



## **Gathering In Kingston WA – January 21, 1995**

**By: Raj Christ Jesus –**

RAJ OPENING COMMENTS: Good afternoon. It is good to be here. And before we open this up to questions I would like to make some comments about why we are here today, and why I am speaking with you, so that you do not walk away from here disempowered by virtue of being here.

There is really only one thing truly of value that you will walk away with today. You will say there are many things, but the one key thing is that you have seen evidence of the fact that there is available to Paul and therefore that there is available to each and every one of you an experience of communion that you would best describe as divine guidance, spiritual guidance or in brass tack terms “meaningful help” relevant to where you find yourself. Because I promise you that there is absolutely nothing special or unique about Paul.

The great lesson that everyone is standing at the brink of learning is that everything that you see, everything that you are confronted with, whether you are interpreting it this way or not is the one and only thing that can be present for you to experience and that is the Kingdom of Heaven. God, the Prime Mover is infinite and infinitely expressed. And there is no vacant spot for some other creation to occupy, no other empty space for something else to be occurring in.

Now the marvelous thing that you are having evidence of at this very moment is that you, as with Paul, stand at the threshold of seeing more clearly the Kingdom of Heaven right where you are. And you have something or someone standing with you, which for lack of better words we will call your guide and perhaps a more palatable word would be an angel, who stand with you to help you get past or beyond whatever definitions you are holding about what everything is that blocks your experience of what it really is.

This is empowering, because you can walk away from here today with perhaps a greater willingness to listen with an expectation of hearing something in the silence of your listening. It is not your birthright to be ignorant of Heaven here and now. It is your birthright to be experiencing it without distortion. And because that is your birthright you might say that everything in the universe actually stands at the ready, ready to help you experience your birthright of seeing things clearly, and of having tragedy transformed into a miracle, of having fear give place to love, of having sadness yield to joy.

In other words, you stand confronted with the Kingdom of Heaven thinking that you are just seeing a material world and therefore when you look at anything at any moment during the day you stand at an opportunity to have what you think you're seeing transformed into what it really is. And so the promise of life, if you will, is not off in the future and it's not in a different place, it's in the moment you're in, in the place you're in.

Now most of you are devoted to your definitions, devoted to the way you are seeing things, whether it's your wife or your husband, whether it's your children, whether it's your job, whether it's the place you live, etc. And your devotion to your definitions is going to have to be willingly abandoned in order for a new definition, or a new clearer experience of that thing to register with you.

Now let's not get hung up on the reasons you have such commitment to your definitions. Let's just remember that no matter what your definitions are and no matter how great your commitment is to them the thing you have a definition about sits there in the perfection of the intent that God expressed that gave rise to the existence of that thing. And it awaits your recognition of it. No matter how sure you are that a thing, or a situation, or a person is what you say they are, in spite of that, they stand there, present as what they divinely are awaiting your recognition. And your willingness to recognize it is what allows instantaneous transformation.

Now I am not going to suggest that all of you go on internal "witch hunts" to find out what the reason is that you are holding to your definition. I am going to encourage all of you to lighten up and become a little playful. "What if, what if she really isn't the bitch I think she is?" "What if he isn't the bastard I thought he was?" "What if he isn't the bastard his actions for the last ten years have proved himself to be?" "What if living in Washington isn't worst than living in Hawaii?" You see?

Let there be a little willingness to lighten up and be playful. You know what? Your ego conditioning really can't object to that. And you're likely to experience spontaneous breakthroughs just because you didn't take this spiritual growth stuff quite so seriously and let it be a little fun.

So know that you have one standing with you ready to make light of it all—and you may take that in whatever way you wish—One who stands ready to support you in abandoning your convictions about what everything is, and ready to confirm to you the truth of what you find yourself seeing if in case it happens to be so radical or so fresh that it seems impossible to you. You each have a Friend, with a capital "F". And as I asked Paul, "Do you want to have a friend? Do you need a friend?" And I ask you that. And I tell you that your Friend says, "Let me in. I am here for you. I am here to stand with you on be half of who you really are, and because I am not afraid of who I really am and because I know who you

really are, my fearless embrace of you will make it easier for you to fearlessly embrace who you really are.”

You know you can go and hear a lot of speakers, and it can be wonderfully stimulating and uplifting, but I want you all to begin to realize that the greatest speaker that you can hear is within you—that is the best way I can put it—in the withinness of you, in the quiet stillness of your Being awaiting your acknowledgment. It is the comforter, it is the Holy Spirit, it is your guide, it is an angel. It stands with you at God’s direction without ego motives, to help you remember the truth and experience—for lack of better words—your salvation, your natural sanity.

Now if you let the experience in and you find this great speaker to be ever presently with you you will still find it appropriate from time to time to go and hear speakers, but you will not in anyway find the experience leaving you feeling empty of value yourself.

My intent in sharing this with you is so that you might leave here today being very clear that you are Paul’s equal and Paul is yours, that I am your equal and you are mine, and your guides are your equal and you are theirs. And that no one has a leg up on reality, enlightenment or being Awakened. Why? Because you never for an instant stop being who you really are. And so you don’t have to regain it. You just have to dare to realize that it, just like the Kingdom of Heaven stands at the threshold of your conscious awareness of things, and your conscious awareness of yourself and that nothing more than a little willingness, a little curiosity and a letting in of someone to stand with you in your discovery is all that is needed.

This last point is really a key point, because you will not become whole alone. You must let someone in, you must join, because the whole human condition, the whole misperception of the Kingdom of Heaven that everyone is suffering from to one degree or another is a result of having joined with another in an agreed upon decision to define things differently from the way God is being them. You can’t be ignorant alone, and you can’t be Awake alone.

The agreement with another to see everything in a distorted and distressing way was not an agreement to see things in a distorted and distressing way, it really was an agreement to have a point of view different from the Father’s, to have an original thought, to have the experience of being the author, the independent author of something.

So the reason you have a Friend standing with you is because it’s impossible for you to wake up, to become enlightened alone. And so, because that’s the way it works, that’s the way it is. You have a companion a Friend who is Awake.

So I could go on, but you all get the point. And it is a joyful point. And I want you to be light about it. And I want you to be willing to be a little playful

each day. Playful in the sense of saying, “What if it’s not as bad as I think it is? What if what is distressing me isn’t what I think it is? What if it is something deeper, what if it is something more, what if it is something essentially good that I am blocking by virtue of having an opinion or a definition of my own. What if....?” And then let the void, let the absence of your conviction allow something to emerge. Because in the absence of your definition what is really there has the opportunity to register with you.

So again I welcome you, and I am glad to be with you.

I think that you will not disagree with me when I say that the world is in need of a new way of looking at things. Well, let’s all of us begin to be the world willing to see things with new eyes, willing to look at everything with innocence.

Now, because in the amount of time we have it really will not be possible for the microphone to get to everyone. I’m going to ask you to raise your hand if you have a question and I will select. And so who would like to...

RAJ: Steve.

**QUESTION: Thank you. My energy level has fluctuated dramatically at times. Sometimes I feel completely energetic, while other times I feel heavy headed, very low energy and physically weak, even dizzy. At these times I also feel spacy, out of sorts mentally and generally weird. I’ve had candida for years, which I know you said is a fad, but I can’t seem to get rid of it. I want to be fully present with my physical energy. I’m wondering if these energy fluctuations have to do with candida, hypoglycemia, previous cannabis or alcohol abuse or allergies. Will you please tell me what is causing these energy fluctuations and what specifically I need to do on a spiritual, mental, emotion or physical level to heal? Thank you.**

RAJ: It is really simple. Low energy is a manifestation of an unwillingness to be present with your world. Just a moment... When you withdraw, when you resist the world, when you want not to be connected to it, you are actually saying, “I want to dissociate myself from the rest of my infinitude.” When you do that you lose the vitality of being. I know, if you don’t withdraw from it it will be too hard to take, it will hurt too much, it will be too unpleasant. And now we’re getting down to brass tacks. The thing that seems so unpleasant to you is a specific part of your being that you are saying, “I do not want to see it.” And with more focused resistance to it, which is a more focused resistance to yourself, it feels very uncomfortable and you say, “there is something there I need to get rid of,” not realizing that the thing you need to get rid of that is making you so uncomfortable is your active resistance to being present with it.

“Well, it’s such an overwhelming problem, such an unresolvable problem that if I let myself be present with it, if I let myself feel it, it will consume me, it will depress me even more.” And your justification keeps the resistance focused,

pointed and uncomfortable. The feeling is, if you were willing to take a look at it, “I am a failure.” If you really got into the thing you want to avoid paying attention to it’s the feeling, “I’m a failure.” And you are afraid that if you really take a look at it, the willingness to look at it will cause proof to be provided to you that you are a failure.

But here’s an example of what I was talking about in my opening remarks. That place in you which is convinced of its failurehood, its already having gone long past the point of any kind of failure that could be corrected, that inner experience can only be one of two things. It either has to be the presence of God, called you in that spot, or your conviction as to a definition about you that is super imposed upon what God is being right there. And you know what? As long as you succeed in not being present with what you initially call a feeling of failure, as long as you successfully avoid being with that you avoid being in the spot where the God, being all there really is there, can register with you as a transformational experience of who you are and a release from the confidence you have that all that is really there is a failure. It is not a comfortable process. But it is most rewarding.

Everybody loves to avoid, everyone is committed to avoiding things about themselves that they’re uncomfortable with that—and I am not referring to you here—but underneath the picture they present to themselves and everyone else; they love someone of the same sex, or they love to do something which they have been taught is wrong. But you know what? Everyone is uncomfortable about something they are presently ignorant of. And because they are ignorant of it and do not know how to cope with it or embrace it in a balanced way they avoid it and feel shame for needing to avoid something in themselves.

When you or anyone else get in that place where they’re able to be fully present with their sorrow or their feelings of failure and they manage to find a means to be present with it without guilt and without shame you know what happens to them? Freedom occurs! Transformation occurs! An inner balance and equilibrium returns. And they are able to be come genuine and therefore able to be truly present as Love, because they are not trying to live up to some educated concept of themselves and who they ought to be. Why? Because in letting themselves abide in a feeling that they have without apologizing for it, without feeling guilty for it they have the opportunity, how shall I put it, they have the opportunity to learn something more of the expansiveness of their capacity to live fully and embrace fully. And what before had involved ignorance and therefore fear, becomes something one is able to embrace with peace and cope with because it wasn’t what they feared it was going to be.

You know why all of you just see the world as you see it instead of the Kingdom of Heaven? Because you don’t understand what the experience of it would be if you experienced it as the Kingdom of Heaven. And if you let the

reality of it all come in just a little bit you would lose control, you wouldn't be able to be in charge of it, in charge of yourself, you wouldn't be able to keep yourself safe, because you are ignorant at the moment of It.

I will come back to this thing about failure. And I'm spending this time because there are a number of other people in this room, for whom this answer is specifically valuable to them.

When any of you hit the bottom of the barrel, when you let yourself feel fully that you are a failure and you realize that there is nothing that you can do, you stand at the threshold of discovering that because there is nothing that you can do, there's nothing that you need to try to do, and if you can stay in that clarity without panicking you find that there is a great relief at realizing that you cannot do what you cannot do. And that instead of it being a statement of lack it is an emancipating statement of fact. And you realize, "my god, I've been killing myself trying to do something I can't do. And I don't need to do that anymore." And then you realize that you didn't disappear, that you didn't cease to exist, except that you are not burdened with an obligation not to be a failure. You're free! You're free to be and to be new.

To let yourself be fully with failure, the feeling of failure is to allow yourself to be in that place where all of your definitions of success can be seen as a burden, an unwarranted and unkind burden that you had been living your life under the rule of. You see? But you can't find out that it was an unjust burden that you were letting rule your life until you let yourself find out the absolute impossibility of succeeding under that illegitimate burden.

Now it's not always necessary to get to the point of total abject failure to discover that, but if it does then embrace the opportunity to be with it, so that what isn't valid, what isn't validly governing you can be easily dismissed by you and released so that you can be free to be the genuine you, the new you, the closer approximation of who you divinely are that is not subject to illegitimate and unjust conceptual laws of behavior.

To be without energy is a sign to you that you are avoiding your Self ultimately. and the inclination to use substances to dull your opportunities to discover your divine Self are also not really justifiable, they are just objective means of not being in touch, not being present with the way things appear or the way things feel, and thereby depriving yourself of the discovery of what is really there that you are seeing and what is really underneath this feeling you are feeling.

You know I said earlier to be light and not go on internal "witch hunts." And now it sounds to many of you as though I'm saying, "Oh we're supposed to get into our feelings of failure and our feelings of grief and all of the really bad things that are lurking in me." Well, no I'm not saying go and search them out. But when you are taking specific steps to avoid something it means that

it's right up there on the surface for you to engage with, and it takes no hunt to find it. And so, when I am saying when it's on your table, be with it.

For years I have been saying be present with your world, stop denying it, stop trying to rise above it, because what you are seeing whether correctly or incorrectly is the Kingdom of Heaven, it is Reality. And if you are seeing it incorrectly, then by at least paying attention to it rather than denying it and trying to get away from it, you are in exactly the spot where discovery, where clarification can occur and you can see it with new eyes. And so when it's on your table be with it.

I fully understand Steven, that you are convinced that if you are present with it fully it will be an absolute indictment against you, proving for all time and forever more that you aren't shit. But that is not what awaits you on the other side of abiding with it. What awaits you on the other side of the world you see is not more earthquakes, not more tragedy, not more suffering, not Armageddon, not horror. What's on the other side of whatever you're looking at is Reality, perfect, harmonious, lovely, joyful Reality. And what's on the other side of each one of your demons in you, is the flawless presence of your Self, which at the moment you are not embracing.

When you are willing to be with your demons, when you are willing to be with your sense of failure this is when it's great to have the Friend I was talking about earlier. And in many cases this is the first time anyone lets that in because it's the first time that one has dared to be honest enough to say, "I can't do it myself. Help!" Oh, what a horrible place to be. That's where Paul was when I came along. Years of feeling so competent. Years of feeling that he had a metaphysical training and teaching that gave him control because of clear correct thinking had kept him quite independent, aloof, not needing to say "help!" Well, that in itself was a sign of failure.

So, I want you to pay attention to the fact that when you are feeling low energy and when you are feeling the need for something that will dull your awareness of what you don't like, that you are feeling very independent and you are claiming a right to be without consideration for another soul. You are claiming a right to your space, a right to be whatever you want to be and do whatever you want to do. It is this assertion of independence that constitutes the point to the focused definition that you are hurting from, that is running you through, so to speak.

So, you know what? You can say "help" when nothing is hurting. You can say "help" when you're having fun, because saying, "hey, I don't want to be doing this alone," that is a way of experiencing companionship and sharing, and it is what undoes the separation that was called "the fall."

So, I want to end the answer to your question by pointing out that whatever work it is you think you will be confronted with, whatever amount of time you think that it will take to work your way through this failureship will be, do it any way! It's worth it!

I will tell you something else, the only thing that makes that kind of a process long and drawn out is a reluctance to let go and be fully present, because when you let go and be fully present you know what happens? The sense of failure is spontaneously transformed, and it happens very rapidly. It just melts and you say, "of course," because it's so clear to you that your real sovereignty that exists independent of this burden of concepts of success, it's so clear that this sovereign one that you are is sovereign and all the rest that you have been burdened with was nonsense. And if it is hate and anger that you seem to let yourself be with, a marvelous thing happens, it spontaneously reconfigures and where all of this hate, all of this seething anger was with such power, becomes obvious to you as the power of an infinite love that you have that is now coming forth. And you see that the suffering that you were so angry about was caused by a blocking of this universe full of love that was you, that is you, was waiting behind to come forth. And it just spontaneously and effortlessly becomes clear to you. But not if you are unwilling to be present with your demon, your fear, your anger.

So, I've covered a broad spectrum here. It is not always a deep sense of failure or hate or whatever, it is not always a big demon that manifests as fluctuating energy. But it's always, it's always with everyone the evidence of an unwillingness to be present with some part of You. A part of you that is perfect and flawless, but which you are misperceiving and defining falsely, because you are afraid of it, because you have not the experience with it that allows you to be comfortable in that territory.

So, that is the answer.

QUESTION: Thank you. Could I ask one small clarification?

RAJ: You may.

**QUESTION: That hit home for me. And just so I don't think about this later, I'm wanting to know is with my energy issue is it all in that focus or is it something that I am not eating that I should be, or something that I'm eating that I shouldn't be? Just so I can get that part out of my mind and then I can focus on what you said.**

RAJ: If you ask me five years from now I will tell you again, it has nothing to do with what you are eating. There is no other culprit Steven!

QUESTION: I had to ask just to make sure. I don't want to spend time thinking.

RAJ: I understand.

QUESTION: Thank you very much.

RAJ: You are welcome.

QUESTION: Hello, Raj.

RAJ: Good afternoon.

**QUESTION: I've been on a search for a doctor for our family, to minister to our medical needs, there's four of us. And I'm looking for someone who's able to diagnose using methods that are not so physically invasive, like radio-active dye studies, powerful antibiotics and synthetic drugs—we've been through all that. And also someone who uses methods other than only the intellect to treat.**

PAUL: I'm sorry, someone who?

**QUESTION: Someone who uses something other than their intellect to treat and diagnose. Someone who uses something other than figuring out, based on their education and what not. So at any rate, I found a woman who is a nature path and a chiropractor, who is very experienced at using what is called applied kinesiology, which is asking the body what it wants.**

RAJ: I understand.

**QUESTION: And I didn't know about that before. But anyway, she uses it to diagnose hidden sources of difficulty like earth trauma and allergies. And besides that I really like her. And I think my kids will be okay with her. And we've been doing well with this woman since September, but the last two visits she's not been able to diagnose one of my daughters, the two year old at all, saying that she as well as myself were energetically blocked. And she's confused us to what to do, so she's sending us to a different practitioner.**

**And my question really is, is our family on the right track with using this kind of asking the body what it wants? And should I go ahead and take myself and my children to the new less experienced practitioner? And should I myself continue with the rebirthing therapy that this woman said my body wanted to release the blocks?**

**And incidentally the toddler gets tested through me, and she's too young to cooperate with muscle testing and hand symbols. So does it have to do with me getting unblocked so my children can get unblocked? Should we go to the new less experienced person? Should we stay with the experienced person who I love? And this has just been going through my head for like a long time and it's stressful.**

RAJ: I encourage you relative to this one issue to go to the new less experienced doctor. But continue with the one you have been with on an overall ongoing basis.

It is a most reasonable thing to be working with this doctor. Every cell and every atom in your body is constituted of energy. And that energy is the energy of

intelligence. It is therefore a conscious energy, and it is therefore quite capable of expressing its intent for being what it is as intelligence, and therefore applied kinesiology is not radical or unreasonable.

Now it is important for you to not override your clarity. In other words, as you work with this physician I want you to pay attention as well, in the same way that she is paying attention. And if you have any question, bring it up, value it. And indeed, let it be embraced in the process of kinesiology. I'm just saying, even though you feel confident with her do not give your power away by not paying attention yourself, any more than you should do that with any other kind of practitioner, even with me. I just wanted to remind you of that.

It is also not unreasonable for the testing for your child to be done on you. And I will tell you that the intelligence of your body is quite capable of not being confused about whose body the information is about. And so the information about your daughter will not be distorted.

That's the end of the answer.

**QUESTION: I just have a little tiny question. My little one, the two year old, is she healed from her potential for seizures and kidney infections, or not quite?**

RAJ: Almost.

QUESTION: Almost. Thank you very much.

RAJ: Moving toward completion yes.

QUESTION: Thank you so much, Raj.

RAJ: You are welcome.

**QUESTION: Raj, I've been on a spiritual path for a long time. And I followed you for a long time, but I just recently started the Course of Miracles," and I've run into a little snag, which I was hoping perhaps that you could shed some light on. And I'm going to read to you what the paragraph in which it appears. It says.... Well, for one thing it is the word "create" and "creation," which they use frequently. And in the preface it states: "Truth is unalterable, eternal and unambiguous. It can be unrecognized, but it cannot be changed. It applies to everything that God created, and only what He created is real. It is beyond learning because it is beyond time and process. It has no opposite; no beginning and no end. It merely is."**

**Now I believe that God does not create, because if it did it would take that time and process that they talk about, and it would require a beginning. And I believe as it says there, it merely is. What is your viewpoint on that, and the use of the word "creation"?**

RAJ: Would you read it one more time please?

**QUESTION: All right. "Truth is unalterable, eternal and unambiguous. It can be unrecognized, but it cannot be changed. It applies to**

**everything that God created, and only what He created is real. It is beyond learning because it is beyond time and process. It has no opposite; no beginning and no end. It merely is.”**

RAJ: Then you have the wonderful opportunity to discover how creation occurs without time. Another word for God is “being.” And very often the word “being” relative to God is seen as a noun, but the word “being” relative to God is really a verb. God is a verb. That is why there is Life. God is the Movement of being, not the movement of a supreme being, but the movement of be-ing the verb—the movement of existing, except “being” is the more accurate word.

Movement does not take time. Why? Because contrary to the way you are perceiving at the present time, it isn’t occurring in space. And space is the only place where time can exist. So where is life happening? It’s all happening in the conscious experience of its happening. In other words, it’s all in Mind, if you will. But Mind is God. God is Mind, God is Life, God is Truth. So the Movement of Being is the Movement of Mind. And the Movement of Mind is the experience of consciousness. And Mind does not occupy space, but it is inseparable from the experience of consciousness. What is there for consciousness to be conscious of? Only itself, because it is the presence that is God, it is the Movement of Being.

The Movement is infinite, therefore there is no place for the Movement to go. And yet the experience of being occurs. Time has nothing to do with it, space has nothing to do with it. And truly the process of awakening involves making a shift from the perception of things—which are really ideas experienced in mind—it is the shifting from the perception of things in space to the experience of them being the inseparable presence of you. And to make that more meaningful, or shall I say more relevant, when you wake up, or as you become more and more clearly awake, you will begin to recognize yourself in everything. You will see it and you will say, “Ahh, it’s just like me.” In other words, there is nothing about it that is foreign or at odds with you.

Right now you all have experiences of seeing something and recognizing its beauty immediately. There’s just no question about its being beautiful. This experience of beauty is an experience of recognizing yourself in that thing. In other words, there is nothing about the beauty of that thing which is at odds with your ability to recognize beauty.

Now that’s just an example of what I mean when I say you will say, “it’s just like me,” except as you wake up it will be more than the recognition of beauty. It is as though every constituent part of that thing, whether it’s the view out the window, or an object that is smaller in your hand. It will be a recognition that every constituent part of what you are seeing, whether it’s water, whether it’s land, whether it’s trees that have pine needles and leaves and bark and ants crawling up,

all the constituent parts of what you see are just like you. In other words, are not in any way unrecognizable to you as that which is completely in harmony with who and what you are at the very depth of your being. These are inadequate words that I am using to express the wholeness of the experience, but they express the feeling and convey the idea.

You will be aware not just at an overall whole view, but of every constituent part of what is there. And you will recognize yourself in it—it's just like you, or you are just like it. There is nothing out of sync in any way.

Now this experience still leaves everything appearing to be in space with the mountains across the water, and trees on the mountains, and snow on the mountains, etc., with other things closer to you. But space does not remain a factor that is relevant to you. Because you know what? The apparent space between you and those things, and the apparent space between the ants and the needles on the trees and the bark, etc., the very space is just like you. It is a constituent part of the conscious experience you are having.

And so the experience of Life becomes integrated, unified, one and it's just like you and you're just like it. But everything's still apparently is not all jumbled together into an undistinguishable ball of infinite manifestation of God. You see. In this recognition of yourself, it becomes obvious that it's all a conscious experience, which in itself involves no time, and involves no space. But nevertheless, what is being experienced moves because Mind, you might say in the act of being conscious of itself moves and is experienced as something by itself. And that self is you and that self is the needle on the tree and it is the space in between, and yet none of it is segregate or separate from anything else. It takes infinity for that which is timeless and spaceless to be fully realized, or to be realizing itself forever.

So I encourage you to begin to consider creation as something that does occur, but something which does not bring into play time and space and does not take time and space in which to occur. And then as you look at everything, begin to let loose of the sense of time and space to what you are seeing and remember that it is a conscious experience that you are having. And if it is a conscious experience that you are having it must necessarily be an experience of God, even if you have some misinterpretations involved. And then become curious to see God in the Movement that seems to be taking time and have the sense of time that's involved disappear out of the picture.

There you go, that is something you can be curious about. That is something you can play with, as I said earlier, "what if, what if there is no space to this experience of a world I'm having? What if there is no time to the experience of this world I'm seeing?" Ah! Hey, play with that if you want to learn to

teleport. Play with that so that you can play with teleportation. Does that answer your question?

QUESTION: Yes and no. I still argue with the idea that....

RAJ: Well, we're not going to look with the no part.

QUESTION: Okay.

RAJ: No, we're going to jump right into the middle of the no part, as I suggested to Steven earlier, spit it out.

**QUESTION: Okay. I guess it's that God Created us, and I feel that since God is All There Is there never was a time when we were not God.**

RAJ: Indeed, God is being you. God is being it all. In that sense you did not evolve yourself, and that is the sense in which God's having created you makes sense. It means you did not create yourself, you are not self-responsible. However, the more correct statement is that God is Being You.

QUESTION: Thank you, that's what I wanted to hear.

RAJ: You are welcome.

**QUESTION: Well, number one, I am sick and tired of being sick and tired.**

RAJ: How long is your list?

**QUESTION: Infinite. And I don't think this is divorced from this statement, we are hearing from the doomsdayers about the plagues about the bankruptcy of the whole world. We're all familiar with the headlines in the newspapers, and on the back pages where all the experts tell us what's going to happen. And I would just like to hear some comment on that. I'm not worried about it, I'm curious as hell! That's my question. You can take either end.**

RAJ: I hope you're not paying to hear what they have to say. Well, every spring you turn on the TV and they tell you to get ready for Summer colds. And every Summer you turn on the TV and it tells you to get ready for the Winter colds. Expressions of ignorance of how things really work constantly confront you. And it is well for you not to pay anymore attention to the ultimate "doomsdayers" than you do to the temporary "doomsdayers."

You know there just isn't a world out there running on its own that's going to follow a course and end up at a certain point. There is the Kingdom of Heaven out there being seen clearly or unclearly. If it is being seen unclearly, then it is being seen from an uncentered place, and what is seen will be conflicted. But it doesn't change what it is in truth.

You are far along enough in your spiritual path, or your process of awakening to know that you need to dare to have a curiosity based on the premise that there is another way to look at this. And you already have a different way of

looking at what is called the “end times.” And that is satisfactory to you. So it is irrelevant to what the “doomsdayers” are saying.

**QUESTION: I was think of the earthquake in Japan...**

**RAJ: What about it?**

**QUESTION: Well, there’s a lot of individuals having to (I can’t hear this clearly enough to transcribe it.) I see it as not being a physical devastation that is going on. In other words, an idea—a false idea.**

**RAJ: And what is the question about it?**

**QUESTION: These individuals are still having that experience, even though it is a illegitimate, you might say, experience. There still feeling bad. I feel great compassion.**

**RAJ: Indeed! What is your point?**

**QUESTION: I don’t really know. I don’t really know. I can’t tell you what my point is. I just wanted some comment on it. And I think that it’s been very satisfactory, the comment.**

**RAJ: I’m going to put it very simply. Don’t waste your time considering that which isn’t relevant or meaningful to you, even though it might be an interesting mental exercise for you.**

**Now is there someone else in the room for whom this earthquake \*is\* relevant at a feeling level? Then there is nothing to pursue here.**

**QUESTION: Well then, I take the same attitude toward my being sick and tired.**

**RAJ: Good idea!**

**QUESTION: Thank you.**

**RAJ: You are welcome.**

**QUESTION: I just wanted to share that on Sunday my friend from Hawaii called and she was doing a meditation and she was feeling a rumble, which she usually feels because she lives on the edge of the cliff and the waves are big this time of year and they were coming up against the cliffs. But her guidance said that this was more than just that, that there was a movement happening in the earth. So she called and we checked in with Raj, and Raj said, “you are having a knowing.”**

**So I guess I just want to add, “gee, we should have pursued it further and maybe we should have let someone know.” So I guess in regards to earth changes or seeming lots of activity going on with the weather and the environment I think it is relating to the fact that we don’t have to be at odds we can have a knowing, not without fear. But we can know where to be or who to call if we have loved ones, or that sort of thing. So I think for me I would like the idea of knowing explored and how relevant it really can be versus when it’s fear.**

RAJ: Indeed! Your relationship with your friend, the one you meet in the quietness of your being, the one who stands there on behalf of your awakening and your clarity. This relationship does need to be engaged in relative to everything. And in the ongoingness of this conscious relationship, indeed you may ask and be told things that are relevant to your experience of harmony, your experience of wholeness, your experience of sovereignty as opposed to victimization.

As it was Susan there was no need for you to pursued that subject any further on the evening when we spoke about it or I would have mentioned it to you. I would have brought it to your attention.

Does that answer your comment and question?

QUESTION:

RAJ: What about the not basically part?

QUESTION: I just really don't want to take anymore of this time. So if anyone else would like to add anything that they might feel led to say, I really don't feel that it's appropriate for me to pursued this any longer.

RAJ: Okay.

**QUESTION: I am recently married to a man that sounds to be at this time for all of the talk about his spiritual path something equivalent to what Paul might have been some time ago.**

**RAJ: Meaning?**

**QUESTION: Mention of Paul, although I don't know him at all, was made reference to in answer to Steven, about low energy... And I'm having a really hard time. And the only time he will listen to me is when I channel an entity, but he will not listen to me as a woman. And my purpose in being married is not to live channeling. And it never occurred to me that it would turn out this way. And I am keenly aware that we are both God, not just us, but all of us. I'm also keenly aware that in the expression of Ellory.**

**RAJ: You are keenly aware of?**

**QUESTION: As in the expression of the humanness named Ellory I have a deep desire to be heard by my husband. And I'm ready to leave...**

**RAJ: The relationship?**

**QUESTION: Yes. And I hold on to the idea that maybe I don't have to. And I heard Steven's question and the answer about the lack of energy, which my husband clearly has repeatedly. And I'm trying to be understanding. And I don't find that inside of myself anymore.**

**RAJ: You don't find what inside of yourself anymore?**

**QUESTION: The patience or the understanding. And I also deeply resent being heard when it's channeled, not just from me but from any channel. And not being heard as his wife. And I don't know what to do. And**

if I'm to be bigger, I don't know how to be bigger. Over the last year I've asked myself what is my lesson? How do I get bigger? And I don't know how.

RAJ: And I would ask, what keeps you from leaving the relationship?

**QUESTION: Because it's so new. And I waited years. I thought that I had chosen wisely. And it's a bit of a surprise to see what's happened.**

RAJ: You feel that he married you so as to have constant contact, not with you but with the guidance that comes through you?

QUESTION: That appears to be true, yes.

RAJ: Why do you channel? Why do you listen to this guidance, yourself?

QUESTION: To myself?

RAJ: Why do you yourself engage in Listening, with a capital "L"?

QUESTION: To grow.

RAJ: And if your husband were not around would you continue to listen to this guidance?

QUESTION: Of course! I listened to it before I knew him.

RAJ: So, who is the one who wants recognition? Who is the one who wants not to be squeezed out of the picture? I'm going to put this a different way. Which of these two explanations strikes you as being more correct, more desirable? You connected with guidance, or you connected with yourself? I'm just going to put it simply. Which of the two if you had to choose between them is the more valuable to you?

QUESTION: To be connected to me.

RAJ: Is more valuable than you being connected with your guidance? That is what you are saying?

**QUESTION: It's not more valuable as long as I'm truly connected with me I don't deny the guidance.**

RAJ: When you are connected with you and no guidance is that as valuable an experience to you as when you are listening, joined with guidance? Does it promote boundary breaking experience? Does it promote breakthroughs, clarifications, light bulbs going on, transformations in your life? Does this happen when you are listening exclusively yourself, or just...

**QUESTION: You mean my little self?**

RAJ: The you not connected with guidance?

QUESTION: Being connected with guidance.

RAJ: Not being connected with guidance?

**QUESTION: Not being connected with guidance, when I forget that I am always connected with guidance is not transforming.**

RAJ: Correct! So you find your experienced enriched and transformed by listening for guidance, correct?

QUESTION: Yes.

RAJ: And your husband finds you to be more meaningful in his life when you are listening for guidance? He has the same recognition of value that you have.

QUESTION: All right.

RAJ: I'm going to suggest a possible scenario that you will have to eventually look at. And that is, that if you have a choice to experience communion with infinite wisdom, with what I'm going to call God's point of view, and you also have a choice to be unconscious of that wisdom, not having God's perspective available to you as yours, if you have those two choices, tell me how long are you going to be able to justify continuing to choose for the option which is the one of ignorance?

QUESTION: Well not long.

RAJ: But your husband has already opted for not being with you in that mode. And you are claiming the right to have some space to continue to be ignorantly, if I may put it that way, to be without the wisdom of your Being being accessed by you.

Now, who are you? Are you the one who enjoys the right to be ignorant of her Birthright? Or is that just an acquired sense of yourself that came into being because you didn't know there was the alternative of experiencing your Birthright? And once having become aware that there was an alternative, and that the alternative was that of experiencing your Birthright and having available to you the means of beginning to feel the normalcy, the naturalness of having no other perspective of things than the Father's perspective, having become aware of that option and having availed yourself of it, might this not be you coming into a clearer experience of you divinely speaking? And might it not mean that the day will come when you will choose to abandon the choice for ignorance, even though that at one time felt utterly normal to you, and so normal that you claimed the right to be in that state of ignorance and have your husband honor you in that state?

Are you following what I'm saying?

At the bottom line what I am saying is that in the process of your spiritual path, in your process of discovering that there is a Birthright that belongs to all of you and that that Birthright is to be conscious of the Kingdom of Heaven right where you are, not ignorant of it, conscious of Reality, not having an experience of unreality and you begin to open up to the experience of it and begin to have it, that is you transformed. But what it really is, is you regaining your sanity. But because in your insanity your sanity seems to be unreal and far-out, it doesn't feel natural as you begin to accept it. And so you still distance it a little bit. And you call it a revelation that is coming to you, or an opportunity that you have that you didn't

have. When all along it's the clearer view and a clearer experience of who you've always been and there isn't something new coming into your experience.

Now, because it doesn't feel familiar at first, it doesn't feel like you. In "My Fair Lady" the flower girl didn't feel like a lady, when at the heart of her she was.

Now, bear with me. As you begin to wake up, as you begin to experience increased clarity about your divinity, you're going to find that what you had called your humanity, you're going to find that it is something you have an addiction to. And to put it very bluntly, as you come to the point where you have a choice for your sanity, and you are going to forever abandon your insanity, you will find that in the insane part of you, if you will, will fight for the right to exist a little bit longer.

Why would you not want to come from the clarity that you experience in the joining with your guide? Why would you opt for, what you called a relationship where your husband honored you as a woman, not as a woman with wisdom who chooses to be from her wisdom at all times, because it is more meaningful for her to be in that place of communion.

**QUESTION: That is what I opt for. And that is what I have been asking for. And I have not believed that I am separate from that. I'm having a very difficult time hearing from a man how lucky I should think me to be. How many other women really are lining up to get into his house. I'm really having a hard time.**

RAJ: And do you let, do you respond from a joined place with your guidance, or do you opt to respond as a woman, which at the bottom line means, do you opt to respond as an ego? Because if you opt to respond as an ego or as "a woman," you will lose your groundedness, you will lose your clarity and you will not understand what the issue is. What I mean is that if you were to remain joined with the guidance and respond from there the issue, the real issue would be addressed and the drama would be brought to a halt.

How do you honor yourself? Well, don't honor yourself as "a woman," that's a concept. Honor yourself as a whole Souled individuality by insisting upon being present in your husband's experience from that place where wisdom and clarity that cuts through illusion is available, where that which heals, transforms is available.

**QUESTION: My sense is that a great deal of the time that is where I'm coming from. And I don't in this time I'm not always able... I can't even describe the ambushes....**

**RAJ: The ambushes?**

**QUESTION: Um hum, the surprises. And I understand that if I stayed always calling upon the divine guidance moment to moment, I understand what you're saying. I do not live in that every single moment. If I show the**

**pain of something that's said, I'm not spiritual enough. If I don't want to meet his girl friends, I'm not spiritual enough. I don't know how to be spiritual enough. And quite frankly, I don't think that's being spiritual enough. And I stay steadfast with the truth that... I don't know I can't describe how deep it is.**

RAJ: Your guidance does not require you to be a doormat. Now, the hooker for you is your wanting respect from him, and that his respect be for you as a woman. That is causing you to abandon your commitment to your capacity to know the truth as a result of listening. And so I am telling you, don't abandon it and stay with it as steadfastly as you can, especially with respect to learning more clearly about your integrity and not, not sacrificing it.

(tape sounds like it was cut here. It stops and then there is another person talking. I'm think that was probably the end of the answer, but you didn't say, "that's the end of the answer." Just to let you know, if you are not listening to the tape.)

**QUESTION: ... thing is that it is a great delight for me to be with you this way instead of sitting in the stillness going, "Raj, is that you? Raj, is that you?"**

RAJ: But it is good practice for you to sit in the silence and ask that question, because it offers me the opportunity to respond, and for you to hear, and in the process it becomes more natural and more comfortable for you. Don't belittle this little seemingly meaningless interchange. You would be surprised at how often Paul says, "Raj, are you there? Is that really you?" etc. Keep up the good work.

**QUESTION: I hear you, thank you. My questions about a recurring dream theme. I'm aware that I'm being stripped of my sense of responsibility, while the outcome is delightful the stripping feels like my skin being flayed usually. Part of that seems to be a serious of dreams I've had over about the last couple of years with the recurring theme of being responsible for the flowers at a wedding and not shopping, not having them, realizing I've waited too long. And I'm not sure what to do with that or where to go with that or what part of my hanging on to responsibility that relates to and how to drop it, because in the dream, as indeed in life earlier I was responsible for the flowers at the wedding. I'm getting clearer in conscious life that I need do nothing and I can come with empty hands. But in the dreams I'm still supposed the be doing the damn flowers and I've waited till the last minute. So would you speak to that please?**

RAJ: Old habits die hard! Indeed there is a God. And indeed God is in charge. And indeed as each one allows spiritual maturity to occur he or she more and more asks, "where do I fit in?" In other words, "where do I fit into the

Movement that God is Being that constitutes my Being? Where do I fit into His plan?” And of course, this is an outrageous insult to the ego, who wants to make the plans, or who wants to get the prize for carrying the responsibility well.

But the more one grows and matures spiritually, and the more one asks, “where do I fit in,” well you know what, the more there is the opportunity for that one to do what I said earlier, look out and say, “Oh, it’s just like me.” And so what to the ego sounded outrageously insulting. “Where do I fit in? Man, I don’t fit in, I make things happen!” But where that outrageously insulting idea of “where do I fit in,” ..... I will put it this way. The value of that outrageously, insulting idea, “where do I fit in,” lies in the fact that when it is asked genuinely one opens himself or herself up to the experience of union that I mentioned earlier, where every constituent part is just like you. And so the prize for abandoning the intent to be separate is complete union and complete peace, with absolutely everything infinitely and being inseparable from the Movement of Being that we were talking about earlier, which is the Movement of Creation. And so one comes into the experience of her wholeness as a result of asking, “where do I fit in,” and then discovering, “it’s all like me.” But that discovery can’t occur when one is not willing or interested in fitting in.

So, because there is a God, and because you therefore are not in charge and cannot therefore truly be responsible, you will naturally have dreams illustrating this. And you know what? You don’t have to use those dreams for anything because you can use your interest in discovering the fact that there really is a God as the motivater for letting go of responsibility.

Now, just a word of caution to everyone. To say, “I need do nothing,” to say, “I am not responsible,” does not mean that you will do nothing, and that you will be a meaningless presence. It means that when you don’t usurp God’s position by claiming an ability to authorize or author events in life you have the opportunity to discover that something is already in charge. And in the great relief of discovering that you are able to relax and say, “well, where’s the flow? Where is the Movement? Where do I fit in?” And that is what then allows you to become congruent enough with everything to be able to say, “It’s all like me. It’s just like me. I am not at odds with it and it is not at odds with me, and in every respect we are One as an experience of being.”

So let what motivates you to abandon responsibility be the willingness to acknowledge that God is in charge, so that you might find out where you fit in and then you will be able to be congruent with the Movement. And you know what? Others may look at you and say, “My, what a responsible person she is.” And they will be misunderstanding completely, because you aren’t trying to be responsible at all. You are by virtue of fitting in being in that place which identifies fulfillment of purpose for everyone and everything concerned, but

without a feeling of responsibility and potential guilt and punishment for failure to carry out that responsibility well.

Thank you for asking.

QUESTION: Thank you, Raj.

RAJ: You are welcome.

**QUESTION: Well, this is simple. I'm just curious to know how long we get to stay in the house that we're living in right now?**

RAJ: Until you are ready to move.

QUESTION: Can you expand on that? Okay, can I ask this a different way?

RAJ: You may.

**QUESTION: How long can we stay in the house gracefully and easily being able to pay the mortgage payments and have everything be peaceful. In that way. Right, and here's the amendment to that, or the .....(?): I'm wanting to build my jewelry studio and get that off the ground. And I'm feeling nervous about putting energy into that, not knowing how long we're going to be in the house.**

RAJ: I am sorry, you are going to have to choose for your peace without justification. And you are going to have to dare to begin the studio because it is your love and not because circumstances are right or wrong. You are going to need to dare to be with the flow of what is emerging from within you, rather than governing your actions on external circumstances.

And I will tell you something else. The more both of you let what you love come forth without complicating it with details and externals the more at peace you will be, the more your love will flow and the more your experience will be harmonious, with your mortgage paid and without stress and so on. And then when it is time for you to move because it fulfills purpose and you want to, that will happen with grace too. But you must choose to be at peace first. Because then your love can begin to move. And that's when the harmony will become more clearly evident. Trust me.

QUESTION: Thank you very much.

RAJ: You are welcome.

**QUESTION: I realize we aren't in a congress but may I use my time to my wife? (I'm not sure I heard this correctly.)**

RAJ: You may indeed.

**QUESTION: Raj, I have been taking sleeping medication for many, many years. Besides the fact that the medication isn't really working anymore and helping me, I feel very strongly that my bodies saying, "get rid of that stuff." I have tried a year ago for several months, and it was a struggle. I was wondering how you can help me?**

RAJ: I am very simply going to suggest to you that you stop taking them, that you ask me or your guide each night when you retire to help you experience your peace. And to help you give permission to yourself to relax into nurturing rest. I also ask you to be sure to ask them to help readjust your body as it finds itself absent the chemicals in the pills you were taking, so as to facilitate rapid and easy adjustment to rest. It is your Birthright to rest easily without forcing it. I encourage you to claim that Birthright in the manner that I have described.

QUESTION: Thank you very much.

RAJ: You are welcome.

QUESTION: May I pass it back to my husband? He has just a quick question.

RAJ: You may ask your quick question.

**QUESTION: Well I have a question of conscience. We have an old dog at home, and my doctor and I were decided it's time for him to go. Having gone through similar situations in Europe during the second World War, my question is, do I have a right to make that decision?**

RAJ: If you have a question as to whether you have the right, it is not time. When it is clear to you that it is right, that will be the time.

QUESTION: Well, thank you.

RAJ: I want you to trust that your capacity to love will not injure your integrity or your dog, will not injure your integrity by causing you to delay that which is appropriate, and will not injure your dog by causing you to act prematurely, when there would be no love in it. Trust yourself.

QUESTION: Thank you.

RAJ: You are welcome.

QUESTION: Greetings, Raj.

RAJ: Good afternoon, and could you speak up so that everyone can hear.

**QUESTION: Yes, indeedy. Okay, many years ago, almost eight now, I met the Healing Team in a very graphic way. Really changed my life, that one encounter. I've been so grateful for you and the Healing Team all these years since. And now and during this past year I've learned Reike. And I would like you to expand my understanding of Reike a little bit, as to how maybe the Reike energy is connected with the Healing Team. I know healing is healing.**

RAJ: I'm going to ask you to ask another question.

QUESTION: Oh! On a different subject?

RAJ: Indeed.

QUESTION: Oh! May I have just a moment here?

RAJ: You may. I know you have another question.

**QUESTION: All right! It can't be about Reike at all?**

RAJ: That is correct.

**QUESTION: Is there something I need to know in order to release judgment of anyone or anything, in spite of the fact that I think that I'm perfectly justified in judging. But I don't like myself when I do this, you see. And I feel like I'm a little kid on the inside, jumping up and down and stamping my feet. And I would really like to let this go, but somehow or another there are little things that pop up that remind me that I've got a long way to go. I guess that's my question.**

RAJ: Well, if you have a long way to go, it means that you have a lot to discover. Do not use the idea that you have a long way to go as a judgment against yourself, but rather you can turn it around to illustrate the fact that there is much opportunity for discovery. Then ask yourself, "what might I discover where I see something worthy of judgment, if I abandon the judgment?" If the only thing that you are ever confronted with is Reality, is the Kingdom of Heaven, right here in the human experience, if the only thing you are being confronted with is Reality, then in the act of the withdrawal of your judgment you set yourself up for discovering what the literal presence of God right there. Well as I said earlier, the potential there is for you to say, "why it's just like me."

So if you want to look at it this way, a good reason to abandon judgment is because ultimately it provides you with the opportunity to experience your unity with God. In the process, if indeed there is a process, you will be experience as the presence of love. Other's will say, "you obviously love me in a way that makes me feel safe enough that I don't have to defend myself any longer, which means I no longer have to be difficult to get along with." And transformation occurs. If you are unwilling to say, or imagine that there is a different way to look at this, if you're unwilling to do that, then you are absolutely blocked from experiencing God right there, and you will continue to be ignorant of the reality of things that is present for you at this moment to see.

Now, it used to be that I could have said you could go through another 3 or 4 lifetimes staying closed to your good. But I can't do that now, because the time has come, and everyone is going to Awaken. Because, as I've said before, there are not enough individuals asleep and dreaming to substantiate the dream on an ongoing basis. And so arousal is occurring. The dreams, the state of dreaming, doesn't have the apparent integrity it used to have because there are too many who have woken up.

So instead of saying, "well, one of these lifetimes I'll get it," I would encourage you to say, "I don't have much time left, and so I guess maybe I can afford to do what Raj said and lighten up a little bit and play with the possibility 'what if? What if God is right here? What if right where that justifiable so-and-so is, what if right there there's God? And what if right there in my recognition of God is my recognition of my Self, with a capital 'S'. Wow!'" But that's the

truth. “Well, I don’t know if I’m that interested in waking up today—tomorrow—I’m going to be angry just a little bit longer cause, you know, it won’t hurt anything for another 24 hours.” No it won’t, but it also won’t help anything and you won’t have the joy of seeing things change for the better. You won’t have the opportunity to experience the healing of a relationship. And you won’t have the experience that will justifying your doing it again and again and again and again, each time with greater joy than before.

So, if I say anything more I will move into the mode of convincing you of something that you alone can make a decision about. So, I’m going to stop and leave you to your decision.

QUESTION: Great! I guess I will add a bunch of humor in there too. Thank you, Raj.

RAJ: You are welcome.

BILL HENLEY: I would like to know what does 1995 bode for us?

RAJ: It is what I am going to call the year of “incorporation.” It literally is a year in which everyone is going to find themselves called upon to put into practice what they deeply feel the truth to be.

Now, I do not mean to imply that it is going to be a year of trials in which you are going to be called upon to practice what you preach, or put your money where your mouth is. What I mean is that it is going to be a year in which it is going to be easier to practice what you preach, easier to “risk” the chance that what you know to be true is true, and to live it. There’s going to be a little bit more courage spontaneously and naturally present with everyone to do this. It means that everyone—and I’m speaking globally—everyone will feel more strength, causing him or her to feel less cowardly, less inclination to blend into the woodwork.

This does not mean everyone is going to go out with a staff and lead everyone else. But it means that what I’m going to call a natural conviction in the reality of good, or of goodness, the reality of Love will be felt. And everyone will feel less timid and more able to speak up about the value of Love. I’m not talking about anyone becoming preachy or “talking spiritual talk,” but really being able to express loving ideas as though it’s the most practical thing in the world rather than the most spiritual or romantic.

So, everyone is going to be called upon to practice what they believe. But the reason they’re going to be called upon to do it is because the courage and strength to do it will be there, and the naturalness of doing it will make it inevitable, will make it easy. And, do you know what? It doesn’t matter where you are in your spiritual maturity. Whatever degree of love, whatever degree of maturity you’re at is what you will find yourself able to express or bring into play.

The year of incorporation, of bringing into relevance the truth the love the spirituality that you all value, and yet you will be able to do it in the vernacular of the day without appearing to be a “Jesus freak” or an “odd ball”. That’s the end of the answer.

**QUESTION: Thank you for being with me all those years, even though I forgot you were there—a lot of it. I have a couple of quick questions. One we buried my cousin and her husband this afternoon. And I want to know how she is.**

RAJ: Experiencing grace. Just a moment...

PAUL: This is me, Paul. There is some imagery, without words, so I’m going to have to share the images, and there is some feelings. It’s as though they’re experiencing peace, not engaged in movement of any kind. I mean that in the sense of not like moving toward the light, it’s like... that kind of thing is already done. It’s as though they’re taking time to be still. The opportunity for activity of some sort is present, but literally the feeling is that they are, it’s like relishing the opportunity not to be driven. I mean by that not to be in a state of bustle, hustle, in being driven in that sense. It’s like they’re enjoying being able to sigh a sigh of relief, sigh, let go of tension, whatever. And that is more enjoyable to them at this moment than engaging in activities with others that is available to them. That’s the best way I can put it into words.

QUESTION: May I ask a quick follow up?

RAJ: Okay.

**QUESTION: Should I convey this to her sisters?**

RAJ: You are welcome to, yes.

QUESTION: Thank you.

**QUESTION: I wonder, Raj, if you might help me look at Fred’s disability in a new perspective or a different perspective that could help... Well, I feel like if I had the opportunity to maybe look at Fred’s disability differently it might be helpful to not just me, but also to him. Is there anything that you could share with me around that?**

RAJ: We are dealing here with the same thing we were dealing with with Steven. You cannot afford to look at this as a disability, but rather as a point in his life when he is resisting a shift, a graduation, if you will, a movement that constitutes a significant departure from what was going on before. Therefore, it is something that you need to see as an inappropriate reluctance that he is faced with recognizing as inappropriate so that he can get past it. It is not a disability and the label needs to cease being heard in your house! It’s a threshold. That’s the end of the answer.

QUESTION: Thank you.

RAJ: You are welcome.

QUESTION: Hey, Raj.

RAJ: Good afternoon.

**QUESTION: Thank you. My husband and I've been married for almost 10 years now. And you've been talking about union and peace and communion and all these words I relate to. And we've done a lot of work, and we've come a long way I feel, but on the other hand we can regress back into the same negative kind of spirals I guess. And we did that this last weekend. I'm just hoping you could share some insight with me on what it is I or we need to do to break through that?**

RAJ: Well, something new would be for one or the other of you—it does not require both of you to do this—but one or the other of you when this kind of spiral or pattern begins, to catch yourself and say, “wait a minute. What would I hear about this if I were listening? What would I find was appropriate to say or to do?”

You see the spirals or the patterns are just habits, habits that the two of you have practiced. And you have it down pretty good. You can break the pattern of the habit by not relying upon each others conditioned responses, but by being willing to step aside from them for the clarity of a larger point of view. If either one of you does this and shares the result, it is not likely to get an ego response from the one who didn't do it. Because the clarity that comes from listening never has a pay-off in it to the benefit of one and the disadvantage of another.

It's very simple, a very simple thing to do. Just be willing to hesitate, hiccup a little bit in that habit pattern that comes out, let there be an interruption of it momentarily to say, “what does my guidance say about this? What does the one who is with me who has no ax to grind and who has no favorites here say?” And then listen. It will be transforming and meaningful. And the two of you are likely to get the hang of it rather quickly so that you will begin to move through these things in a new way and come out in a new place. That's the end of the answer.

QUESTION: Thank you.

RAJ: You are welcome.

I have enjoyed being with all of you today. You realize that you have brought something as well. It has felt good to be with you, your energy as it were has been wonderful. And I look forward to the opportunity to be with all of you again.

One last thing. When you leave remember what I said about there being no space which existence occupies. It is because of this fact that the Movement of Being does not take up space that I am, it is because of that I am with all of you always simultaneously, if you will—poor choice of words, but it expresses the idea. It likewise means that you are all with each other constantly. But my reason for bringing this up is because any thought that you address to me at any time I

hear and I respond to. And whether you hear the response or not I want you to know that the response has been given. That attention was there with you when you asked.

You may also know—and this is true of your guide as well—you may also know that in my response is everything necessary for that response to register with you in some way. So it isn't as though I respond in an off-handed way, whether you hear it or not. The response is given with a conscious intent for it to register with you. I say this so that you might listen or be attentive to the response a little bit longer than you otherwise would.

You are all loved because you are. The expression of the Movement of Being, which is another way of saying the Children of God, the Sons and Daughters of God, the expression of God. And I encourage you all to dare to set aside the justifications against what I am saying so that you might let that love in, and let it begin to register with you and help provide you with that strength I mentioned that will allow you to put your money where your mouth is during 1995. And be the transformational presence that will heal the world by making it easier for what it really is to register, not only with you, but with everyone. Good evening.

ALL: Thank you

RAJ: You are welcome.