any religious basis for that statement, much less a Real one. It's time to free yourself from that shit!

Last weekend in Orlando, I said that there should be a bumper sticker that says, "The Christ is not a wimp." It is not unchristly to speak directly and meaningfully and really as the Christ. So don't be afraid of words. And use any words when they express a truth and do not hurt anyone. There's not a better word I could have used there than shit, because there is nothing else that you would rather have less to do with. (Laughter)

We are brothers and sisters. We are nothing more and nothing less than the direct expression of an indivisible and therefore undivided God, who therefore

cannot be conflicted. Which means, that it is your absolute unvarying birthright to be unconflicted. And there is therefore no real justification for continuing to be conflicted, or conflict yourself with false beliefs. Thank you for your question.

QUESTION: I have a question that has to do with dealing with my human emotions of anger and sadness and frustration. In the past I haven't always expressed these feelings, because I have wanted to always be loving. And someone advised me that I need to express these feelings, yet I don't want to get all caught up in them. So I'm looking for a way of somehow balancing, I know that's not who I am, but I don't want to deny those feelings. And so when I'm angry I don't want to attack someone, yet at the same time I don't want to pretend I'm not angry. So can you address how I deal with these emotions, I call negative, but I don't want to do that either? So how do I include it all?

ANSWER: You provide yourself with an environment in which the anger can be expressed and hurt neither yourself nor anyone else. And I would encourage you to find, what you would call a therapist or a counselor, who is not steeped in Freudian psychology. One who can help facilitate your expression and release of the anger and frustration, so that you can leave it behind you, not delve into it and get stuck in it.

Anger is squelched love. Hate is squelched love. And so you must unsquelch it. And when you do it, it is as though what comes up is anger; but in letting it flow, the underlying love that it is your birthright to be feeling and expressing can come forth, washing away the cork that has bottled it. That is what I would suggest that you do. That's the end of the answer.

QUESTION: We're experiencing in our country a lot of chaos and disintegration it seems...

ANSWER: Glory hallelujah...

QUESTION: And it doesn't seem that we have enlightened, conscious leadership. So I'm wondering what as a people we can do about that, and what as an individual I could do to contribute or assist in that?

ANSWER: Literally be ready to roll up your shirt sleeves and participate in the change, not the change that is NEEDED, because that is a preconceived change. Be ready to roll up your sleeves and participate in the change that is occurring. Don't try to plan it, you will have trouble keeping up with it, as it is. Why? because no man is in charge of it.

No man, no political group, no country, was responsible for the fall of the Berlin wall. No man, no institution, no country, was responsible for the dissolving of communism in the communist block.

"An idea who's time has come," is here, but it isn't a conceptual idea. People are beginning to feel. And as with the last question, there is junk sitting on top of what they are feeling. The junk is the repression of what has been felt. And

it is what has surfaced in Los Angeles, recently. And it has seemed alarming. But why would you be alarmed, because something that needs to be looked at is no longer being successfully covered up with a false sense of peace? All of you must begin to trust your fundamental innocence and therefore your fundamental integrity.

Everyone says, a true democracy in your country would be dangerous, because if everyone had an equal vote, there are so many of you who are politically and otherwise ignorant, that your vote would tend to pull everybody down. Wake up, that's the beginning of dictatorship. And what you are asking for is half a dictatorship. At the present time, your system in your country is half dictatorial, because you have a representative group who does the voting for the masses.

It isn't going to work, because waking up is happening. In other words, the uncovering of the conscious experience of each one's divinity is happening. And it is happening, because there are more who are awake than there are who are asleep. And thus, there are not enough joined together in a false perception of things, to allow it to be reinforced and so the misperceptions, the ignorance's, are beginning to crumble. And that which is essentially Divine about each one of you is being felt in his or her humanity.

And again, we're coming back to this fact that before you are a Protestant, or a Catholic, or a Jew, or an American, or a Russian, or a South African; you are brothers and sisters. And so, the Divinity of each of you and of everyone on this planet, is beginning to emerge spontaneously at the level of each one's humanity. I will warn you right now, that it is going to mean being more involved and not letting Washington do it.

You are watching a revolution in your world and although there are some pockets of diehards, if I may put it that way, who are resisting the healing and are shooting at each other and generally not reflecting the unfolding harmony. There is, nevertheless, a revolution occurring that is not destroying everyone in the process.

Don't be so arrogant as to assume that the United States is the fore runner, because the United States is dragging it's heels. Who is the United States? You.

And so, when I am talking about becoming still and going within and connecting with who you Divinely Are, as an experience, rather than an intellectual explanation, so that you might spontaneously know of your brother's Divinity; I'm not just talking about getting into the Kingdom of Heaven. I'm talking about all of you getting into the Kingdom of Heaven and recognizing that here is the Kingdom of Heaven, even though it isn't the total extent of the Kingdom of Heaven.

And so, as I have been sharing, there really is going to be change. It isn't just going to be a new intellectual perception. Your innocence awaits your

experience of it. Your experience of it is going to involve the arising within you of feelings, and I'm not talking about emotional reactions, I'm talking about SOUL responding to what is Real. And there will be such joy, and there will be love. But you know what else? There will be a spontaneous conviction, not an intellectual one, a conviction born of experience, that will cause you to be willing to go to the ends of the universe to express your love for your brother.

Unity, does not mean harmony of an infinite number of isolated units, that somehow are not conflicting with each other. Harmony is the conscious experience of oneness, that involves your willingness to be in total participation with every other individuality that exists, with absolute defenselessness and therefore without fear. But you know what? It's going to start in very real ways, right here in River City, right here in Boston, right here in Philadelphia, right here in Los Angeles, right here in Russia, etc., with Real people. You. Me.

Now, if you want to be truly idealistic, be realistic, so that you don't forget that your idealism must relate to where you are; not only must it relate to where you are, it is going to. Having the conscious experience of being Divine is going to be very different from your experience at this instant. The way that will exhume from you will be incredible and very different from what you are experience of it, at this moment.

But more than anything, is this willingness to walk the extra mile, the willingness to go out of your way in uncovering your brothers Divinity and treating your brother and sister on the basis of their Divinity that you perceive to be there, because you have let yourself into the conscious experience of your own Divinity.

Don't call peace, the result of escaping from the call for change. Be willing to be with, to be present with your brother and to be present with the situation where transformation is occurring, with that active desire to experience what is Real, right there. If you have a loved one who is apparently on a death bed, you find yourself willing to be there for and with that one. Be willing to be there for and with all of your fellow men, because that is what will allow for graceful transformation for everyone.

I am not meaning to make transformation sound like hard work. But if it is misunderstood and if it is resisted it will feel laborious. It doesn't need to be. It won't be, if all of you will be constantly curious. If something is happening, it has to be the Movement of God perceived clearly or through a glass darkly, but it cannot be anything else. And so, the call is for letting go of the biases and the preconceptions and the mindsets that cause the Presence of God to be seen through a glass darkly. Right where a problem seems to be going on, right there must be the Presence of God misperceived. So, right there, let us desire to get past the misperception into the true experience of it. That desire is what always heals the misperception and the effect of the misperception. Remember that.

You are likely by the end of the day tomorrow, to be sick and tired of the word curiosity. But hopefully you will have heard it enough times to remember it. And hopefully remember it with kindness and fondness. That's the end of the answer.

QUESTION: I'd like to know what my next step is in healing my incest experience as a child, if there needs to be a next step?

ANSWER: Literally, I'm going to put it this way, you are in the last stages. You are at the point of forgiveness. And forgiveness is, you willing to disengage from judgment, from practicing judgment that keeps you conflicted. You cannot change what has happened. You cannot change what someone else has done. You can release yourself from guilt. These things you have done for the most part. And the time is upon you to release it as an issue. The time is upon you to engage in, what I will call, a little bit of self-discipline. So that, when the ego suggests to you, when the little voice whispers in your ear, that there is still justification for some hurt and still justification for some demand for justice, you may tell it to "shut up," that you are not willing to engage in employing your mind in that way any longer, because you have your life to get on with.

You have done a great deal of work. It is not appropriate for you to go on endlessly working this issue. There is a time when you must realize, that it is finished and claim your freedom from the issue itself. And literally, this is where you are.

Now, just as with releasing any other ego habit, it is when you come to the end that it seems as though you have the most difficulty, because it is at this point where you realize that there is a certain satisfaction that has come from a feeling of self-righteous indignation. And it is like giving up a drug and realizing that you will never have a "hit" from it again.

Mind you, I am not implying that there was never any reason for being upset. But along with a real reason for being upset, there has been a certain satisfaction that has come from asserting your integrity. And as I said, there comes a time when you must let even that assertion of your integrity go, so that you may move forward in your integrity without having to actively claim it. That is where you are. And I have to say bravo to you.

And like any other "student" who has completed college and is at the point of graduation, I am saying, "take your diploma and get the hell out of school." I say that lovingly, but firmly. Don't hang around the campus. It is time for you to enjoy the fruits of your labor. That's the end of the answer.

QUESTION: My question is: What I'm trying to express is that, I'm trying to heal a relationship that I have with my sister-in-law. I don't seem to get any peace with it. And recently I've seen a therapist about it and the suggestion was to make space for yourself and to distance. And basically what I'm asking for is some peace with this relationship. And if you have any

suggestions, because it is definitely a freeze-dried situation in both ways. And yet there are so many mixed feelings. It's so jumbled, I can't seem to sort it out. And it feels almost like some form of mental illness on my part. And I wondered what you thought about continuing with the therapy as a means for healing it? And it is difficult for me to explain it well, but I would like healing.

ANSWER: I understand. I do understand. I am going to confirm the advice of your therapist. It is important for you to have some space, so that you might find out that indeed you are not mentally off balance. The relationship is such that it calls upon you to invalidate yourself, which is totally inappropriate. I'm not saying that your sister is supposed to be invalidated. What I am saying is that it is important for you to be feeling your integrity rather than having it called into question.

Now, I encourage you to stay with your therapist, not because you are mentally off balance, but because you need the wise and simple confirmation of your sanity that your therapist is able to give you, and which you will more easily be able to recognize when you stop trying to convince your sister of something she is unwilling to embrace.

Now, you must understand that the practice of love, is not a means of controlling anything. It does indeed, provide an environment in which revelation, or change, or transformation can occur most easily. But as each one of you know, until you are willing to change, change will not occur, no matter how surrounded you are by those who are loving you and those who are supporting you in your clearer awareness of your wholeness and your well-being and your integrity.

Now, you just Be Love. Keep some distance, so that you may remain clear. You can love from a distance. And I encourage you to wait until she approaches you.

I know every one of you has someone in your life that you would like to be able to help, with whatever clarity you have arrived at, at this point in your life. And it seems to you that something that has meant something to you, ought to have meaning for someone else. And that what you have learned ought to empower you to make positive changes occur. But it does not work that way. Revelation of Truth does not give you power over anything. But it does allow you to have a degree of clarity within you that brings forth your experience of peace, which allows you therefore to be a more benign presence—Benign, meaning nonthreatening. And when you are not trying to change anyone, you are perceived as safe. And when someone perceives themselves to be safe, they can let down their defenses.

Give your sister space and give yourself space, indeed. And in the space that you provide yourself, you will have an opportunity to find out that you have always been balanced mentally.

I would go quite insane, literally, if I thought that because I was the direct expression of God I ought to be able to heal every single one of you of your ignorance, at this moment, whether you wanted to be healed or not. And the reason I would drive myself crazy, is because I can't do it. Now, some of you think that anyone who is empowered by the Holy Spirit, anyone who is awake, anyone who is consciously the Son of God; ought to be able to override something illusory, called the ego.

Well I'll tell you something: The ego is so illusory, that nothing can be done to it. It isn't your ego that has power, it is that in you which is essentially Divine, empowering a false belief that you are harboring. And the minute you withdraw your investment of energy in a belief, or in what you would call the ego, you will find the ignorance, the distortion of your perception yielding to the clear perception of reality. You are the Sons and Daughters of God and I cannot override you. In other words, I cannot enforce your good upon you. At the bottom line, if you are not experiencing your good and your fulfillment, it is because of a decision you have made. And until you unmake that decision, by power of your own everlasting authority, you cannot hear truly of the good that I would share with you.

Now I'm going to put it a different way that you might not have thought about. I cannot inflict your good upon you. I cannot override your free will. You cannot override each others free will. And as soon as all of you recognize that, you will become more self-responsible. And you will stop waiting for me or someone else to change you. And in that realization you will feel immediately empowered, less able to interpret yourself to yourself as a victim. And you will be able to more conscientiously embrace your birthright as the Son or the Daughter of God.

Now, although I cannot change you, I can be and am present at all times, standing in conscious and conscientious support of your clarity. The gift of my undistorted perception of you is constantly being provided to you, not only by me but by all of the brotherhood who are awake. In order to receive it, you are going to have to let it in. In order to let it in, you are going to have to become defenseless. In order to become defenseless, you are going to have to let go of your convictions as to what things are and how things work. And you know what? I don't hold the key to the door. You do! I don't have access to the switch that makes your decisions. You do! No one else in your family or your world is able to get to that switch.

And most of you who are "helpers," have not yet become clear on the fact, that you don't have access to the switch. And you do frustrate yourselves with attempting to make changes that it is not in your power to make. Those of you who have gotten the idea, those of you who are "helpers," and I am speaking of psychiatrist, and psychologist and therapists; do not engage in attempting to be the

healer, but you empower the ones you are working with by telling them that they indeed have the power, as I am doing right now with you. This empowers that one and relieves you as the helper from a false sense of responsibility and the frustration that comes from not being able to carry out that responsibility.

Now, indeed, give yourself space and wait until your sister has indicated a readiness to be open to a new relationship, by coming forward to you and saying, “can we talk.” And do not labor longer under the idea that you by virtue of your love ought to be able to make a change, even if it isn’t wanted. It is not appropriate for you to be suffering from a sense of failure, when there is no possibility of success, because the power isn’t in your hands. And I want you to be happy, genuinely, truly and appropriately happy.

A post script: This does not constitute abandoning your sister. It simply means that you are becoming wise and expressing and living the wisdom. It is not necessary for you to maintain a freeze-dried picture of her. But it is also not necessary for you to go in and try to break up the freeze-dried picture. And so, even though you withdraw from the arena of attempting to make change, it does not mean that you must have a negative picture of her. You can still recognize the fundamental truth of her Being.

And there is something else you can do too: You can entrust her to the Father; you can entrust her to the Holy Spirit; you can even entrust her to her guide. She is not helpless! She is not without help! You know what happens when you do that? It means that you see her as being worthy of God’s Love. And that constitutes a joining with her, at the level of the Truth about her and that does strengthen her, even if you do not see her, even if you do not write to her, even if you do not talk to her on the phone. Be at peace. That’s the end of the answer.

QUESTION: Hello guys.

ANSWER: Indeed, there are not only a lot of you here; there are a lot of us here.

QUESTION: That’s wonderful. Well, I have a couple of things. First is: Through the healing that I’m doing these days, I have discovered that something I have been doing since very early in my life was, lifting out of my body, energetically. And I’ve been trying to focus on being more grounded lately. And I’m wondering if you can share any insights on appropriate ways to do this.

And the second thing was: Sometimes I’m at a mental level I know that this is an ego thing and so forth, but I end up finding myself trying to conform to projections that I make about others perceptions of me, at any given encounter. And I’m looking for a way out of that trap.

ANSWER: I will tell you that, the only way out of that trap, is to be looking to a different source than others expectations or your best judgment as to what their expectations might be. You need to have a source that is more original.

Obviously, your projections will have to be based upon past experience or memory. That means that it is impossible then for your behavior to be original. And as long as it is not original, it means that everyone around you is deprived of the gift you have to give, which is to be that angle—not the best word, but it works—the best angle of expression of the Father’s will. You are here. You exist. You experience existence because you are the direct expression of the Father; not identical, as I said earlier, with any other individual expression, even though you cannot be unidentical. Therefore, the specific expression of you is essential to the whole, if I may put it that way.

Therefore, I encourage you to withdraw your attention from what others say they expect of you. And I encourage you to withdraw your investment of energy in what you project they expect of you. And I dare you, I challenge you to start listening deeper within yourself and know that what you are feeling for is something you will recognize as that which you love. In other words, you will feel perfectly congruent with it. It will feel like fulfillment of purpose to you. And then begin to let it flow and let the chips fall where they may.

Well, I’m going to put it this way: If Paul came in here today and decided that he was going to answer your question and everyone else’s question based upon his memory, rather than listening at the edge of the unknown; he quite possibly could speak in a stimulating fashion; but not for long, because he would constantly be gauging his answers on everyone’s responses. And slowly he would give up his allegiance to his memory and would begin to serve the nods, or the frowns, or the shakes of the heads, or the tears, or the joy. And where initially he might have sounded stimulating, he would become boring, because you would not get from him anything that your behavior didn’t allow for. And you wouldn’t come back tomorrow and I wouldn’t blame you.

That which is real, that which is meaningful, that which is original, that which not only fits but promotes inspiration and insight and revelation, comes from your willingness to stand at the edge of the unknown in you, so that you might watch and feel the coming forth of the expression of God, that you are the embodiment of.

Now if you have, and you have, if you have developed an agreement with those you deal with, whereby you will respond in certain ways to them and they know that they can expect you to behave in a certain way; and that, in effect, they have a certain amount of control over you; if, indeed, this kind of mutual agreement to do a limiting dance with each other has occurred; then if you begin to listen to a different place and you begin to be a clearer expression of the originality of you, O-o-o-oh it is going to elicit some negative response, because you didn’t tell them you were not playing the game anymore. You didn’t tell them that you were not going to dance anymore. And you had an agreement! And you

know what? You're going to have to say, "tough luck, find someone else to dance with."

Now, just for the sake of clarity here: To not be doing the dance anymore, does not mean it is an act of independence and separation. Actually, to dance the dance with them, according to a mutual agreement for behavior that the two of you have come to, that has constituted withdrawal and separation from what you Divinely Are; you could ultimately say, it has constituted a withdrawal from God. And a decision to stand by yourself—meaning separate from God—and with someone else, on the basis of a mutual agreement as to "appropriate behavior," but that appropriate behavior does not involve being connected with yourself. And so, you have lost the originality; ALL of you have, to the degree that you have this mutual agreement with someone else. And in terms of the Course, that mutual agreement with someone else to something that does not in anyway relate to the Father's will, constitutes a special relationship.

That is what a special relationship is: An agreement to accept a certain thing as truth without checking in first to see what Truth is. And the mutual agreement to validate something that doesn't relate to Truth; in other words, an illusion, is what constitutes a special relationship. You break the special relationship and gain your freedom, by listening, giving your attention to a different place.

Now, all of you have had a good feeling about untying the umbilical cord or cutting the umbilical cord. I want you to have that same kind of positive feeling when it comes to breaking off a special relationship; a mutual agreement to behave in a certain way, where both parties get a certain amount of satisfaction and peace, while still not being connected with their essential Divinity. And you break the special relationship by establishing contact, you might say, with your essential Being, or by establishing a relationship with your guide, or me, or the Holy Spirit, or the Father, because you can count on it. If you are listening to the Holy spirit, it will not cater, it will not cater to any lingering ego self-definitions. And it will promote your being original, rather than repetitive mannerisms and thoughts that arise out of your memory.

And there are those of you in the group, aside from the gentleman I'm speaking to, who know I am speaking to them also. The originality of your Being is bound to come forth, because it is the Movement of God, right there where you are. And as long as one is engaged in a special relationship, which doesn't take God into account, one cannot be comfortable because one is not taking oneself into account. And you cannot be in a state of self-denial and be comfortable.

There is a real simple answer to your question, stop doing it! just stop doing it! That's the end of the answer.

QUESTION: What about how I subconsciously tend to lift out of my body and now become more focused on grounding but I am looking for other ways of doing that.

ANSWER: This sort of popping out that occurs, does not occur as a result of peace or of being grounded, but more as an intense expression of, for lack of better words, energeticness. I encourage you REALLY to feel for your peace, because that is what will, I'm going to say, anchor you and keep you where you need to be in order to be effective. Certainly, I do not want you to find another form of energeticness to try to overcome this form of energeticness. The answer is simpler and less effortful than what you have been doing. Try it! That's the end of the answer.

QUESTION: My question is: I've been working with a couple of guides for quite a while and every once in a while I feel a switch from one guide to another. I can perceive the entity, or whatever, right next to me, whether it's a guide or my higher self. And right now I'm feeling a switch from one peaceful, loving, secure entity to another. And I was wondering what's actually going on? I have more trust in it, because it's happened before. I have more faith that I can be secure in that. And I just wanted clarification on that.

And my other question is: Someone mentioned about changing names or finding their name, and I keep coming up with within myself a name that I've always had an attraction for. And I'm wondering what's that all about? And my oldest daughter came to me last week and said she wanted to change her middle name to the same name. And I'm just curious about those two things.

ANSWER: As regards the name, I encourage you to listen further, and let there be the conscious intent to have no preference whatsoever. There is further clarification for you in this respect and it is not appropriate for me to comment further about it.

What was the first part of your question about?

QUESTION: My guide or higher self. I believe it's a guide switching from one, I feel like I'm changing channels.

ANSWER: I understand. Although you have only one guide, and for lack of better words, I will say specifically assigned to you. There are others working with you in conjunction with your guide. I do encourage you to allow this shift to occur. I also want you to know that you do not need to be hesitant to ask challenging questions or to say, "why is this happening? Why is this switch occurring? What purpose does it serve?" Do not feel that you are being too nosy.

Again, practice curiosity so that you might have a clearer picture. And enjoy the proof of the fact that there's more than one with you. And this is true of

everyone else as well. But you are speaking of having the experience of more than one standing with you on behalf of your awakening.

Now, I'm going to encourage all of you not to value understanding quite as much as you do. (Laughter) I cannot say this too often: You cannot understand your way, you will not understand your way into the Kingdom of Heaven. You will feel your way in, not gropingly like a blind person, but you will feel your way into the full conscious experience of the Kingdom of Heaven with your Soul. Even more accurately, you will feel your way into the full conscious experience of the Kingdom of Heaven AS Soul.

Understanding is something you require when you need to be in control; plain, pure and simple. And if you are in control you cannot possibly be yielding to the Father's will. Again, let's steer clear of grand religious definitions of words such as, yielding to the Father's will. Your will, when it is not covered over by your belief systems, is the Father's will. And ultimately, when you are yielding to the Father's will, you are coming home into your right Mind and your true conscious experience of your ability to have an intent.

And so, you are coming back into your Sanity when you are yielding to the Father's will, meaning that you are not any longer choosing to have a point of view different from the Father's but matching some cohorts point of view, with whom you have decided to join in a special relationship.

If you will allow yourself to be in the not-knowing place without any intent of understanding anything by virtue of the conscious use of logic or thinking, you will find revelation occurring, you will find yourself beginning to know things. And because of the knowing reflects the all knowing mind of God, it will be understandable but the understanding will not have been arrived at through logic or reasoning. And then when you express yourself from your knowing, everyone around you will say, "what wisdom he has. What wisdom she has. How clear I feel when I am around him or her. I love being with him or her." And you will have respect, but not because you have earned it, by understanding anything through an intellectual process. You value your thinking and your ability to reason, as though that was what identified you and gave you value. And that is where you tend to agree with one another and hold each other to that activity of good clear correct thinking and reasoning.

God is all Knowing. And it is the word "Knowing" that needs to be stressed, and not the word "all." True God Knows everything, but it comes from being All Knowing. The Conscious experience of Knowing is God Being or God being God is a Movement of Knowing without any thinking associated with it.

Now, the statement, "Ye shall know the truth, and the truth shall set you free," takes on new meaning. It isn't what you know that sets you free, it is letting yourself into that place where revelation can occur and you find yourself knowing something, that what you know sets you free. What sets you free is the Movement

of God in your consciousness, not a movement in your consciousness, whereby you arrive at a conclusion and can make a decision that everyone else can applaud.

I will tell you something: You don't know what truth is until you listen for it. The Movement of God is best expressed in the words, "Behold, I make all things new." It is a Movement of making all things new, therefore, what was revealed to you yesterday must be listened for again, today.

Do not listen and then think out of habit, that you must accumulate what you have heard and store it away for further use; because your ability to be appropriate, your ability to be congruent, your ability to embody the Movement of God requires you to be listening in the moment in which God is Being; which is always the moment of conscious experience that is occurring now.

Do you realize that that means you don't have to accumulate skill at living life. You only have to, let us say, develop skill at paying attention in the moment and then knowing how to be appropriate in the moment, will be automatic. That does mean entrusting yourself into the moment. It is a most gratifying and fulfilling experience. So, be careful, as I said, not to value your understanding too highly. That's the end of the answer.

QUESTION: I want to know if you can make any comments about this energy that seems to be stuck in my throat and seems to have something to do with integrating my emotional side. It's been with me for a couple of years. And I don't know if I need to say anymore about it.

ANSWER: No, indeed. Who are you trying to save by not expressing yourself? You do not have to answer that. You are sitting on your own feelings. You are sitting on your self in order to shield someone from you. And you cannot do it and feel comfortable. Actually, you know who this one is. But I will tell you that this ONE is just being used as an excuse by you for not simply going ahead and being you.

Paul understands, because there are times that he tries to protect people from me. (Laughter) But you see, you cannot engage in that action for very long without depleting yourself, without being uncomfortable. You need to love yourself enough to stop justifying squelching yourself. All you are protecting anybody from is something quite wonderful. And I'm not trying to butter you up, I'm telling you the truth. And you must stop.

The only reason this gathering is occurring is because Paul is willing to be present and throw caution to the wind and let the chips fall where they may. It pays off, because it is, indeed, all of your thinking and your judgment inside your head, that provides the blocks to the meaningful expression of the presence that you are. And so, instead of protecting everyone, you are depriving everyone. You aren't really doing them a service. You know, whenever any of you try to avoid making waves for someone else, you are depriving them of the Movement that they can get hold of to move, to grow, to feel the fullness of life.

Do you realize that you can't do anything without affecting everyone, even doing nothing affects them; it means that someone is one car length closer to home, or one person closer to the cashier.

Let it all hang out. And don't feel that you must let it out perfectly. The more you entrust yourself to the movement of letting it out, the more perfect and more beautiful what comes out will be. And I will tell you something else: You can go around and check out with some psychics, or with some others who are channeling, perhaps in hopes of finding a more complex explanation, but don't waste your time avoiding simply letting it all hang out. That's the end of the answer.

QUESTION: Please tell me all about the Holy Spirit. Lately in my life, I have a need for Him, and I'd like to know a lot more about Him. Thank you.

ANSWER: I am sorry to disappoint you, but the Holy Spirit is a her, (lots of laughter) ...and a Him. You're going to be glad you asked.

The Holy Spirit is your Divinity held in trust while you dally with the ego. If you are the Daughter of God, or you are the Son of God—if you are, in other words, the direct expression of the Father/Mother God—then where on earth do you think the infinity of You goes, or has gone, while you have explored an experience of limitation? It can't go anywhere! It's infinite. And so, while you ignore It in favor of exploring a limited perception of the Kingdom of Heaven, It remains and It is called the Holy Spirit.

When you reaccess your Divinity and you are no longer holding yourself apart from the Father with your own private, personal vantage-point or perception of the Kingdom of Heaven, there will no longer be a thing referred to as the Holy Spirit. There will be the Father and the Son, or the Father and the Daughter. There will be the Father in action that constitutes the Son or Daughter, and there will not be a Trinity. And, in fact, the two-ness of the Father and Son will not be referred to, either, because in all cases the Son or the Daughter—as you currently perceive it—will be experienced to be identical [to the Father].

Why do you suppose that the Holy Spirit is able to turn your every experience to your advantage when you turn things over to It? Because in turning it over to the Holy Spirit, you are turning your present sense of yourself over to what you Are already, infinitely speaking. And it is a giving permission for congruence to occur. And when congruence occurs, clarity occurs and your misperception goes out the window and you say, "I have an improved experience," or what the Course refers to as a "happy dream" instead of an unhappy dream.

What do you think Pentecost was? I will tell you at the bottom line, it was a day of great grief. A day of such grief on the part of my disciples, that you could say they abandoned all hope. In other words, they were not exercising their own free will. They did not feel personally competent. And in giving up, you might

say, on being competent, they became receptive to the Holy Spirit, which filled them. In other words, that which they Divinely were filled who they seemed to be, humanly speaking, and everything that they did began to have meaning.

I had said to them, “If you have seen me, you have seen the Father,” and they had the experience of being that. When you—or any of you—give permission, give the invitation to be filled with the Holy Spirit, you are inviting the conscious experience of connection with your Self in Its Totality. And because your Self is the Presence of the Movement of God, It is then the Father Who is there and everything that you are being takes on meaning. So that you are even heard by those in other languages, than the one with which you speak, or you could also say that you are heard on different levels than just the intellectual level.

Waking up is indeed a matter of letting in the Totality of You, letting in the Holy Spirit, which, once reestablished as the Presence of You, discloses the Presence of the Daughter of God or the Son of God—the Christ.

Do you know what? The Presence of the Christ in the world is not going to stand out like a sore thumb. It is going to be like here, today. Simple, to-the-point, relevant, but transformational. And you may not realize how transformational until the middle of next week, or a month from now, when you realize that you are responding to something in an entirely different fashion than you used to. And you will say, “Oh, my goodness! Something happened. I’ve changed. I’ve grown.”

You don’t see the Christ because you are looking for something too other-worldly. You must remember, **THIS IS** the Kingdom of Heaven, and all of you are the direct expression of God. And so, it is the here and the now, and all of you who are experiencing the here and the now, that will be uncovered in your Divine reality, which means that everything about who and what you are, and what this world is, will be enhanced, not wiped out. Healed, you might say. But again, it’s a matter of the scales falling from your eyes. It’s True perception, replacing misperception.

Now, there were women here who were glad to hear that the Holy Spirit is a her. Men! Be grateful that the Holy Spirit is a Her. And women, be glad to know that the Holy Spirit is a Him, because Him and Her are embodied in each one of you.

Remember, the Holy Spirit is your Divinity held in trust while you dally with the ego. Now you know even more firmly what the advantage is to going within and connecting with your Real Self. Not only are you going to experience the Presence of God as the constituting Presence of your Being, but you are going to connect with the Holy Spirit, which is your True Identity. And so, the experience is going to be very relevant to you. It won’t be a head trip. It’s going to be a very grounded, real, and meaningful experience of you.

It has nothing to do with theology, nothing to do with theories. It has to do with the Reality of you and the Reality of the world. And, as I have said, the Reality of it will begin to register with you when you are willing to say, “Nothing that I see means anything.” “Nothing that I see means what I currently think it means.” That constitutes the chink in the wall, that lets the new perception in.

So, each one of you has the experience of Pentecost with you at every moment, ready to in-fill you the moment you give permission and express enough curiosity to move into the not-knowing place—not-knowing, humanly speaking.

Now you can use the experience of the disciples to confirm for you your experience of Pentecost. And I want to say one other thing. The in-filling of the Holy Spirit may come through such an expression of joy that it will not come out in recognizable words, but is that what is happening today, here? Is what I am saying unintelligible? So “far out” as to be weird?

You can expect reunion of you with your Self—or the Holy Spirit—to cause you to be more recognizably intelligent and more real and more congruent with that which is meaningful in your world.

I will tell you, that we are not disembodied spirits, floating around in the nebulousness of some spiritual Kingdom of Heaven, speaking in tongues and just having an emotional “hit.”

I said that you will not understand your way into the Kingdom of Heaven, but I did say also, that when you let revelation occur, you WILL understand! And understanding is not nebulous and it’s not unintelligible. So, as you invite the in-filling of the Holy Spirit, as you invite the experience of the Wholeness of You, you need not be afraid that they will put you away, because you have become so weird and irrelevant that you frighten everybody to death. It IS important to know that, because such illogical reasons as, “I will sound like a fool” are used as justification for not inviting in the experience of your Divinity. And another illogical justification is, “Well, if I wake up, I will be translated into the Kingdom of Heaven and I will not be able to be with my family. WHY would I want to wake up?”

Waking up will not separate you from that which is Real. And everyone in your family and everyone in your community is as Real as you are. There are a lot of ignorant justifications that everyone is using for not becoming clear, for not waking up!

There was a time when a member of Paul’s family went through a stage of being afraid of flying. There was a point at which it was necessary to take a trip. And this person asked me, “What will happen if I don’t go?” And I said, “You will miss the opportunity to see the face of God.” And she said, “That’s exactly what I’m afraid will happen.” This person went and there was a marvelous healing in the process and indeed this person was able to experience God in every

aspect of the trip and it was beautiful. And that one did not lose the ability to be with and enjoy the company of her family. That's the end of the answer.

QUESTION: My question is: I've read a lot of spiritual things from spiritual people and there seems to be an ultimate morality. And I'm wondering if you can speak on this in terms of especially in the Bible and Jesus putting forth all these rules and regulations in order to enter the Kingdom of Heaven and many other spiritual teachers speaking...

ANSWER: O-o-o-oh I didn't give a lot of rules.

QUESTION: O-o-o-oh, well, they wrote a lot down. (Much laughter) I don't know.

ANSWER: I gave what you could call, two rules: "Love the Lord thy God with all thy heart and mind and soul, and your brother as yourself." And that was what we've been talking about all of the day, today. Learning to go within, into the silence, so that the peace of your Being might be experienced by you as an actual experience of your Divinity. Out of that experience of your Divinity comes the spontaneous and simultaneous realization that this Divine One that you are, is what each of your brothers and sisters would find if they went within and listened also. And that realization within you, forever will CHANGE the way in which you approach and treat your fellow man, because again, it is an understanding that isn't logical or intellectual, but it is an absolute awareness.

And so, to find God in the experience of yourself, spontaneously precipitates an event that you could have interpreted as a second rule or a second commandment, "Love your brother as yourself." You will not be able to avoid it. And so, you could say—and I'm going to be cautious here—you could say that instead of rules, I was giving a formula for waking up; for being able to be the Presence of Love that does truly characterize you.

So, it isn't complicated. And there isn't any morality in it. You do not do this to get gold stars or to receive the favor of God, because you are already the Daughter of God and the Son of God, from whom the Father has withheld nothing of what He is. And so your blessing is whole. And you do not need a divine dispensation. You only need to dare to embrace what is already true of you.

Morality... and ethics, etc., are the best rules human beings can come up with to maintain a decent and humane behavior; decent enough and humane enough to allow for survival to occur with some reasonable amount of peace. But when you experience who you are within and in that experience find that you know what your brother and sister really is, you cannot help but be the Presence of transformational and clarifying Love; you cannot help but be immaculately appropriate, manifesting harmony. And there will be no call for a practice of certain behavior patterns that express a definition of morality. Your very Presence will in itself be healing, not because you are trying to be, but because in that state of mind you cannot help but be.

Until such time as you have, all of you, until such time as you have this experience of your Divinity, that I have described; then I do suggest, that you do unto others as you would have them do unto you. Or put another way, don't do what you don't like. Mind you, I didn't say do whatever you want; I said don't do what you don't like. That's the end of the answer.

QUESTION: I guess I don't have a particular question. But my husband and I have seemed to come to a decision, where we'd like to make ourselves available to God to bring another child into the world. And I was wondering if you had any comments on this? It seems that the comments we've got from completely different questions today seem to have brought us to the realization. But I'm just wondering something specifically from you on this.

ANSWER: That is the best first step you could take. Now, just love each other. Certainly don't work at it. I cannot give you better advice than that. And there is nothing more appropriate that you can do. That's the end of the answer.

QUESTION: In the last year or so I've had a lot of emotional growth and changes in my life. And I've been wrestling with the darker side of my personality. And in the last four days something shifted and I would like to know what it is?

ANSWER: "The darker side of your personality." Let us be careful what words we incarcerate ourselves with. There is no darker side of your personality. There is just your essential Identity and a sense of yourself, called the ego. The ego is a limited sense of selfhood, which you have arrived at through the use of incomplete information and the help of those of varying degrees of ignorance around you. And you have all conspired together to agree to this limited sense of yourself, which we have called the ego.

There is not a dark side to you. There is not an evil side to you. And you cannot possibly be in a struggle. The only tension that you can experience, is the tension created by resisting your Divinity. And the only reason you would resist your Divinity, is because you think from your limited perspective that your Divinity is your enemy. That's the only reason. It is not an intelligent reason, but it is reasonable, considering the information you are using. In other words, you are always only experiencing what you Divinely are, comfortably or uncomfortably.

Again, there is no evil presence any more than there is an actual measurable presence, called darkness. It is simply the absence of light. Light is measurable; it is a presence; it is an energy. Darkness is not an energy; it is not a presence that can be measured. If you speak of the dark side of your personality, your very choice of words seems to give personality and vitality to this supposed dark side, and you can carry it further and indeed feel that there can be an actual tug-of-war, a real conflict, when there can't. But your belief builds and further supports this

personification of what is nothing more than a limited definition of yourself—just a definition. And you get yourself into more and more trouble.

The shift you have referred to, that has happened this last week, involves a spontaneous release of some belief structures that has made room for a clearer experience of your already existing, I'm going to say, Integrity. And so, there has been a feeling of stability and less feeling of vulnerability, which you have interpreted as more confidence and there has, therefore, been more peace. And indeed, this is excellent and it will pave the way for further shifting. And I will tell you also that when doubts occur relative to this shifting that you have experienced, the doubts will not hook you as significantly and, therefore, you will not tend to backslide. That's the end of the answer.

QUESTION: Hello to Raj and his entourage. For only a relatively short while has my dream been a happy one. Mostly I don't feel motivated to do anything and I am not happy and I don't feel my integrity; that's the hardest. What besides loving myself do I need to do to do something, anything, and to feel my own integrity and innocence?

ANSWER: I encourage you to find others who's innocence you can reflect back to them. It is very hard to feel one's integrity while one is all alone, when one is not engaged in an active relationship. I encourage you to find ways to extend yourself to others, not for the purpose of changing them, but for the purpose of being the active reflection of love, the active reflection of innocence. Your integrity is intact. I simply encourage you to uncover it, by engaging with others. In other words, give what you would like to experience.

Now, there is something else you need to do: You need to acknowledge what you are already doing. You need to be careful not to minimize the love that you are being, as though it's unimportant; so that you do not cause yourself to feel as though you are not being enough. You are like many people who are very loving and who do for others, but you look at yourself like a half-empty glass, instead of a half-full glass. And as a result, you always feel as though you're coming up short, when you're coming up at least half-full.

You need to acknowledge the good that you are doing and the love that you are being. What you honor, becomes magnified in you. And when the suggestion whispers in your ear, that you are not being as effective as you ought to be, or as you could be; I want you to start saying, "maybe I'm not, but what I am doing is Real. And I honor IT, and I'm going to continue."

So you have two tasks here. One is: To be self-aware enough to acknowledge when you are being love. And the other is: To give yourself more opportunity to be with others and reflect back to them their innocence and their integrity. That's the end of the answer.

PAUL: May I ask, are you a member of "A Course In Miracles" group?

QUESTION: I certainly am sir, since 1976.

PAUL: Yes, okay. That was along with what Raj was saying, there was the picture that you are in a group. And that in many ways you are in that group, already doing the things that he said. And you simply need to give yourself some credit. And not always be so caring about everyone else, that you are ignoring what you're doing and then feeling bad, because it doesn't seem to you like you're doing anything.

QUESTION: What you are saying is, stop judging me. Thank you.

ANSWER: Indeed, you are welcome.

QUESTION: Thank you. I find it hard to ignore some history that I've had and some belief that I've built up about my history, when it comes to finding some employment that is fulfilling and fun and enlivening and also supports me. And I feel like I've looked at this a number of times and sometimes I've talked to you about it. On one hand, I actually feel some loosening up happening within myself and I have an inclination that something is coming and it's not far. I guess I want some advice, some insight on: The belief says, "it will never happen," and I know that that's a lie. And yet I don't have evidence to prove otherwise.

I know what it is. One thought that I have is, that when I seem to find something and it looks like, "Oh there's something that I'm interested in," and I feel some energy about; that I find that I go and get excited about it and I think, "yea that would be something I would like to pursue." I have in the past found that I lose my enthusiasm for doing it before it comes anywhere near fruition. And so, I just keep slogging along because the juice is gone, the energy is gone. And I feel that I have done that with a number of things. So, now I notice the timidity, even when I see something that interest me, I feel like, "oh well, I wonder how long this enthusiasm will last"? I think you get the picture.

ANSWER: Indeed. There is another way of interpreting this than as faithlessness. You have been going through a process of weaning, a weaning away from a very definite should system, especially relative to being an adult male; ah, a responsible adult male. And in that weaning it has indeed seemed as though you have lost a lot of definable structure that could be called ca-a-re-e-e-er (career). You have been being emancipated from what had been a very strong should system, within you. And indeed, the process hasn't been half bad, even though you have fussed about it all along the way.

Now, indeed, the feeling you are having, that it is almost over, that something is on the verge of taking form, is correct. And when it happens, it will not in any way meet the old criteria of being a responsible adult male. It will not meet the coerced definition that you were trying to embody. And yet, you will appear to be quiet stable, secure and respectable. You have needed this

emancipation. And although you have fussed all along the way, you have not dug in your heels. And you will look back on this and you will say, “you know, it happened in a relatively short period of time, considering my overall life. And it happened with a degree of gracefulness, that I’m very pleased with.” That’s what you will be able to say. And then you will wonder why you fussed about it. That’s the end of the answer.

QUESTION: So many things have been written about what they call the “White Brotherhood,” some people call them the “Masters of Wisdom,” some people call them the “hierarchy.” And all those things seem to be very romanticized, very contradictory with all those writings. I would like to hear your opinion about that. If you could share some light about that community, if we can call it that way.

ANSWER: I’m sorry, that I do not have any opinions to share with you. Opinions arise out of ignorance. (Laughter) Again, you will find in your spiritual growth or development, that the clearer you become; the more relative, the more grounded, the more simple things are. What has been called the “Great White Brotherhood” or just the “White Brotherhood,” etc., is indeed a romanticized notion. But there is a reason for the notion existing. The reason is, that there is something Real, which I will call the Brotherhood of Man, embracing brothers and sisters, the family of Man with a capital “M,” the Whole Infinite direct expression of the Father, called the Sons and Daughters of God.

Now, whenever you hear of hierarchies, you may know that you are hearing about something formulated by the ego. Harmony fourth-dimensionally speaking or Really speaking, with a capital “R,” is not the result of levels of control or authority; nor is it a result of cooperation between entities. Harmony is the evidence of an indivisible and undivided First Cause or God, which means an indivisible and undivided manifestation or expression of that God. Harmony simply means the beautiful, unerring, orderly Movement of God, Infinitely.

Now, of the Brotherhood of Man, the Sons and Daughters of God, the family of Man; there are those who are Totally Awake and there are those who are, shall I say, still dallying with the ego, still dreaming dreams and defining them as reality. And you must be careful here, because there may be a tendency to say that those who are awake are better than those who are asleep. And the ego will use that as a means for creating conflict and shame and self-doubt, if indeed you are not one of the ones who is awake. The ego would not have you be awake, because it would cease to exist, but it will say, “shame on you for not being awake.”

The sense of difference is what I am engaged in nullifying and it is what I ask all of you to be unwilling to validate or energize. You could say, that it is like equalizing the pressure on both sides of that which seems to cause a sense of separation, because obviously if that of you in your limited sense of yourself comes into a state of self-appreciation and love, that it’s true of the part of you that

is called the Holy Spirit—the disowned part of you that is the Holy Spirit—that equality, that equivalency is what undoes the seeming boundary that separates you from your conscious experience of your Divinity.

I must say this again, every single one of you no matter how engrossed you might seem to be in an ignorant perception; every single one of you has the inherent capacity to recognize Truth. And so, I encourage you when you read these various materials, to read them and then listen deeply within yourself; and rather than thinking about them and becoming confused, feel for the Truth of what you are reading. And if you get no sense of Truth from it, trust that inner feeling and set it down and leave it alone. Somewhere along the line each one of you has to begin to trust your inherent capacity to recognize Truth, because that is what will confirm to you its dependability and give you courage to trust even further into the unknown, as your ego would put it; that which will allow you to trust further into the Holy Spirit, your disowned or ignored Divinity.

So don't be afraid to read. Don't be afraid to be exposed to ideas that are foreign to you, but don't embrace those ideas until you have, as I said, taken them within and measured them against your ability to recognize Truth. And this way you will never give your power away and you will never be able to be abused by "unscrupulous spiritual teachers," as crazy as that sounds. This is very important. There is no need to be confused, you do not have to embrace and abide with that which is confusing. And if you stay in your best unconfused state, it will be that much easier to discern and recognize what is Truth. That's the end of the answer.

QUESTION: Hi Raj. For the last several years I've been studying The Course In Miracles and using it for my relationship with my daughter, who hadn't spoken to me for ten years. And the past year there seems to be some small openings in her relationship with me and some connection. I was wondering if I was doing everything I could and how that's going to turn out, if it's going to improve at all?

ANSWER: Indeed, I will put it this way, you are right on target. And your sense of progress is not imagined it is real. And yes, reunion will occur. It is not likely to be for another three years, but you can manage that. And I credit you with not letting yourself be overcome with impatience, in light of the fact, that you have indeed been doing what was appropriate and knew it. It is so easy when one knows he or she is doing the right thing, to then feel that there is justification for impatience, when there are not results as soon as you would like them. All that does is take your peace away from you. It doesn't speed anything up.

"Infinite patience brings immediate results," the Course says. Why? because in the absence of impatience—which is really what infinite patience means—in the absence of impatience you are in your peace and it is that much easier to be the presence of love—the willingness to recognize that which is Real in each and everything.

She has needed to grow up. She has needed some experience with life in order to release some of her, I'm going to say, youthful exuberant self-righteousness. And you have had enough grace to allow for this, even though it hurt you to not have the kind of relationship which you know is desirable. For lack of better words, I will say, it will pay off.

ANSWER: I am going to end the day today, by pointing out to you; that every single one of you moves forward, awkwardly, without confidence and no one is an expert at it. And so, everyone feels like a fool in the process, in some ways it is humiliating. But you don't have to do it perfectly. You cannot do it with confidence, because you are emerging back Home, from a place of perceived lack. And that is why with every single one of you there is an assigned Individuality, who can stand just in front of where you are and say, "I love you. You are safe. You can move forward the one millimeter that you dare to, or the inch, or the foot."

I want you to be aware that no matter how tiny the yielding is, no matter how faithless your act of faith is, there is rejoicing and encouragement given. If you don't go away today with any other thing that you remember, I want you to remember that you do not have to do it alone. Your willingness to recognize that which is Real in yourself and in your world, is fully supported, even though your conditioning says, that it is an idiotic proposition, a useless one.

I have enjoyed being with you and look forward to being with you tomorrow.

QUESTION: I am on a leading edge and I'm having great difficulty with it. And I would like some suggestion from you as how to work through it and possibly about how long it will take.

ANSWER: Succumb to it. Why are you on your leading edge? Is it really because some event in the world took place, or did the event in your world take place, because you were ready to move on and for you to remain longer where you had been, would have been inconsistent. It is absolutely necessary for you to realize that there is a different way to look at this and then be willing to. And it is also absolutely necessary for you to see that the event that has caused your distress is an integral part of the orderliness of your expansion.

If you are going to leave the loss of your job outside of God's domain, as though it were an event that could happen on the basis of world conditions—I mean by that, economics—or on the basis of ignorant ego dynamics in your work place, then you will not be able to help but feel as though you are a victim. But you are not a victim, because there isn't one aspect of this that has happened outside of the omnipresence of God and therefore it must truly identify your growth.

You think it is forcing your growth at a time when you ought not to have to grow. But your growth happens and then the evidence of it appears. For example:

As you were growing up, you grew and you found out you had grown, because your shoes became uncomfortable and you said, "Ow, I need to get a new pair of shoes." The old pair of shoes are no longer supportive and comfortable. They didn't become tight because you did something wrong, they became tight because something right was happening. And you have been moved out of what you had thought was comfortable, but which could not contain you. Why? because growing was already happening.

Now, Paul did not expect his job description to change this past February and you did not expect your job description to change. In other words, both of you thought you had some job security, but Being never stops to repeat Itself, Being with a capital "B." And Being is constantly making all things new. And so, you cannot afford to hold on to what was. If you do, if Paul does, you will become frustrated and angry and uncomfortable.

Now, I know this is a very trite example, but when Lot's wife looked back, she turned to salt. And it is absolutely essential for you and everyone else and Paul, to be willing to have the "forward look." You would only feel self-righteously upset at what has happened, if you thought it was the result of local human circumstances. I will tell you, God was behind it. And I am very well aware, that you can and you even have had moments of being angry at God, and that's all right. But don't waste too much time shaking your fist at the Heavens. If you are looking up in anger and frustration, you will not be able to see the fulfillment that is right in front of you, in the process of identifying Itself to you.

Now, I'm going to encourage you to, as I said in the beginning, succumb to this. In other words, accept this point of departure that you find yourself at. You thought you had arrived, as in an airport, at your destination; at least an airport where you would be able to stay for a number of years; a job activity that would be secure. And you have found that instead of that, your next plane is leaving momentarily and you are saying, "NO, I deserve a rest. I deserve not to have to be alert and alive to continuing unfoldment of my fulfillment." There was a mindset there, an expectation of settled in security.

Now, you are not the only one in this boat. And I do not mean the others in your company who also find themselves looking for work; I mean, indeed, everyone in this room and everyone on this planet. You see, awakening is occurring everywhere, not just on the face of your planet, but all of those who to your sense who have passed on, who are not yet awake, are also on the threshold of awakening. And it is happening spontaneously. In other words, it is happening less and less as a matter of conscious choice. And the reason is, that there are fewer and fewer of those who are joined IN a mutual agreement as to the reality of a false sense of reality.

And so, all of you in a sense, are going to find yourself displaced. And that is not something to fear, although you can choose to fear it. You will be displaced

from your definite sense of being limited, of being subject to sin, disease and death. You are going to be displaced from your sense of being mortal and sinful. You are going to be displaced from ignorance of who you Are. And it's going to happen whether you want it or not.

Oh, the ego doesn't like that. And that is specifically the problem you are experiencing relative to your loss of your job. Your ego doesn't like not having been in charge of leaving that job, and it does not like not being in charge of what is coming next. That really is what succumbing to the Father's will means; yielding to the Movement of God that you really already Are, each one of you.

It is insulting not to be able to take credit for what is happening to you. And you know what? What is really insulting, is to have marvelous things happen to you, that you cannot take credit for. Your very experience of being conscious, of experiencing life, is something that not a single one of you is responsible for. Therefore, life existing is a gift. Your conditioning says, take this gift of consciousness and use it to accomplish something; and that's where the trouble starts.

The first chapter of Genesis, in your Bible, says that "God created everything and saw everything that He had made and verily, it was very Good." Verily, God recognized Himself in it; and it was finished, it was complete, it was whole. Then comes the allegory of Adam and Eve, who find themselves experiencing this expression of wholeness, and they say, "Oh, we've got things to do. We need to decide what all of this is, and name it. And we need to do things with it. We've got the cows, and we can get them together and make more cows, and take care of the herd. And we can till the soil, and then we can feel really good about what we're doing, and develop a sense of who we are, by virtue of what we do with all of this." And in effect, they go about duplicating, from their point of view, what God has already finished, instead of being the on going conscious experience of what God is Being.

Waking up is abandoning a private, tiny, personal sense of goals that are engaged in, in order to have a feeling of accomplishment, so that this little tiny separated sense of self can feel good about itself by virtue of it's accomplishments. Now because, with every single one of you, that is the way you identify yourself; succumbing to, or yielding to the already whole and complete Movement of God without adding anything to it; is a very humiliating experience; because in effect, you are abandoning your current but very definite sense of who you are and what makes you a valid presence.

If there is a lot of pride present, if there is a lot of self-confidence, if there is a lot of self-satisfaction, all based on what you do and how well you do it and how other people see you; this process of abandoning your sense of identity is very humiliating, it is uncomfortable, it is not easy. That isn't the way it's set up, it doesn't have to be uncomfortable, but it tends to be if you don't realize that there

is something beyond your present sense of yourself that is a more fulfilling conscious experience of Being, than the one you currently are practicing.

For those of you who are familiar with A Course In Miracles, and the Teachers Manual, you are aware that the first indicator, the first identifier of a teacher of God—which is another way of identifying the Son of God or Daughter of God—is trust. Now, literally, this is addressed to those who are still sleeping and dreaming a dream and thinking the dream is real. Trust is essential, because in order for you to come into the full stature of who you divinely are, you must abandon your present sense of who you are; your roles, your position, your sense of stature relative to someone else. You cannot depend upon your conditioned thinking.

There is a difference between trust and confidence and most often what you call trust, is a practice of confidence. Understand, that confidence is a willingness to commit to something that you are already familiar with. That's what confidence is. Trust is a willingness to commit yourself to the unknown; that's why it is such a big word. And that's why it comes first.

Now, I told you yesterday, not to value your understanding too much and also don't value your reason too much, at least not when it comes to your growth, your spiritual growth or your process of awakening. But that doesn't mean it is not valuable. Any truly valuable religious teaching helps to express in thousands of different ways, the Allness of God and the nature of God as Love. Why? so that you who do value reasoning and thinking highly, might have a context in which you can arrive at such a clear conviction as to the Allness of God, that you can dare to abandon your present sense of yourself and trust into God, trust into the unknown.

Paul was not willing to let go of his best thinking and his best judgments and his metaphysically correct thoughts, because they had worked very well for him. And he had been taught, that this was where it was at; that his clearer and clearer perception of truth, his clearer and clearer reasoning about truth, would be that which thinking would bring about his ascension, his awakening. He would never have connected with me if his, clear and correct as it was, hadn't failed him. And yet, it was essential for that to happen, just as it has been essential for you to loose your job. So that your very high level of self-confidence, with a small "s," might become more obviously less desirable and less trustworthy, less of a place to place your confidence.

And so, as to promote your succumbing—meaning, giving up your best concepts of what is right—and opening up, becoming defenseless against the Father's will, which is truly your will when you are in your Right Mind, when you are not confused. To the ego it feels like catastrophe, it is disastrous, it is humiliating.

But imagine if you will, a little canoe on a big river and you have a paddle and the current is strong, you can wear yourself out trying to fight the current, but you will not overcome it. And you can say, “Oh, I want to go where the river is going, but I want to go my way. I want to be a little bit closer to the shore. I want the movement to be a little slower.” And what happens? You paddle real hard and you work up a sweat and it is hard and you feel good about how well you have dealt with the current. And you get over where the current is a little bit slower and while you’re there, you notice this beautiful sandy beach and verdant fields and beautiful mountains and you say, “Wow, I’d like to stay here awhile. I’d like to step out of the boat.”

Now, the river represents the Movement of God, which I have referred to as the movement of your capital “B” Being. The more you exert willfulness, determination to not be where the current would take you, the more you are at odds with your essential Being, the more you are at odds with the Movement of Life.

Now, Life itself comes along and grabs your paddle away from you; and some of you complain at the inconsiderateness of life, and some of you get the message and rejoice, because you find your peace in yielding to the current of the river. Some of you have fashioned anchors, so that you are safe but not subject to the unknown, because the river can’t carry you where you can’t see. And I am coming along, and I am saying, “Cut the anchor. Throw away the paddle.” And indeed in your case, if life has grabbed the paddle away from you, I say, “don’t try to recover it. Don’t waste your energy paddling with your hands. Lay back in your canoe and watch what the Father unfolds.”

This is very important. Everyday, you and everyone else need to get up in the morning and acknowledge, that if anything is going on at all, it must truly be God Moving—Being the Movement of Creation. Do not think that creation occurred seventy-five million years ago and that life is just a perpetual motion machine that God set into motion way back when. God is alive and well and Creation is occurring at this very moment. If anything is going on at all, it must necessarily be that Movement of Creation.

And so, every single one of you must dare to look at the circumstances or experiences that seem to be not in your best interest and not representative of a Loving and Omnipresent God. And you must be willing to say, “there must be another way to look at this.” You must be willing to say, “Nothing that I see means what I am currently interpreting it to mean.” And then you must dare to become curious as to where God is in it and where the evidence of a loving, intelligent, indivisible and therefore unconflicted God is.

I understand that, that is not what your egos will agree with. But you must be unwilling to agree with the way your ego sees it, or you will never see beyond it. If you listen to what your ego says, you will in effect, fashion a new paddle or

wear your arms out trying to take control again. And the fulfillment that it is your birthright to be experiencing, visibly and tangibly, will seem not to be there for you.

Frustration comes from a sense of powerlessness. And powerlessness promotes a sense of incompetence. And to feel incompetent is intolerable. But what you are feeling is the incompetence of the ego. And you must let the ego be incompetent and not follow its advice and struggle to assert its competence again, BECAUSE it is only in the presence of the ego's incompetence, it is only in the presence of not feeling competent yourself; and having your needs met, that you really have the opportunity to discover that there really is a God running things, in a manner that constitutes your security.

For six months Paul was unemployed, when he decided that he'd rather do it his way and seek employment, when I had pointed out to him that his appropriate activity was to allow others to ask questions of me. For six months his needs were met, but not by his own hand.

Now, it is one thing if your needs are met for a week or two. You can thank God and after the week or two is over and things are stable again, you can slip back into feeling responsible yourself and credit yourself with your intelligent handling of your life, and never learn a thing. You will thank God for the fact that your need was temporarily met, but of course, you know that that couldn't go on forever; so at the bottom line, you are thanking God for the luck of it.

But if your needs are met for six months and you cannot take credit for it, there is no way you can see that as a fluke, as a mere happenstance, that happened to bless you. And it becomes clear to you that all of your life, when you have "been in charge," and you have raised your family and you have paid the bills and you have gone to work everyday and you have behaved in an appropriate manner and have created a life for yourself and your children, that everyone else will look at and say is excellent and that you will look at and feel proud of.

There comes a point when after having your needs met for six months, not of your hand, that you realize that all that you thought you were being responsible for; was like preparing a second meal, on top of the first meal, a useless overlay of effort and sense of accomplishment and pride. It becomes obvious that all of that was superfluous, because God was already preparing a table for you, wholly and completely and it didn't need to be duplicated by you.

And I am speaking to all of you, but I am also speaking to the one who asked the question. How humiliating that discovery can be, or how relieving that discovery can be. You know why you struggle, all of you? Because you don't think there really is a God, even though you profess that you believe in God.

To not be able to claim authorship and responsibility for the good you have in your life and to find that your good continues to unfold for you, even at a pace that causes you to huff and puff to keep up with it; that discovery constitutes for

each one of you such a clear experience of the fact that there is a God, that FEAR no longer functions or operates in you, if you are willing to succumb to the already complete expression of wholeness that God is Being, in and as You and your life.

Oh, you say, this is too radical! Well, I will tell you, you do not have to jump off the deep end. If life hasn't grabbed the paddle away from you, you can take the paddle and set it in the canoe with you, handy if you need it. And have a little bit of security in the sense that if you choose to, you can take charge again and you can explore the experience gently.

Now, we must come back to this fundamental point. If the paddle has been unceremoniously grabbed from your hands, it is not because you have done something wrong. And if you seem not to be able to get control of the situation, it is not because you have become truly incompetent. But, it is because, as a part of your spiritual maturing process, you have arrived at a size, if you will, in which the old garments of your identity are no longer comfortable, and no longer fit, have split at the seams and there isn't enough to them to keep them attached to you. Why? Because you have grown, not gotten fat. But you have grown into a greater stature of your inherently Divine Being.

Now, to a certain degree, you are enjoying a little temper tantrum. It's all right, it relieves tension, it doesn't phase God. And your fulfillment that you, from the center of your Being, are growing into is continuing to occur. And what will make it easier, is if you will stop kicking against the pricks, if you will stop kicking against the pressuring of your Divinity to wake up, to be more conscious of that which more closely identifies your fulfillment of purpose.

If you take a glass and you invert it and you put it down in a tub of water, the water will not fill up the glass, the air that is inside the glass will form a bubble, or become a bubble underneath the surface of the water. Now, I want you to imagine, that if the glass were turned over while still under the water and the bubble did not float out of it, but remained there, and we called this bubble of air, the hot air of your ego thinking and you understand that in this humiliating experience that is going on, the necessity is to not generate this hot air. And you slowly yield, you become less willful and the volume of the bubble decreases. What happens? Slowly the water around it begins to go down into the glass. And when you finally give up being mad at God, when you finally give up thinking that you have an alternative, when you finally give up thinking that you ought to be able to do something about this as your puny little self; the hot air disappears entirely. And what has happened? You have been, if you are the glass, infilled with the water. You will be infilled by the Holy Spirit, which yesterday I shared with you, was your Divinity held in trust while you dally with the ego.

And so, this awful thing called failure at being an ego, IS in reverse, the letting in of who you Divinely Are. And when the succumbing is allowed, you are

at the point of revelation. You are at the point where your life, literally will reconfigure in front of your eyes as an obviously excellent thing.

Every single one of you has at one time or another arrived at a threshold of humiliation and ultimately transformation. What I have described here, is really not unknown to any of you in this room. The degree of it may vary, but you understand the truth of what I am saying. And it is important for you to understand, that if in the process of boundary breaking, that you are going through, it seems to be very hard work, you cannot afford to say, "I must have done something very wrong." You must dare to acknowledge that you couldn't be having this experience, if growth were not occurring.

For the one who's shoe has become too small, because the foot has grown too big; it would be very foolish to take tape and bind the foot up to try to keep it small, so that the discomfort of the shoe could be avoided.

And so, you must be willing to look on the other side of the coin, if you will. And you must be willing to say, "Hum, my ego would have no justification for being upset, unless something that was undoing it, something that was truly threatening to it, was actively present." And what is the only thing that can threaten your ego? It's the dawning awareness of your Divinity in your consciousness. It's the Movement of what you Divinely Are, that uncovers the fallacy, the illusory nature of this acquired sense of yourself, that we are calling an ego. It means, that the Presence of God must be moving in a way that is uncovering what is purely illusory in your conscious experience.

This is wonderful! And so, you must say, "okay, I'm going to let my ego do it's little jig, do it's contortions and it's fantastic attempts to get my attention, but I rather am going to give my attention to the Movement of God that must be occurring in my life, right here, else my ego wouldn't be making a sound. I am going to become curious. I am going to assume that the Movement of something absolutely unconflicted, absolutely harmonious and utterly fulfilling, is asserting Itself in my life, and it really is my Divinity pressuring me to acknowledge it."

Don't waste your time hooking into how bad things look, or the egos suggestion that this wouldn't have happened if you had been more responsible. The threshold of awakening is the abandonment of all of your conditioned thinking about who you are and what the world and universe is, which is indeed, not a happy place for the ego. But it is the place, as I said, where the bubble of hot air diminishes. And as it diminishes, the infilling or revealing of the clearer experience of the Christ that you are, occurs. And so, it is a most valuable threshold that you are on in that moment of despair and apparent misery, at least, as far as the ego is concerned.

I am going to finish the answer to this question, by reminding you, that you do not stand in this apparently vulnerable and humiliating place alone. You are companioned with, by those who support you, not your ego; by those who support

the Divine One that you Are and strengthen it by joining with it, so that indeed, it becomes easier for you to make the shift gracefully.

Again, I do not say this so that you might feel that waking up is going to be very difficult. I say it, so that if because of resistance's of one kind or another, you do experience it as difficult, you will not be able to just say, "Life is hell." There will be something in you that will say, "there must be a different way to look at this. And in spite of what I have been conditioned to think, which is that I must become reactive and do everything I can to get control again." You will not be able to forget that something else is called for, yielding further because there is something beyond the disastrousness and the humiliation of the pressure of your Divinity, as it is defined by your ego. And you will not see it as the dead-end that it seems to be, but rather as an unjust fence that it is not appropriate for you to be bound by, but rather is appropriate to be violated, jumped over, moved through.

At least now you know if you do come up against such an uncomfortable experience, that there is another side to it, that everything around you is geared to have you access and move into. It is just that life is not conforming to your current limited sense of what fulfillment is. And you are being required by your very essential, capital "B" Being, to become free of the limitation that you are currently experiencing.

If as a result of what I have shared with you today, you are able to quickly redefine the humiliating experience of loss and failure, not as an indicator of your incompetence, but rather as an undoing of a sense of competence that wasn't connected with the Divinity of you. And that the end result of this dissolving competence, that wasn't real, you will access the direct experience of your real competence as the Sons and Daughters of God. You will approach the experience with a "forward look" and some degree of intent to move through it, that you would not otherwise of had, period.

Now, I cannot relieve you of your "predicament," because if I did or if I could, I would simply help you avoid a new and bigger pair of shoes, a closer approximation of fulfillment of purpose. It would be like a bud, still encased in the green leaves, which is feeling the tightness of it's surroundings, because it's center is pushing forward saying, "would you apply a little bit of glue to the leaves, so they won't come apart as easily and help me become comfortable in my tininess." And I cannot do that and would not do that, because it is not meant to forever be a bud, it is meant to open up and show it's face. And that is all that is happening.

The pressure of your Divinity is not something to be relieved of, but yielded to. I also know that, in spite of the complaining and the inner kicking and screaming, you are yielding. I am confirming to you that that is the intelligent thing. And I am simply saying, do it all the way, go the distance, as it has been said.

QUESTION: For the past ten to twelve years I've gone through a cycle that is on and off. It can run two weeks into several months, where the number seven becomes highly prevalent in my life. The majority of times, just as I'm moving about, doing whatever I happen to be doing, it comes up on the clock. And for a long time I just laughed about it and felt as though it was coincidence. After it disappeared and came back several months later, and then I found that years have gone by and it's continuing to do that. When it's happening I have a distinct sense that there's something that I'm suppose to be very aware of. This happens throughout the day, I can wake up in the middle of the night and it's on the clock. And I'm just curious as to whether you can explain to me what this is about? Thank you.

ANSWER: You are welcome. I am sorry I can't give you a grand answer. It is just something to be aware of. It is just something to be with, when it happens. You are, along with everyone else, conditioned to be doers. If there is an insight that occurs, you immediately think you must do something with it, instead of abide with it. If a question arises, you think you must do something with it. In other words, figure out the answer. I have shared before, that a question is always just the leading edge of an answer, come into view; the leading edge of greater clarity, come into view. And you feel the nudge of that clarity and become curious and form a question. "What if such-and-such?"

If you will not try to figure out the answer, but will abide with the question, you will find the answer that it really is, coming further into what you would call your range of vision and you will find the answer disclosing itself to you in it's perfect timing. Just abide with the awareness that sevens seem to be coming up in your experience. Just abide with it.

What you are watching always is the Movement of God. And if you are willing to be still with that Movement, you will find It disclosing Itself. As it does disclose Itself, you may well find yourself knowing that you need to do something, simply because it's appropriate, but not because you have been given a task to accomplish.

You may find yourself at some time feeling that you are going to be moving, or that something is going to happen. And the tendency will be to think "Oh, God is giving me a clue. I had better get onto this thing and do it." But God has not revealed to you something, so that you can take the ball and run with it. It is just the leading edge of the awareness of what God is Being, what your capital "B" Being is unfolding. And the call is for you to abide with it, observe it, be with it, without a goal around it; so that your attention is with it, as what is coming presents itself.

Now, as an aside but somewhat connected, I want all of you to understand that if you decide to listen for inner guidance, it does not mean that you will have to go on the road as Paul is doing. So, do not be afraid to listen, as though it is

going to uproot you. This has not uprooted Paul nor his family. And the guidance that you get by abiding in the silence within you and listening, will always be congruent with you and those around you. That does not mean that everyone around you will always be utterly happy with you. But aside from their personal sense of how a thing ought to be, your appropriateness as a result of your listening for guidance, will never hurt any of them.

All of you must learn to, shall I say, listen and follow. Not because you are dumb sheep, but because as you wake up you reaccess that part of your infinity that you have disowned, ignored. And so, what you are letting yourself back into is something that you are ignorant of at the moment; and that is why there is a guide, that is why there is a way-shower, that is why there is a companion to encourage you when you are taking steps into what feels to you to be a void.

So, just notice the sevens when they come up and don't wonder what has gone wrong when they don't come up. Observe and be with the experience. That's the end of the answer.

QUESTION: I just what to comment on how grateful for your presence in our lives. My question is: One of my anchors, that I can't ever sort of get out of the mud; is the on going issues with, what to eat, how to eat, food issues, body issues, all this stuff drives me nuts. I expect years working on it and I keep thinking, my image of where I should be is past this stuff by now, and it just keeps rolling back. I would love a little guidance around this. Thanks.

ANSWER: Two things. You have dealt with diets, but I want you to go on a diet of love for your body. Do not treat it so mechanically. I want you to embrace it with appreciation and love. Specifically, I want you to be willing to recognize that which is Real, with a capital "R," right there where your body is. And I want you to do it for no good reason. I want you to do it just because.

Secondly, I want you to understand something about your body. I indicated yesterday, that what you see, is the visibility and tangibility of your Individuality, because your individuality cannot exist and be unexpressed—meaning it cannot exist and be unexperienceable. The visibility and tangibility of your Individuality has a Divine Intent. It is to identify the Presence of God, right where you are. That intent to render you experienceable, you might say, was set into being by God. And that is why your identification of your Individuality is as eternal as your Individuality, even though your current materialistic perception of it, is distorted and false.

Now, you have an "understandable" reason for loving your body. Love it for its Divine Intent to identify the Presence of your Individuality. How does it intend to identify it? Perfectly.

I want you to have a sense of yielding control of your body, to your body. Do not see it as something that you must beat into submission or into shape, by

means of stringent diet and exercise. If your body has a Divine Intent to identify your Presence perfectly, then let it do it. Let it do it! It knows how!

There needs to be a little more confidence in your body's innate ability to be what it was intended to be, perfectly. As long as you treat it as though it is a temporary housing for your Soul, that is of the Earth, earthy, temporary and so on; made of that which really is not of God; you must come to the ultimate conclusion, that it really can operate or function at odds with your well-being. And on the basis of that incorrect conclusion, you will see it as something you must protect yourself against, by taking control of it. And when you attempt to take control of it, because it is not really your ally, you have taken a stance that is antagonistic. And you cannot be comfortable when you are taking such an inconsistent position. And because you are constantly attempting to make it be what it is already it's intent to be, you create tension that you experience physically. And it seems to prove to you that there is a need for control, and so you try even harder.

Now, the only thing I will say as far as diet is concerned is, that your body is not appropriately a digester of meat. You are not a sinner if you have a hamburger, but it is more difficult for your body to digest. I do not encourage all of you to become fanatic vegetarians, but if you will stay at the end of the scale where you are eating fish, instead of poultry or red meat, you will find your body functioning more smoothly and more naturally.

I am not going to even get into the appropriateness, or inappropriateness, or the moral issue of killing another animal. The point is that your body is not designed to digest meat. And so, it is more kind, more loving and more consistent with the way things are, for you to get your food value from things other than meat.

I encourage you to drop, not the weight on your body or its shape, but the burden of trying to control it into submission to your best concept of how it ought to be. When I say, that it is the intent of your body to identify your presence perfectly, that means with perfect symmetry, balance and poise.

We could talk at some length, but that answers your question and it covers what needs to be said today, in this setting. Relax and entrust your body to its already existing Divine Intent to identify your Presence perfectly. Honor it with that acknowledgment and you will see things begin to change in a manner that you will call beautiful. That's the end of the answer.

QUESTION: Raj, I've read in your first book about the Mitreya and Christ images that you spoke of, also about the door and the army, as it were, the followers of the leader that exist. I'm a member of the Baha'i faith and I am experiencing the teachings of the Baha'ullah, which is the manifestation of God, for this age, that the B'ahi's believe in. And I was wondering if you experience the spirit of Baha'ullah in the next plane of existence? I'm sure you do.

ANSWER: Oh, indeed, I do, yes. You know what, I've said it since the beginning, that the message will get through like the early pony express. The message will get through. The message of the Divinity of mankind and that which will promote the willingness to release the commitments to your confidences that you understand what everything is, will be expressed in language of individual expression throughout your world.

Indeed, there is available in print, documentation of the expressions as you see them and it is a bothersome thing to you that you can't find absolute consistency, which causes you to question whether any of what you are reading is what it seems to say it is. You must understand that even at this moment, with this particular group, I am accommodating your present frame of reference and the contexts in which you experience life, the context with which you interpret what you are experiencing. And so, I am not speaking in absolute terms. And I am not saying here today, exactly what I might say tomorrow to you, or to another group, because you will have grown and another group will be in a different space than you are.

So, do not fret because you do not find absolute consistency in what is said. Read what is said, take it within and measure it against your deepest level of knowing, to see whether it is congruent with you and if it is not, set it aside. And recognize that no judgment is called for, just a recognition that this is not for you.

I have not made reference to an army, but there is the lot of us, you might say, who are Awake, who as I said before, cannot stand in a coercive position. We can only be like the dog lover, who sees a frightened and scared, hungry dog; who wants love, needs food, needs attention, but is afraid to trust enough to come close enough to be loved. And we can be so totally benign, so totally unthreatening, that you are willing to abandon some of the confidences that bind you and allow you to come forward a little bit more in terms of your embracing the Totality of what you are and always have been. If you had a thousand dog lovers, all simply being the benign invitation to those scared dogs, you could not call them an army. They know better than to approach the dogs, because the dogs will back off and it will be that much longer before the dogs will relax and feel safe enough to move forward themselves.

As I said, there are more who are Awake than are asleep. And so, there is this wonderful support that is constantly being actively provided. The invitation to come forth, like the invitation to the flower to uncover itself and open itself up fulling, that invitation is constantly being made. And you are invited to feel for it, so that you might experience the support that is lovingly available to you and given at every moment. You will not be controlled back into the Kingdom of Heaven. You will be invited to open up your eyes, so that you can discover that you are already there and never left.

Oh, indeed, there is a Movement afoot around your globe and where all of those are, who have passed on, who are not incarnated again. It is a Movement of invitation, not a movement of coercion. And you may remain ignorant as long as you want, because it doesn't change who you Are. And it does not cause you to loose your birthright. And because it doesn't, none of us are frightened for your well-being. That you are not experiencing Reality clearly at this moment, is because a choice has been made to have an alternate perception of it, which you are perfectly allowed to do without judgment. And when you choose to set aside that alternate perception, you will be welcomed back with the place you never left.

It is because you never left and it is because your misperception in your belief and it's truth, does not effect Reality, that you cannot possibly be a sinner, working your way back through obedience's into a state of grace with God. That is where the ego has you hooked, but it is a lie. The minute you realize that there isn't really a process to coming back Home, no practices, no obedience's, no earning of a worthiness to be let back in; your whole approach to being in any given day will be very different. And in the absence of the self-criticism and judgment, that all of you practice to one degree or another, will be a joy and a curiosity that I have spoken of that opens the door and allows for spontaneous waking up.

And so, there is a Movement afoot, but not a movement that is being forced upon you. You are part of the Movement. The Movement is in you and It is also experienced universally. And as your density becomes less dense, the whole becomes less dense and it's easier for everyone.

There was a time, just a little over a hundred and fifty years ago, when what you are hearing today could not be said, simply because the willingness to hear it was not present yet. And indeed, I am able to say today, in one of these gatherings, what I was not able to say three years ago. And the reason is, because I have said it and it has been heard and it has registered, it has lessened the density for everyone. And thus, for those of you who have come to one of these gatherings for the first time this weekend, you are already able to hear what I am saying, without ever having heard anything I said before. Every little bit of the lessening of the density of individual thought lessens the density for all of the brotherhood who are still sleeping, still not accessing their totally clear, conscious experience of being the Presence of that Mind, which is God.

You know, even if you can't remember at the end of the day what we have talked about, the Movement has occurred. And at the end of the day, everyone on your planet will be less dense than this morning. That's the end of the answer.

QUESTION: Well, a good friend has challenged me about my analytic mind. And two things happened with that. One is, I went into a place of feeling shame and humiliation, which is very hard for me to get out of when someone I respect and honor disapproves of me, or is angry at me, or doesn't

like something I'm doing. It's very hard for me to get out of that place of shame. And even if I ask help from God, I stay stuck in it.

And the other is, I know you spoke of understanding yesterday and I've always used my understanding of my well-developed mind to make me feel safe. And I'm become very aware of wanting to let that go now for the first time ever and it's very hard to do that, especially when I get into a very bad space, that's hard to pull out of.

ANSWER: I understand. Again, there is a need to keep our feet on the ground, so that we don't become airy, fairy, cloud nine metaphysicians. Never abandon whatever level of common sense or intelligence you have arrived at, until you have something that is better. If indeed, you are very analytical, if indeed any of you have arrived at a point of expression of intelligence that is reasonable and logical and the result of good analysis, do not on the basis of what I have said abandon it suddenly and irrevocably, or indeed you will become raving idiots. And you certainly will scare anybody who was beginning to think that waking up was good to do.

So, your ability to analyze, your ability to reason, your ability to use logic; can be used in your best interest, if you are using it to confirm to yourself that God is so completely All, that you are safe enough to take a short period of time—such as twenty minutes or an hour—to let go of all of your thinking and reasoning and analysis and listen, with the expectation of hearing guidance, hearing the uncovering of Truth to you.

You can take it a step at a time, if you understand that your ability to analyze, reason, use logic and come to conclusions is not the ultimate step, but a means of getting to the ultimate step, then you will not become bound by it. And you will not think that it is the gold star in your evolution. It can be used appropriately, to get to the point where you can set it aside. That is its real value. So, you do not have to undermine your present sense of dignity and integrity just because you are a highly skilled intellectual. Value it, because it is what will help you take the step of setting it aside.

None of you is going to wake up in the twinkling of eye, because I will tell you, that it would be like Paul experiencing himself as Paul, and if he became totally awake in an instant, it would be like becoming George. And who knows who George is? There will be what I will call, a continuity of identity, even though the identity seems to be transformed as the false sense or details of identity are let go of. If it happened instantaneously, it would be like a break of continuity, therefore, a break of identity and that would not identify the Truth and it wouldn't be loving.

So, I want you to understand, that you look at a thing and you say, "what I am looking at doesn't mean what I think it means." And in saying that, you undo the confidence you have in it, so that you can become curious. But you don't

totally abandon the old meaning until the newer meaning is revealed. And then in the clarity of that newer meaning, you simply will not hold on to the discrepancy that you now see was present in your prior perception. There is order, even in your process of abandoning illusion. And this is very important to understand.

Now, you have indicated a clarity that is present now, that there is something beyond thinking and there is an emerging desire to have that experience. You are now beginning to feel what is so clear to this one who commented about your being analytical. And this one who said it, is not the only one for whom your analytical mind is obvious.

It is not necessary for you to be embarrassed. And shortly, the day will come when you will be able to say to this one, “boy, you were sure right.” And you will have the opportunity to find out that this one was not really being critical, but reflecting to you that there was a different way to experience things than the highly analytical and logical way you were utilizing. I assure you that the comment was not made with critical judgment, but rather as an unbiased feedback of an opportunity for another way of looking at it. That’s the end of the answer.

QUESTION: I’ve been aware of a couple things as I’ve started to experience enlightenment. And one is that, I’ve never felt safe being in my body or really even being in this world. I’ve never felt a sense of safety or trust. And it’s held me back, I feel a lot, from crossing over a line where I can experience more than just thoughts, where I can put some of what I feel into action. I feel it slows me down and I can tend to repeat patterns and not really find an answer. I can repeat things.

I’m not sure exactly what my question is, other than it’s something I feel a lot and I’ve felt for many years and I’ve never been able to move out of it. I often come back to it, this lack of safety or trust in myself and being in this world.

ANSWER: Indeed, and you do not get a lot of feedback from your world that stands in support of it, or in support of your body. And even when you do, those who speak affirmatively about it, seem to be in the minority. And all you have to do is to turn on the TV to have proof that their affirmative viewpoint is not what is happening. And this is a shame.

I’m not going to dwell on this. But I want you to realize—and this is not true only of the United States—but I want you to realize that what you see on the news has been selected for your viewing; and although it is not consciously chosen to keep you ignorant, it is chosen in order to make profits and that is the first order of responsibility, rather than the presentation of that which allows you to have truly the most balanced perspective.

You have in the past felt indignant and sorry for the poor Russians who were fed propaganda, which simply meant that they were spoon-fed certain knowledge while other knowledge was withheld. And I would like all of you to

consider when the last time was that you heard of something going on in South America or Mexico or Australia? If you will stop and think about it, it is as though the Southern hemisphere does not exist. And so, to that degree, you are getting biased information, or what you could call propaganda. In other words, your viewpoint is being slanted by the significant withholding of information. The reason you don't hear about it is because very little is going on there that relates to the United States, which really means there is very little going on there that is affects the United States economically.

Now, in response to your question, you have a biased perspective because you lack the nourishment and support of a positive and affirmative grasp of your world and your body. And that is one of the reasons that in these workshops or gatherings I am taking time to give you that kind of information, so that you do have something to, I'm going to say, rehearse in your mind. You do have words and concepts that are intelligent and which allow you to think in a new way about your body and about the world.

The suggestion is that everyone is conceived in sin. Do you know why? Because the body was involved. On that basis, how could anyone not feel creepy and crawly in their skin? How could anybody honor it, the body? And then, when the world is treated as though it is something that started from a big bang, that has nothing to do with Divine Universal Intelligence; how could you feel safe in something that happened by pure chance. If indeed, chance is the governing factor, then you are not safe at any moment. Now, what I think you should find interesting is, that in spite of this, you still have an experience of the existence of something having integrity, yourself; because you do not lump yourself in with this body and world and universe, as being questionable or invalid. You see yourself as something that is valid, that's out of its right place.

I say this to you so that you will realize that you do recognize the Presence of something Real that you validate. So you have a foundation from which to develop trust and to access peace and security.

Now, there are two things you can do. The first thing you can do is, to learn a specific form of meditation. The reason being, that what I have referred to as the surface reactive ego level of perception can be—depending upon how it seems to you—risen above or you can sink beneath it; out of that turbulence into the experience of your peace—which I explained yesterday, is not just an absence of anxiety, but is a direct experience of the very substance of your essential being—it is usually the very first direct experience of your Divine Self that any of you have.

In that experience, you find your experience of vulnerability to be totally absent, even if nothing in the world has changed. You also feel at Home, that's the best way I can put it into words. In the discovery that those two experiences are available to you, no matter what is going on around you, you become freed from what is going on around you, and you no longer look around you and judge

the possibility of your being secure according to what you see. And you no longer say, “how can I experience peace in the midst of this turmoil,” because you know from the experience that it is available to you and is not dependent upon what is around you.

That’s the first step in your emancipation. That’s the first step in your ability to not be upset by what you see. And that is what begins to open the door to a shift in perception that allows you to increasingly feel that security when you are not meditating and are engaged in your daily activities, where your world will seem to begin to reflect back to you that it is on your side.

The second thing that you can do is, you can ask for help. You can within yourself ask the Holy Spirit, or God, or me, or any form of Divine help that is out there, to help reinforce and substantiate your ability to perceive your world as your ally, as something you do not have to be defended against. And you can even ask that in addition to that experience, there be help in providing an understanding, an explanation that you can rely upon, as to why you do not need to be afraid of your world.

This is not something you have to tackle all by yourself, even if you cannot hear a response from your guide in words, or a response from the Holy Spirit. You can watch with expectation to see reconfiguration, changes occur around you. Where you begin to find things apparently, for no reason at all, beginning to identify more harmony, more active evidences of cooperation—these are not the best words; but evidences of the fact that your world is not really there to operate independent of your fulfillment. And the same thing applies to your body, as I mentioned earlier.

I encourage you to do these two things, because they will promote a break through. A break through that will not involve for you greater stress in the process, but a release of the stress that you have been feeling for so long.

And the last thing I will convey to you is, that it is your birthright to experience your safety, right here. It is your birthright to experience your health, right here. And it is not arrogant or unreasonable for you to expect to experience it. That’s the end of the answer.

****QUESTION: Wait a minute here...**

ANSWER: I’m going to interrupt you for a moment. And I’m going to say this to everyone. In this gathering, as well as anytime that you express a desire for help from your guidance, don’t try to be perfect in your expression of your desire. If it comes out like gobbily-goop and it is not orderly and it is not logical and it is not proper English; none of us care. Because I’ll tell you, that we’re not even really listening to the words that come out of your mouth, but the meanings you are feeling and trying to put into words. So, continue and if it is not perfectly put, that’s marvelous, it’s all right.

****QUESTION: I have two questions, one is pertaining to school. The desire has been removed and I don't know why. If it's fear...**

ANSWER: The desire for what?

QUESTION: To study. It's not there. And I don't know if its fear of failure, the desire is just not there. And two: I have...

PAUL: Just a moment, this is me Paul. Are you currently a student? Okay, continue.

QUESTION: Yes. If I'm suppose to be in school, I would like to know if the direction I'm heading in is mediation and if that's the correct place to head. And two: I have several addictions that are preoccupying my life for quite awhile. And I don't understand why the pattern keeps, it's about the only thing that keeps unfolding in my life, is these two particular patterns.

ANSWER: So that others might relate to you, would you share the nature of the two addictions?

QUESTION: Cigarettes and coffee and I feel or have given myself the belief that they affect my skin.

ANSWER: Well, let's handle that first. Let's become free of the belief that they affect your skin. Let's get a clearer sense of their inability to have physical effects upon your body. Let's deal with that before you attempt to set aside the cigarettes and coffee. Let's become less charged about those two habits.

You see the more charged you are about it, the more conflicted you are within yourself. And the more conflicted you are, the more compulsive will be your "addition." When the need is, to come to a place of peace in which there is no element to fuel compulsiveness, or the reaching for anything that will seem to supply you with a peace that you don't seem to have.

Oh, I hear someone saying, "how can you say that? It is well known that cigarettes cause cancer and that cigarettes do such-and-such. And Raj, haven't I even read some place where you told Paul that smoking will keep him from experiencing the finer levels of conscious awareness?"

I will tell you that this question arises out of a conflicted sense of what this world is and what this body is; the space time continuum I referred to as the third-dimensional frame of reference.

You know what? Cause does not lie in the three-dimensional frame of reference, it lies in what I have referred to as the fourth-dimension, which is another valid way of referring to the Kingdom of Heaven. The fourth-dimension, or the fourth-dimensional conscious experience of being, is the experience of consciousness without any distortion present whatsoever, which means that you are having the conscious experience of everything through God's eyes, if I may put it that way.

It is the Movement of God which is always fourth-dimensional that is rendered visible and tangible three-dimensionally. But the cause does not reside

in the three-dimensional frame of reference, which means that cigarettes do not cause cancer, overeating does not cause over weight, one part of your world cannot kill another part of your world, etc.

Now, I know that flies right in the face of your common sense. But, the belief, that cause does lie in the three-dimensional frame of reference, is part of the mutual agreement to be ignorant, or to have a point of view based upon partial information, that two or more of you agree to call truth. If indeed, cigarettes, or carcinogens, or anything else caused cancer, then no matter how much realization you had, it couldn't be changed, there would never be healing.

If genes are responsible for a deformation in your body, you could never experience a correction of that deformation. And there would be no reason for such a word as "healing." It is because the Cause of your body does not reside in the three-dimensional frame of reference, but is the Intent of God expressed at every given moment, that you can experience healing, including regeneration of congenital defects, which are the things you least expect to experience healing of. It is because there is a God that operates beyond the three-dimensional frame of reference, that YOU can arrive at a point of discovering that you are not a three-dimensional entity either; and wake up to what I will call the fourth-dimensional Reality of You, RIGHT HERE and find yourself in the Kingdom of Heaven, as the Christ.

I wouldn't even be wasting my time sharing any of what I had shared with you this weekend so far, if indeed, cause lay in the three-dimensional frame of reference. Everything that I have been saying has been based on the fourth-dimensional Reality of Being. Another way you could say that is, the Divine Reality of Being, and the fact that that conscious experience of Being is your birthright. I wouldn't be saying anything at all if there weren't really a way out of the incarceration of your current ignorance. And the only way there could be a way out is if there is something beyond it. And the reason you can get out of it is, because what is beyond your current sense of limitation is your Home, is the territory of your freedom of Being and this limitation you are experiencing is not. We're talking about, you could say, blowing the limits sky high.

It is as though you are standing in a privy and even the little silhouetted moon hole is too high for you to see out, so that it is hard for you to imagine that there is anything beyond the confines of this "SHIT-HOUSE of an experience." And you might imagine that there are little leather straps, like handles, on the four walls and you are in there with your arms through it, holding your shit-house together, for fear of losing what little sense of security you have. And in effect, I am encouraging you to let go of the walls, because they will fall down and you will be able to see infinitely, in all directions and have the opportunity to experience and explore and be without confinement. And you could say, the inside of the privy is the three-dimensional frame of reference. And indeed, that

space inside the privy is a valid part of the infinity that's available to you, it's just the walls that are invalid. So, everything is happening fourth-dimensionally.

Now, I have shared this in another workshop but I cannot make you wait until the tapes are available so that you may hear it. For those of you who are familiar with the Course, you have heard of level confusion. And right now we are talking with respect to level confusion, fourth-dimension, third-dimension, second, etc. And I am going to share with you an explanation that will give you a hint of the meaning of level confusion.

Imagine if you will, that it is early morning, you have been asleep all night and your mother, husband, wife, daughter, somebody comes into the bedroom, puts their hand on your shoulder and shakes you and says, your name, "it's time to get up." And you're in the middle of a dream. And in the dream, someone standing next to you, puts their hand on your shoulder and says, "it's time to wake up." That is level confusion. The event is occurring outside of the scope of your dream, but it becomes interpreted as something happening within the dream. Now the one who comes into the bedroom and shakes your shoulder is functioning, we will say, fourth-dimensionally; and you in your dream are having a three-dimensional experience. And that fourth-dimensional action is interpreted as something originating in the dream.

Well I'll tell you something, conception does not occur because of any innate power of a sperm, or receptivity of an egg. It happens because the Movement of God is occurring. And the identification of that Movement must be manifest, it must appear as something. So, even your physical existence doesn't stem from a three-dimensional source. And it is because it is a fourth-dimensional Movement and the manifestation of it, called you, is the manifestation of a fourth-dimensional presence's or actuality that you, who have come to a conclusion that you are a character in a dream, with limitations; can have the opportunity to be nudged awake and experience release from the limitations, which are not true about you. Which is what we're talking about.

And because your body is, indeed, the visibility and tangibility of a fourth-dimensional Movement of God and, therefore, does not have it's origins, physically speaking or three-dimensionally speaking, only because of that, can you experience spontaneous remission of a disease or the correction of a vision problem, which you say is hereditary; because your mother and your grandmother and your great grand father and Joe and Henry and Sibyl way back, all had the same problem. The reason you can, at any point, experience release from a physical limitation is, because your body at every moment, is originating in the thought of God, fourth-dimensionally.

I'm going to ask you a question, and this is specifically for students of the Course, who because of the wording of the Course and the current interpretation of it, have come to a point of conviction that the body is an illusion. Why would I

have ever healed an illusion? Why would I restore sight to the blind, or a withered arm? Wouldn't the healing of illusion mean the arm and the eye-balls disappeared? The healing would have to be the uncovering of the absence of that which isn't real. Let's be reasonable here. But the withered arm was restored to the fullness the same as the other, and the eyes that were blind could see. Why? because the natural condition of both had their actuality of Source fourth-dimensionally; and not as a result of a birth defect, a three-dimensional cause. And why? because that Individuality was the Christ also and it's his birthright to experience his perfection in all respects, just as it is with you.

Waking up is the result of the penetration of Reality, fourth-dimensional Reality, the Kingdom of Heaven; through the characteristics of unconsciousness or limited awareness, which we have referred to as dreaming. Thus, causing the walls of your confinement to fall and disclose to you, that which has always infinitely been present and that which has always infinitely been the territory of your Being, for you to enjoy.

You need to have a new vantage point, a new context. Everybody, you might say, wants to get out of the confinement. What will work here is, as I said, letting go of the walls. In letting go of them, so that they fall, it lets in the infinity. There is less sense of effort and of necessary accomplishment attached to that, than somehow fighting your way out of confinement.

The illustration of the privy, is an excellent one, the one with the straps, whereby you hold yourself in a secure and "comfortable" place, because Reality has not provided walls. And Reality is not keeping you out of Itself.

And again, as I said, you're going to get tired of this word. The element of curiosity is what justifies letting go of what you call security, the four walls of the confinement that causes you to be miserable, but at the same time gives you what you would call, a reasonable experience of security.

Does that answer your question?

QUESTION: Yes, except for school.

ANSWER: You're right where you need to be. And in effect, you are like a piano student, a student who loves the piano, who runs into a dry spell, where it seems not enjoyable and not worth pursuing. But, I encourage you to persist here, because the aliveness to it will return. It will not be a drudge for you and it would be a sad mistake to abandon your schooling. And I am going to encourage you, by telling you that you are in exactly the right field. And you will do very well, and you will be very much needed.

QUESTION: I'd like to preface my question. I just want to say how happy we are and joyful and privileged, I think to have you hear to teach us. And thank you.

ANSWER: The saying is, "when the student is ready, the teacher appears."

QUESTION: I also feel that the Course teaches us that we are the “light of the world.” And I hope and pray that everyone can leave here with that understanding today.

ANSWER: Then let your light shine.

QUESTION: My question is: Would you please inform us about the consequences of global warming and what action is needed to abate it.

ANSWER: I am not going to scare any of you into being intelligent. I will inspire you into it, provide the ground work for it and encourage the motivation within you.

But I’m going to tell you something: Healing is occurring. Awakening is occurring. And more than anything at this point, what you are referring to as global warming and the holes in the ozone layer are, rather than threats to your existence; actual, shall I say, physical reminders that you are part of a whole. And that your seemingly inconsequential actions, such as putting hair spray on your hair, indeed, involve everyone. And that you literally cannot act in the most minute way, without everyone being involved.

You are being reminded that it is not insulting to be part of a whole. It is not insulting to not stand out. It is not insulting to be different. And that indeed, when you do not hold yourself apart from others, indeed, when you do not hold yourself apart from your essential Self, you do not disappear into obscurity, and you do not become unknown, your Presence becomes more meaningful, transformational, healing.

You could say that the global warming and the holes in the ozone, are helping you all to value this world; and become active participants, I’m going to say, cooperators, not co-operators, but those who find willingly where they fit in.

Everyone thinks of fitting into slots, fitting into little boxes, that is not what I am talking about. When you find where you fit in, you will begin to grasp and experience that you fit in infinitely. And fitting in does not mean confinement, but what I am going call, infinite originality, but it is not an infinite originality which will ever be in conflict with the whole. And that is where the joy of Being, the joy of existing, the joy of Being Consciousness, comes in.

I will also tell you, that there is no point on my expounding on the consequences of global warming, because you are not going to have consequences, because everyone is going to begin to be more responsible and fit in with love.

Waking up is what you might call, a movement of healing. It certainly is a movement of revealing the Truth about you, the Truth about body, the Truth about planet, the Truth about universe. The holes will close up, not because you have been threatened, but because your capacity to be a part of something, your capacity to be present with something is going to be more enlivened than it already

is. And that willingness to be an active part of unity will be reflected always, around your globe.

And so, fear is not needed. But paying attention to the emerging feeling of the appropriateness and the wonderfulness and the fulfillment of unity, will occur and will heal.

I know all of you wish that someone would give you a swift kick in the pants once in a while, to get you moving, so that you will do what you already want to do anyway. But that isn't the way it's going to work. It's going to work, because a desire is emerging from within you and you are recognizing it and you will recognize it more completely and you will do what is appropriate, because you want to, for your reasons.

Don't play into the drama of the crape hangers, who will attempt to scare you into being and behaving intelligently, being intelligent and behaving intelligently. That is not the mode now. That's the end of the answer.

QUESTION: I have a question for a friend that wasn't able to be here. Is that okay?

ANSWER: It is, indeed.

QUESTION: She has had a chronic illness for about five years. And she talks regularly with her guide and wanted me to ask you also, why can't she seem to heal herself? And she is also writing a channeled book that she would like to know how that is going to turn out, too?

ANSWER: The reason she can't heal herself, is because she can't heal herself. In other words, she must let the healing in. It isn't some skill she must have in order to experience the healing. It is that she must give permission for the healing to occur. She must give permission for the already existing intent of her body to identify her perfectly, to do what it intends to do. There is a very strong sense of personal responsibility for the healing, as though she must grow and become equal to it; and as though in some way it is up to her thinking. And I encourage you to take back to her, the news that she doesn't have to do anything except give permission. Give permission.

It is not appropriate for me to answer relative to the book, because the completing of it must be done without expectation. It is necessary for her to stay with what is unfolding at the moment. Any answer would be a distraction from that. That's the end of the answer.

QUESTION: My question concerns my biological father. He left this plane about eight years ago. Our relationship was extremely stormy. I was wondering if he's aware of me and what I'm about and does he approve? That's my question.

ANSWER: I understand. Yes and yes. He's not always aware of you, because indeed, he is about the business of waking up himself. And to tell you the

truth, that holds more interest for him than what you are or are not doing. And he has forgiven you.

Again, remember that forgiveness is the withdrawal of judgment. And so, he is no longer judging you whether truly or falsely and, therefore, he is free of conflict of any kind relative to you within himself. I thought you would like to know. That's the end of the answer.

QUESTION: I guess as I've sat here over the weekend I've tried to ask a question, I think of a question to ask. And I guess what the last year of my life is certainly been what I think is turmoil, but evidently a change in the right direction. I believe that completely, although sometimes I get caught up in my ego.

I can't help not think of the question of family right now and the importance of family in our lives. It seems, at least, from my own perspective, I see a lot of broken families. I guess the question I'm trying to come up with here is, what is the effect of that have on us? That and also, I'd like to throw out the question of what marriage is?

ANSWER: What is the question?

QUESTION: I guess the question I am asking is in relation to is shedding light on what family is, period? And what marriage is, from your perspective?

ANSWER: In all respects, relationships are the crucible of awakening; whether with spouses, or parents, or children. They are the refiner's fire. Why? because in a relationship it is almost impossible to be isolated and alone. And it therefore, constantly provides the opportunity to join, not joining in mutual agreement as to the truth of a lie, but joining in a conscious awareness of each others fundamental Divinity and the desire to see that emerge more and more clearly.

If one is in a relationship from an ego standpoint, then I will tell you, that this is what is really experienced as the refiner's fire. You see, you must remember that no two Individualities, in any relationship, are ever anything less than the Presence of the Christ. And so, always present there, in the relationship, is the fullness of your Being or their Being. And whether they are consciously aware of it or not, the fullness of their Being is constantly weakening or undermining their beloved ego structures. And in spite of themselves they manage to create—using the term advisedly—create opportunities for the falsity and the valuelessness of the ego to be uncovered.

If one is identifying as an ego, when the presence of the wholeness of what each partner in the relationship is, when the ego structures are undermined by this wholeness, it provides the opportunity for—what the Course calls—a holy relationship to emerge. But if one is holding on to his or her ego sense, it is seen

as attack. The Christ says, “behold, I stand at the door and knock.” And you, inside the door, call the constable to come and get rid of the intruder.

I encourage all of you to be willing to look again when you think you are being attacked, when you think you are being insulted, on the sheer chance that perhaps this other one, whom you know so well and whom you are positive is functioning as an ego; might just happen to be, even involuntarily, expressing the motive of the wholeness of himself or herself; that might actually be providing you with the alternative to respond from your Being, rather than continuing the game of a mutual agreement of egos.

If someone loosing their job, can be experiencing the threshold of enlightenment and expansion, and there is a different way to look at what is happening from the standpoint of the pressure of his Divinity; then it might just be that your confidence in the egoness of your partner, or your mother, or your father, or your children, is a misperception of a Movement of Divinity, that is undermining your cherished ego.

I have not said this before, you are the first one’s to hear this. I say this so you will know it is something to pay attention to, to contemplate and to allow it to grow in your thought. And if you will contemplate it, it will be transformational to you, because it is a penetration of fourth-dimensional fact, into the level of human experience at this moment. And you do not have to experience any level confusion about it.

Relationships are the opportunity to invite the realization of the fourth-dimensional actuality, the Christhood of the individual you are in a relationship with, whether that individual identifies himself or herself that way or not. This is very important, very valuable. “why, he’s ignorant of his divinity, how could he possibly be expressing anything of value to me, and vice versa. Listen to the hatred with which she says it. She’s just pissed off. This isn’t a Divine Movement.” Not true! None of you have ever stopped being the Christ. And each one of you is either seeing the Christ clearly or through a glass darkly. But what is happening there is the Christ. What is happening right where you are is the Christ.

How do you release a special relationship? By not continuing the mutual agreement to treat each other as a couple of ignoramuses, who couldn’t possibly have any value for each other in terms of your enlightenment, except in a rather perverse way. As though, the only way it could be turned to your advantage is by the grace of the Holy Spirit. Thank God for the Holy Spirit, because which it takes to wake you up, couldn’t possibly be coming from one or the other of the two of you.

I am exaggerating somewhat. The point is, that very seldom do you function in a relationship with an actual vital curiosity to see the evidence of the Christ in your partner. And that’s what’s called for. That’s the way you break the

mutual agreement to be ignorant and that is the way in which the veil, the illusion of ignorance is lifted.

Family is very important. Relationships are essential, because they are the means of breaking the habit of an arrogant isolated private sense of self, that doesn't represent the truth of you and deprives you of your peace and your joy and the conscious experience of your wholeness.

Families have been called the cement of society. Brotherhood is the cement of the unity of the infinite expression of God; we could say brotherhood/sisterhood, because I am not meaning to leave anyone out. I thank you for your question.

QUESTION: I have a two part question. There is a lot of change in my life in the last few months especially. A relationship of the last two and a half years is coming to an end or changing form. And there's been a lot of learning, a very deep love and yet we know that we cannot be together. I'd like to know about this, if there is anything that I am missing, any lessons that I am missing? That's the first part of my question.

ANSWER: I will answer that at this point. There is really nothing that you are missing. And you are, indeed, learning to yield to intelligence; and in doing it without significant resistance, you are finding that intelligence blesses everyone involved. Continue.

QUESTION: The second part is, my work is also changing. And I want to know if I'm able to do and to contribute in the world, without returning to school, or if I must do this?

ANSWER: Unquestionably yes, you can, without returning to school. And I encourage you to give your attention in that direction, if you will. That's the end of the answer.

QUESTION: I guess I want to know, just basically, how I'm doing? When you were in Charlotte, I had a lot of questions. And since then I've experience a great shift. There's been a whole lot of peace in my life, more than I've ever experienced. I've been a little bit concerned that I seem to have lost some desire for the meditation, because I just felt so peaceful, after Charlotte. And I would like to have that back again, I guess is what I am saying. And also at one point...

ANSWER: You would like to have what back?

QUESTION: You know, having the meditation two times a day, as you had prescribed a while back. And the other things is: I feel that a while back, I had contact with my guide and I used to hear words and I was putting it on tape and I would listen to it and I was really moved by what I heard. And then it came to a point, where I would ask questions and I wasn't getting the answers that I wanted and so I shut down. I just kind of blocked. I didn't want to ask anymore. I stopped the communication completely.

And so now, what I do, I realize my guide is still with me, and I just call her name and I feel the sense of peace, but I won't allow my guide to speak. I think that's happening. I think that's what I'm doing. I'm not allowing my guide to speak. And I just wondered if my guides name is my own, because that's what I've been calling my guide? That's it.

ANSWER: The answer to your last question, is yes, confusing as it might be at times.

Now, it has been said that mankind is a creature of habit. It is this practice and this belief that must be broken. And if I say that it is well, or wise, or appropriate to meditate twice a day, it does not constitute a law for you to abide by, whether you feel like it or not. If something is said, it is not to be taken as law, that you must abide by, without ever again being sensitive to what is appropriate at any given moment.

Indeed, you have been feeling peace and there is not a need, there is not any significant benefit, at the present time, for you to meditate. Be sensitive in the moment you are in, so that you may know what is appropriate in the moment that you are in.

Now, when you feel the need, the desire and the willingness to meditate; resume your meditation. Not as a habit, to do indefinitely, because you need to continue to be conscious, so as to know what is appropriate two weeks from that time.

Just be aware, that it is characteristic of the ego to lock things into place, so that you can feel that everything is dependable and you can go further to sleep without danger. It is when things aren't dependable, that you must be conscious. And it is when you are conscious, that you can have the experience of being aware. And waking up means being ever more aware, than you have ever been before.

And so, don't try to wrap things up in neat little packages, so you don't have to be quite as conscious and you can relax and be less alive. What you need to do, what you are all confronted with, is the opportunity to learn how to relax, on the move; and feel your security in the Movement of God, in the Movement of your Being.

PAUL: This is me Paul. What was the other part of your question?

QUESTION: I wanted to know how I was doing. And I asked a question about my guide, just experiencing my guidance as a feeling of peace more than any real answers.

And I wanted to ask one other part here. All I ever want to do mostly is listen to the Raj tapes. And, I mean I'm here, and I never wanted to be a follower, and I don't feel really like a follower, but it's kind of strange that, I mean this is brand new for me to do something like this.

ANSWER: I will not let you become a "groupie." I promise you!

See, I want you to be perfectly honest with yourself, you do not want your guide to say what you want to hear. That is a waste of time. But there is something you are not giving yourself the freedom to do and that is, ARGUE. I assure you that you will be more willing to hear what your guide has to say, if you have permission to disagree and bitch and complain and argue, until the point has been made ultimately clear to you and, therefore, acceptable and meaningful to you. This is a very important point.

None of you are to become obedient little servants of Divine guidance. You are not to become “yes men” and “yes women.” And ultimately your guides will not allow that. Paul tried it. There was a point at which he did become impressed with my being Jesus. And he became a nice little “yes man.” Now, if I had told him to stop, if I said, “here is what you are doing, stop”; at that point he would have continued to be a nice little “yes man,” and he would have stopped, because I said to. That would not have constituted learning, that would not have constituted clarity. And so, I proceeded to give him some impossible things to do. (Laughter) And did he ever try to do them. And he finally arrived at a point of real honesty, except he called it frustration. And he asked me “what would happen if I refused to do this, because I just can’t do it”? And I said, “nothing.” And so he said, “Okay, I’m not going to do it.” And I said, “good!” He had given his power away at first, and at this point he took it back, and then I explained to him what had happened.

You see, I am not here, your guides are not there with each of you to have followers. We are not here for you to serve or honor with self-disregard on your part. It is not we who need to wake up, it is you. And to allow you to be wonderful servants no matter how pure our motives and acts are, doesn’t constitute your coming into the clear awareness of who you Divinely are. And that’s the point, that you each come into a full awareness of who you are. Why? For your reasons, not because you have had wonderful guidance that says to do it.

And so, ask for the guidance and if you don’t like the guidance or it seems unreasonable, question it, question it, question it. And if you doubt what is going on, ask “why are you saying this”? If you just simply stop asking question, you remove yourself from the opportunity for your clarity to emerge.

Paul is very wise not to call me Jesus, because as he said, he can’t be real with Jesus. He needs to be real, and you need to be real. And you need to offer your objections. You aren’t just being contrary, you are honestly saying, “I cannot grasp the reasonableness of what you are saying.” And the only reason you would say, “I cannot grasp the reasonableness of it,” is because you want to know if there is some reasonableness there somewhere. You must be real. You must express yourselves as really as you are able to at the moment.

So, don’t be reluctant to challenge the guidance, if it doesn’t make sense to you. And understand that there will be many times when the guidance will not

make sense, simply because the word “sense,”—the meaning of the word “sense”—is derived from your ego and what it has determined sense to be. And the guidance you are getting, or that you will get, is going to go beyond what your ego calls “sense.”

If you do not ask for more clarification, directly, or through the use of argument, or frustration; you will not have the opportunity yet, to get beyond the ego’s sense of sense into greater clarity, that provides a new level of what makes sense, that frees you somewhat from your ignorance. Don’t be afraid to ask, “what if I refuse to do what you say”? Sometimes it literally won’t make any difference if you don’t do what is said, and at other times it will make a difference; and you will be told.

Please understand, I have said this before, whenever I repeat myself, it is because it bares repeating. Your guidance is not some universal answering machine. Fundamentally, your guidance is a teacher, an illuminator of that of which you have been ignorant. And the illumination of that which you have been ignoring, is the reason for the guidance being provided. Therefore, always underlying every experience of guidance, is the intent to move you out of the ignorance that is currently imprisoning you; the sense of limitation that is totally inconsistent with a Son or Daughter of God, the Christ.

And so, by hook or by crook, we will do what promotes your growth, whether your asking the question is a means of avoiding growth or not. And indeed, many of the questions you will ask, will be attempts to get confirmation of your point of view, rather than a real desire to know what the Truth is. And that is okay. I say that, so that you may understand that not all of your questions will be real questions. Nevertheless, we will always take advantage of your real questions and your attempts to further establish your biased point of view; and we will turn them to your advantage. And you will grow.

Not any of you have to grow uncomfortably. And we never calculate how you ought to grow. No learning is ever set up for you, that is in itself strenuous. The only thing that ever makes it strenuous, is the resistance you bring to it.

Start having what I am going to call, some good tussles with your guide. Be that real, disagree, argue. Out of it will come clarity, because even if you are upset, it will not throw your guide for a curve. And your guide will not lose her balance, or her perspective. And clarity will come through to you and you will find yourself in a new space.

I say this, because your reason for not asking questions, is because you thought you simply had to ask, hear the answer and take it. That would’ve been you becoming a good “yes woman,” if you had taken it. And I am saying, do not cut off the conversation, object. And keep the dialog going, because when the sense of what is being said to you is grasped, it will be obvious to you that that is

the optimum choice. And it will reflect your integrity and you will be able to make commitment to it, for your reasons.

And thus, your innate strength of character—not ego—but strength of character, will be what is moving forward and it will feel good to do it. If you act, however, in obedience with what you hear, without it connecting with you, in you; so that the willingness to commit to it arises with conviction, then your act becomes a farce, the action you take of obedience becomes meaningless. And we simply have to step back, recognize what will promote your learning, with connectedness and commitment from within you and promote that. We will never abandon you.

I want you to know that Paul has sworn off on me, on more than one occasion, sometimes rudely. And indeed, has gone for days without talking with me, because he was so angry with what I had told him. It is okay. And always, when he decided to address me again, I was there for him and we continued forward.

Etiquette is a terrible thing. Etiquette is constituted of rules for people who do not trust being genuine. And that's what gets your goat in hoity-toity restaurants. Appropriately so. That's the end of the answer.

ANSWER: Indeed, it is that time. I would share with you that the time we have spent together has been one in which you all have been wonderfully defenseless.

PAUL: This is me Paul. He is giving a picture of a porcupine without any quills.

ANSWER: And the communion has been Soul satisfying. Thank you for being with me. And I'm going to say something else, because I want to say it directly to you. You are going to hear it on other tapes, because I have said it to other groups.

I am glad to have been with you. And I am glad that you have been conscious of my being with you. And I say this, so that you might leave here and realize that I am just as really with you, when Paul is not around. And I just as really desire for you to experience me consciously, directly. And if you will remember this and be a little bit curious and you reach out, it is highly likely that without too much process, you will be able to experience me as clearly as you are experiencing me right now, through Paul. You don't have to want to talk with me if you don't want to. But what I want you to know is that the connection is there, the opportunity is there, you are my brothers and my sisters, we are equals; and I would enjoy experiencing our equality consciously.