



Gathering In Kingston, WA –April 28, 1996

By: Raj Christ Jesus -

RAJ: Good afternoon.

ALL: Good afternoon.

RAJ: Well we'll begin with questions. So...

QUESTION: Good afternoon, Raj.

RAJ: Good afternoon.

QUESTION: I'm not clear exactly how to put this question, but I'll do the best that I can. Why is it that our experience of the three-dimensional world has to make sense, given that it's not the truth, that it's a distortion of the truth? And yet when I heard you talk before it's as though there's always a rational answer to things that happen. For example, I was driving through Dunblain, that's a small town in Scotland, a few weeks ago where a whole class full of young children were plowed down by some crazy guy with guns. And I imagine your answer would be all death is suicide, which would be at least some rational explanation of that. Although I don't fully understand that one. But the general question is why does it have to make sense if it's a distortion? Why does our experience of the three-dimensional world have to have those sort of logical answers to it? Is it not just chaos? Is it not just a misperception of the truth? Does that make sense—the question?

RAJ: It makes enough sense. I do not know who it is that said that the three-dimensional world must make sense. But let us be very careful not to discount the third-dimensional frame of reference entirely. Because it is just three of the four dimensions that make up reality. And when you are not observing it from the standpoint of the fourth-dimension or what we could call totally Awakened consciousness, it is nevertheless, part of the four-dimensional continuum, if you will. So what you are seeing is real, but the way you are perceiving it from within the limits of the three-dimensional frame of reference is incomplete. And therefore the conclusions you come to about what you are seeing is false. And so therefore, it is in this sense that everything you see is illusion. It is that you are not able from within the three-dimensional frame of reference to understand what is there.

Now when someone asks me a question and I give an answer, and you say, or that person says, "Oh, I understand," what that really means is that what I have said has allowed them to come to a place of peace within themselves in which what

they had been misperceiving is not successfully distracting them from their peace any longer. And in that place of balance that what I have said has brought them to, they are able by virtue of not being hooked by their misperception to experience what they had been perceiving in a new way. In other words, with more innocent eyes. And transformation can occur.

The problem is that everyone thinks that understanding is the goal. And so everyone reads to gain understanding, so that what is understood can be relied upon. When in actuality coming to a place of understanding means you've come to a place of peace, in which reality has the opportunity to penetrate the third-dimensional frame of reference and provide insight. And one can say, "Oh, now I know," even though what they know they might not be able to share with someone else. Everything is understandable. But the real perspective of understanding is only available from an awakened standpoint—from the fourth-dimensional conscious experience of being.

Because everything you are seeing is fourth-dimensional—even though from the third-dimensional frame of reference it appears to be limited—again, because everything is fourth-dimensional, no matter from what level you are observing it, what you are observing is always real. It is always there for being capable of being understood. Which means that it is not bound to forever be a mystery. Again, and I keep saying this over and over again: Love is the willingness to recognize that which is Real, with a capital "R", in each and everything. Therefore, the place for you to bring your attention is to the things that confront you in your daily life, because that's where something Real is happening, that's where "understanding" can occur. But the understanding will emerge in your awareness only as a result of releasing your confidence in what you believe a thing to be and listening, you might say for the Voice for Truth to reveal the Real meaning of that thing. So that you aren't forever responding to everything from what you think it is, from what you believe it is, from what you have been conditioned to know it is.

It is not an unreasonable thing to look at a relationship problem or a financial problem or a physical problem with curiosity to understand what is going on divinely there—that has nothing to do with the problem. You do not have your attention in the wrong place when you are looking to see the Kingdom of Heaven right where you are, because there is absolutely nothing in your face that isn't the fourth-dimension, that isn't God Moving, Being what is happening.

As a result, as you persist, let us say on your spiritual path, as you persist in your desire to Awake you can expect your experience of your finances, of your physical experience of everything that is in your world to improve. You can expect healing to occur. You cannot say, "none of this matters. None of this is real, therefore I can Awaken without any healing occurring. I can be healed and

still have this rash. I can be happy in my limitation, because it's not real." It is a shame to buy into that thought. Because Awakening is a process, you might say, of beginning to observe everything with greater and greater clarity—less and less illusion, less and less misunderstanding or misperception.

When you look at the TV or the walls or the lampshade or the plastic cup and you say, "none of this matters," you have cut yourself off from the opportunity to experience the substance of that cup, which you say is Styrofoam, and the little drops of coffee that are around the rim, you are saying that those are just physical substances. But something is happening there. The form you see is held in a recognizable form by intelligence, else intelligence couldn't recognize it. But more than that, what is held in that shape by intelligence is Living Love. As a result—and this is not new I've said this before, but everyone needs to hear it again—every single form you see, being constituted of the energy of Love is radiating that Love—that Love is embracing you. And if you off-handedly say, "Well, that's just an illusion. It doesn't matter. That's not where I should give my attention," then you are cutting yourself off from the very intimate experience of being embraced in profound Love.

It is so important to look in this three-dimensional world as you currently define it with a curiosity to be able to recognize the radiate presence of God.

Everyone at one time or another says, "I don't feel loved. No one likes me. No one visits me. My children don't call me. Everywhere I turn everything feels meaningless." And yet they're sitting or standing in the middle of Love radiating and embracing them from every point of infinity and especially from everything in their immediate experience. And it's not a lampshade loving you, or a Styrofoam cup loving you, it's the presence of God embracing His own—You. Or you could say, the presence of God embracing Himself in His recognition of Himself right where you are. "This is my Beloved Son or Daughter in whom I am well pleased. I recognize Myself in him. I recognize Myself in her." Well, if everyone didn't so off-handedly discount every manifestation of the active presence of God's Love that is in their face at every moment, they would not say that I feel lonely.

You know that you're constantly being bombarded by gamma rays, let us say. Well, why don't you begin to think about the fact that you, as the separated one you think you are at this moment, are constantly being bombarded by the rays of Love, that you are capable of feeling, in fact it's your function to feel them. Well, one of the reasons people don't let that kind of love register with them is because they think in the illumination of it their piss-ant puniness and their flaws and their unlovableness will be highlighted and in the presence of love they will be convicted of their flaws. But you know something that none of you can afford to forget is that when you allow Universal Love, the infinite presence of God that is loving everything from everywhere in the Universe, when one lets that register

with him it isn't a convicting experience, it's a whollizing experience. It feels good. And I'll tell you, it's the only thing that can convince you of your innocence. If you're going to be convicted of anything in that process, it will be your innocence that you will be convicted of.

Many people these days meditate to get into that quiet place where a Universal experience can be available to them. And that is a healthy and wonderful thing to engage in. But without meditating in the sense of closing your eyes and shutting out the world you can sit in your car on the road or in your chair at home and you can look at and notice every thing, remembering, even if it's just intellectually, that I said that the substance of it is Love, radiant Love that is the presence of the Father embracing you. And you can be open to a Universal experience while you're looking at something that seems to be finite.

You know, when you look at a plaque on the wall and you experience it as Living Love, even though it still appears to be solid and limited, what it appears to be becomes irrelevant to you because when that Love registers with you it illuminates the fact that you're Love to. And you say, "Oh, it's just like me." It won't matter if it looks finite because you will feel the infinite, or non-dimensional nature of the substance of it which is Love. And you will be so glad that there can be such an infinitude of apparent forms in which this absolutely unlimited Love is expressed and expressing.

Hmmmm, none of this will have to go anywhere. But you will become free of the belief that you have entertained as a fact that it's just a three-dimensional world that is an illusion, or that doesn't have any real meaning.

For students of the Course, I want to point out something: The Course does not in any place say God did not create the world. It does say God did not create a meaningless world. It is very important not to let that escape your attention. The meaning is never in the particular form you see, but it's in the substance of that form.

So you will begin to find that everything is Meaningful. The understanding relative to it will not be an intellectual understanding, but it will be in that recognition I spoke of, of the experience of feeling the Love that is embodied in that shape or form. And so you won't be fascinated with the form, but consumed with the Meaning with that Living Love that it is. And then, as I said, in that experience it discloses to you that you are the Presence of that Living Love too. And there you have the opportunity to have the experience, not an intellectual understanding that you, the form that you have identified yourself as, is no more important than the plaque on the wall, the form of the plaque on the wall, but the Movement of Love that is the Presence of your Individuality, which is the Presence of God, your infiniteness becomes opened up to you.

In the experience of that Love, ultimately everything you see will make

sense. Ultimately everything you see will be seen in its utter perfection. But the particular forms you are seeing will no longer take precedence over what is finding expression in that form. You see? And it's all going to happen right here! It's all going to happen wherever you are! And so, yes, you will look at the un-understandable, which is practically everything you're seeing, and right in the midst of it you will understand. But you won't understand the thing, you'll understand the Meaning, the Movement of Love, which through the active presence of intelligence is recognizable. When it's recognizable you say it has form.

What's happening in the process of Awakening is that everyone is withdrawing their great attention that they have given to form. But it does not mean that form has been invalid. It just means that everyone has let form take precedence over meaning. And in the loss of meaning they have had to create a whole theory of what life is about. And then everyone has agreed on the theory and they're living in a dream—a mutually agreed upon misperception of Reality.

So when someone out of their ignorance behaves in way that seems to injure other people, or when there is a storm and a tree falls on a pet, one does not say, “there is another proof that this is a meaningless world, which God did not create, and therefore this doesn't exist.” And when one sees his brothers or sisters mistreating each other he does not say, “well I give up, this is a meaningless world.” He says, “I am not going to use the expression of ignorance that other's are expressing as justification for my ceasing to be curious to see what's Really here.” Because the other's who have expressed unintelligence have expressed it because they have already done that, they have already said, “I am not going to look for what is real here. It isn't real. It is meaningless. It frustrates the hell out of me. And I've got to express my frustration somehow.” You see?

So you can't take what's on the news as justification for any conclusion other than, “I want to see what's really here. I do not want to be confused. And so I am not going to adopt the set of conclusions that everyone else has adopted about events such as this. I am going to be curious, avidly curious to see the illumination of Love in everything I see.”

If someone at this incident that you spoke of had dared to explore, you might say of his or her capacity to recognize Love in the dead bodies—to recognize the presence of Love and intelligence that was seen as those forms, there would have been immediate resuscitation. But no, people reach into their memory banks and say, “This is an atrocity. This is horrible. There cannot be a God if this kind of thing can happen. I have full justification for being so upset that I can hardly keep from vomiting.” And everyone continues to stay asleep, or continue this mutual agreement to be ignorant. You can't take it as a justification for anything, not even proving that the world doesn't exist, that it isn't real, that it

doesn't matter. You see?

Why listen for guidance? Because in listening for it you reach beyond your memory banks. You reach outside of the arena in which you keep yourself closed. And as a result you allow yourself to have one who is Awake share with you the Meaning of what is in your face so that you can be relieved of your ignorance. And in the absence of your ignorance you will say, "I understand." Except that what you will really mean is, "I know the truth here."

The third-dimensional frame of reference doesn't have to be understandable in an intellectual way. But it is spiritually understandable when it's looked at—as the song goes—from a distance, when you are willing to stand back from the third-dimensional definitions you have given it so that the fourth-dimensional Meaning can register with you. Does that answer your question?

QUESTION: Yes, thank you.

RAJ: You are welcome.

QUESTION: Hello, Raj.

RAJ: Good afternoon.

QUESTION: I could use some help making some choices regarding kind of some financial pressures and what I feel is a need to go on a sabbatical, maybe even on a deeper level of a vision quest. I'm not feeling frantic about these issues as I might have in the past and I feel like I'm accepting it along the lines of failing, which actually feels good. Financially, I mean you know the changes I've been going through cause we've talked about it recently—but financially bills that are owed are going to come to the point where I either have to continue to work at pace that has become completely unacceptable to me and which feels like it's making me sick, or I'll have to choose bankruptcy or some type of protection here. What would you recommend along those lines?

RAJ: I like the idea of a vision quest. However, I would encourage you to go on a vision quest of the sort that I described in the answer to the first question. Don't go into a cave. Don't close your eyes, so that you are not confronted by "the distractions of the world." Let your vision quest be one that you engage in while you are actively working. Of course now you're going to find out whether it was really a vision quest you were interested in or relief. But there was a ring of truth about the vision quest. And what I am suggesting to you is appropriate for you.

Instead of trying to get relief from everything—your work—let your work be the place where you bring your attention to. Let it be the place where you have your eyes open. Look at everything. Look at every building. Look at every individual that you encounter in your work with a curiosity to see the substance of the form that is sitting there illuminating who you really are by virtue of being the

love that it is. The building you inspect or the house you inspect sits there loving you with the love that will reveal who you truly are to you. But as long as you are resenting “the work” and the pace, it is the equivalent of discounting the Styrofoam cup by your foot, by saying, “It has no meaning in my vision quest. It has no meaning in my spiritual growth. It has nothing for me because it’s meaningless. And so I’m going to go on a vision quest looking for the experience of meaning.” Well, do it when you pick up the cup for your next sip of coffee. And do it on your way home. And do it as you engage in your work. Abandon the resentment. Be willing to let it go. It is not constructive in your process of Awakening.

If you will let go of the resentment and if you will truly be curious about everything that confronts you your perspective will change. And if indeed you are working too hard, you will back off. But you will not discount work any more than you would discount the cup. You’ll just be more appropriate relative to it in your expenditure of energy.

I’ll tell you something else: The love that you are embraced by and imbued with by every single thing you see has the capacity to uncover to you your capacity to embrace fulfillment—not create it, but let it in.

So I like this idea of a vision quest, but not as a means of escape. Let’s not say coffee is bad for you and stop enjoying coffee. Let’s not say the Styrofoam cup is just a form of matter that breaks down difficultly and therefore hurts the environment, so let’s dispense with the Styrofoam cup. Don’t discount your work. Don’t discount your world. Take every little bit of it that is in your experience and be willing at every moment to look at it with new eyes. Which simply means minus your conclusions about it. That’s how you forgive your world, by withdrawing the conclusions you have come to on your own about the Kingdom of Heaven, which have made it seem to be just the world—and a meaningless one at that.

So, I point this out to you so that you will not say, “well, if I go on this vision quest and continue to do my work and let my work be where my vision quest is going to occur, well whose to say that I’m not going to be even more burdened with problems,” you see—but able to not be bothered by the increase.

Love registering with you because you have let it in, brings balance, allows fulfillment to also register with you, and the intelligence, the divine intelligence that holds the forms together so that they are recognizable will not include unintelligent, aggressive, compulsive busyness. In other words, healing. The revealing of your good must accompany such a vision quest. Balance must come into the picture, not because you’ve said it must and not because you’re doing everything you can to see that balance comes into the picture, but because balance is inherent in Creation. And Creation is what is in your face no matter how

you've been defining it, no matter how everyone's been defining it. And Creation is not a material world.

The very simple fact that isn't registering with the general public yet is that even your scientists have come to the conclusion that there is no matter and therefore there's no material world—there's no solid world here. But that doesn't mean it doesn't exist. It just doesn't exist as matter. It never did. The substance of everything is not matter, it is Love/Intelligence or Love coupled with Intelligence. You see?

So everyone here would benefit from this vision quest. And the whole world would benefit from it. Because as each one begins to bring his attention to the place where he or she is, with curiosity to have the real meaning revealed to you—stepping aside not from the world but from your current definitions of everything—you will begin to see anew. And you will have withdrawn your mutual agreement with everyone else that the world is exactly what you know it to be. And as you withdraw from the mutual agreement with everyone else as to what everything is and you begin to let in an actual experience of what it really is, the density of the Brotherhood who are dreaming lessens.

I am not popular because I do not lead you away from the material world. Everyone would love to be inspired to rise above all of this. And the reason so few are Awake is because that isn't the way it can happen. You have to look at what you've been misinterpreting with benign or innocent curiosity, so that you might begin to see what it Really is. That's what waking up is about.

The words vision quest is in itself a little bit inspiring, a little bit moving to most everyone. Let the inspiration of that word have reference to the activities of your everyday life. Because it's all of this that's all around you as well as yourself that you're going to become enlightened about. So it is a wonderful thing. You see as long as everyone wants a means of escape well, that's what the fall was about. Everybody that fell said, "I would like to escape this for awhile and have a different experience." So as long as everyone keeps trying to rise above the immediate conscious experience that they're having in all its infinite details, they are going to continue to be asleep. And so I'm bringing your attention to the very place where it must be in order to Awaken.

It's in your encounters with your brother's and sister's. It's in your encounters with your pets. It's in the encounters with horrible things happening on the road. You see? It's right there where the corrected vision awaits you. And as long as you're trying to get away from it, as long as you are resenting it your resenting the presence's of God and you will never find God there. And again, I'm saying that you will always and only find God HERE, wherever here is at the moment that you say, "OK," and with whatever details are going on at that moment whether they are defined as good or bad.

I don't know how to more completely inspire all of you to value every tangible experience that you're having at any given moment, because it's God awaiting your recognition. It's all that any of you have wanted to arrive at by virtue of a quest. But you've got to let yourself stop and be present with where you are nondefensively, without resentment—without saying, “this couldn't possibly be where God would appear.”

For as long as you have been dreaming dreams—in other words, having a confused experience of Reality—you have always been standing at the threshold of becoming unconfused. And wherever you are and whatever the details are at that moment are the elements about which you will become unconfused, which means that you will look at reality with a clear eye. You have always been at the most valuable spot there is. And that means at this moment you're at the most valuable spot there is. You've just believed yourselves for so long, that you are not practicing curiosity. That's your vision quest. It is going to be curiosity to see the order and Movement of God right in your work and right in your life. There are miracles, truly, awaiting you right in your current arena, Steve. And I am encouraging you to have a little optimism that will seem to justify a little curiosity, so that you don't feel called upon to deny it all as meaningless and useless.

Now I am not talking about having just a more pleasant experience of everything, where nothing bothers you any more. It is really an unexpressible experience of infinite meaning to see and experience everything as Living Love loving you. Drawing you into an experience of your unity with it. It's a profound experience. Something profound is occurring at this very instant right here—something profound is happening everywhere else too—but something profound is happening here at this very instant as an experience.

And so your vision quest needs to be the curiosity needed to give your attention to whatever is going on in the instant you're in, so that this profoundness can register with you, not just as a life where you're getting a divorce that isn't bothering you, but as a Movement for both of you, and a Movement in your work that is blissful, where the idea of it being too laborious becomes irrelevant in the experience of bliss. And which in that experience of bliss you will find yourself not expending one unnecessary unit of energy, because in the perfect order of Love you're always being perfectly appropriate.

Again, all of this that I'm talking about had better be relevant to every moment of the day that you're on the job—and for all of you—every moment of the day, whether you're cleaning toilets or whether you're enjoying a dinner at a restaurant. It isn't about time, it isn't about growth, it isn't about refining your Soul—Awakening isn't. It's about allowing a sudden shift of perception in the moment about the moment. And that is a wonderful definition of a vision quest.

Do you have a “yes, but?”

QUESTION: It was difficult to hear most of your answer because I do want relief. And while I hear what you say my overwhelming feeling is of hopelessness and sadness. I have attempted to bring my presence of mind to my work and serve the people I work with and be grateful for the opportunity to have it. I'm just feeling overwhelmed at this time and there's literally this tension that fills up in my body every time I do it, or literally the tension as I'm dragging myself under another filthy structure that ends up hurting my back more each time that I do it. And then what feels like the amount of bills that are coming in will require me to work full time. And when I get in that full time intensity work space I just lose myself and I just go over the edge. The feeling is just wanting to chuck it all.

RAJ: But you see the suggestion here is that all of the pieces of the puzzle that are in front of you do not belong to the same puzzle. And therefore, there is no point in trying to put them all in their place because you will not end up with a complete picture. You will not end up with balance and order and perfection. And I'm telling you that at any given moment all of the details that are in your experience are the perfect details, because aside from the meanings you are giving them, they are standing in the intent that God is meaning them. Therefore, they are the perfect pieces. And when allowed to be present in the manner that allows you to see the wholeness of the meaning that they represent you will find yourself experiencing bliss. Don't throw all of the pieces of the puzzle away to start over on a new puzzle because somewhere along the line the same suggestion will present itself to you that that puzzle is lacking pieces or has pieces that don't belong to it. And it's part of the ignorance.

The Kingdom of Heaven, or what God is Meaning by the Movement of His Being that's called Creation is totally present at this moment in every living detail. If you are giving them definition of your own, you will miss God's Meaning. And you will not experience your peace, nor will you experience what it is your function to experience, the joy of Being.

You want relief? Don't start a new puzzle!

QUESTION: I'm hearing you much clearer on that. I guess to bring it into a most direct focus for me, it's just the combination of all the events that are occurring for me at this time.

RAJ: And the definitions your ego is giving those events.

QUESTION: Correct.

RAJ: If an event is happening something is going on. And if something is going on, there's only one thing that it can be and that is God. It must be Reality occurring. And again, don't discount it all so easily and say, "I'd rather start over," because you'll just get another box of garbage.

QUESTION: I understand that. I don't want to start over. I'm real clear

on that. I guess it's just a difficult time.

RAJ: Well, it is difficult in the sense that you can't find a way to get your nose away from the grind stone. That you can't find a way to avoid your Good with a capital "G", when your ego wants a variation on capital "G" Good, which can only be a combination of small "g" good and small "b" bad—conflict. And to be very frank with you what's making it difficult is that your ego suggests that you have an out, a means of escape and it is a call for justice, that something is going on and it's not fair—to someone it's not fair, to you it's not fair.

Well, I've said it before and I'll say it again: What is called for is not justice. What is called for is healing. And when one fights for justice, one fights for it because that's what they choose to have rather than healing. And healing means coming into your Right Mind, coming into your Sanity, where you're not confused, where you "understand" because you experienced the truth about it.

Paul is—and I've talked about this with you before—but Paul is engaged in somewhat the same ploy that you are, in that I have told him that his next step is for him to let me respond to everything. That is so insulting to his ego. And that's irrelevant! Which pisses his ego off even more. You see the suggestion is that in order for you to wake up you are going to have to sacrifice some private, personal integrity that you think you have. And that's where the need for justice presents itself.

Well, I am asking Paul to always be in that place where he's not confused, where clarity is always available to him and where it's possible for him to be the forever appropriate expression of Love that is transformational, so that he no longer appears to be a Styrofoam cup, let us say, but is obviously to everyone the Living dynamic Presence of Love that is the Father in Action. And that is his fulfillment. And that is his joy. And that is his bliss—to be in his Right Mind. But in order for him to have that experience he must stop fighting for the right to have some time to be who thinks he is on his own terms.

He sits sometimes and says, "Oh it was great, it was great when Raj first came along. It was such an exhilarating and uplifting experience and there was so much growth and expansion. You didn't tell me that I would have to sacrifice myself in the long run." Well, as long as he fights for the right to be confused, he will not experience his bliss, he will not experience the peace and fullness of being.

And as long as you are reaching for justice and certain rights, "to have not to endure this or that," because that seems to be important to the expression of the integrity of who you think you are, you will cut yourself off from the experience of your Birthright—the point, the real point of any vision quest you might engage in. And you'll just have a period of time in which conflicted living persists. Well there's nothing new about that, and you can do it, but you know that's not what this point in your life is about. Just as Paul having the right to experience a few

more minutes of conflicted ignorance is not what his life is about at this point. That's the end of the answer.

QUESTION: Okay I want to stop here. For the first time, it's real odd in ten years, I'm not connecting. I know you're probably telling me the truth. I don't feel it's not. But it's an odd sensation for me. But I want other people to get a chance... (?)

RAJ: Well, you're not in charge.

QUESTION: I'm well aware of that. It's no mystery to me at all.

RAJ: We will stop at this point. You have heard what you need to hear. And if you will listen to the tape you will find that what didn't make sense will make sense. It would be foolish of me to speak of that which you were incapable of grasping. And so I have spoken about that which you are capable of grasping. And although you're fighting it consciously at the moment it has registered with you and it has made sense.

When Paul gets pissed-off with me I am not bothered.

QUESTION: I'm not really angry at you, I'm just having a hard time.

RAJ: There is resistance. And it isn't resistance against me it's resistance against the truth. It's the equivalent of hitting the snooze button and pulling the covers back up, hoping for just a little bit longer. And that's okay.

I love you.

QUESTION: Me, you too.

RAJ: We will take a break.

QUESTION: I know you've said that we're all waking up and that waking up is not up to us, which is good, since if I knew how to do that it would already be accomplished. It does seem to me that I'm standing still. If progress is being made it must be so gradual that I'm not noticing it. Raj, how many on earth have reached this enlightened stage and where are they?

RAJ: Presently there is no one. There are two who are Awake but they did not incarnate and then Awaken. Of those who are presently incarnated no one has yet Awakened.

QUESTION: Are we the slow learner class?

RAJ: I will not indict you by saying "yes." Many of us are smiling at your question, because you're already Home. You are, for lack of better words, you are here with us even though you think you are here in a place different from us—those of us who are Awake. You're not on a journey. And I encourage you to abandon this concept of a process and of progress which could be slow or fast. If indeed, you are a slow learner you have two options: you can either ask what's wrong with you that you're slow, or how can you speed it up? And both of those things would be a distraction. Because what we're talking about is a shift of perception that can happen in the twinkling of an eye, not something long and

drawn out. And the shift occurs by virtue of the practice of curiosity, which we have been talking about and which you most definitely are practicing.

You notice that throughout the years I've never given anyone steps for Awakening. I will put it this way, you are rousing. All that is called for on your part is gratitude. Try to hurry it up and you will have shifted into an ego mode of control. It will happen when no control is being exercised, when you are letting or allowing. One of the greatest values of being curious is that in the act of curiosity you are not maintaining definitions, conclusions or decisions, you are engaged in openness to something you have no experience of or knowledge of. You can't be curious about something you're already familiar with. You see?

And when you are opening the door to something beyond your present experience—apparently beyond your present experience—you're not practicing control. You could say you've laid your ego to rest. And in the absence of ego assertion the only real Movement there is can register with you.

So I do not give procedures and processes or steps to take, except to be curious. "Father what does this meaning? Father what do I need to know?" Or, "Holy Spirit what's the truth here, right here, right there in the loops of the carpet? What's the truth here? What is God being here? Open to me the experience of the meaning. I'm curious." Does that answer your question?

QUESTION: Thank you very much.

RAJ: You are welcome.

QUESTION: The last ten years it seems like Spirit has really come into my life and has been dismantling my ego. In the last ten years there's been a lot of difficult times. The last 10 months it seems like there's been this acceleration even more so in this regard. My question is about something I think that I was going through, it started about 10 months ago and lasted about 3 months or so. And I think it's a stage of spiritual—after you just said you don't talk about stages, I'm going to ask this question anyway—a stage of ego death is how I would term it. And it was after I went through this 3 month or so period that I came across a book called the "Kryon Writings." And in that book he talks about a neutral implant, which is a sort of fancy way of saying that you accept whatever comes into your life at any moment, and you just accept it, and there's no judgment about any of it. You're just neutral about whatever is there. And he calls this experience, in order for that to be accomplished you have to go through something that he calls the blackness. He said it's called that throughout the Universe.

And I want to ask you about that, if that's really real? And if I did go through that? Because what I went through, I happened to be starting this friendship with a woman. And it seemed to happen shortly after I met her. And I was given to sobbing all of a sudden. And I'm not a person who cries.

But I'd find myself driving down the street and all of a sudden I would start sobbing, I mean sobbing. And I'd wake up during the middle of the night and I'd be sobbing and I would feel totally dark and empty inside. And Kryon says that what is happening is that your Birth guide has left you. And in order to make room for what's the next phase. And when your birth guide leaves you it's as if your best friend and your only child die at the same time. And so I'd have to say that that's the kind of grief, although I've not had a best friend die or I don't have any children, so I can't say what it's like, but there was tremendous grief.

And also he says it's a period of fire. And I just recall there was a lot of anger and things I was making mountains out of molehills. And then he says there is a loss of direction. And during that 3 month period I feel like that's what I experienced. And after I came through it it was like there was a lot of peace. And I'm wondering if I'm making this up? I don't believe I am, but I would like to here your comments about that.

RAJ: You are not making the experience up. The interpretations or definitions given to it are not accurate. But the experience was real. It was a point you to where you lost faith in your best judgment. This wasn't necessarily a conscious decision. It is as though your faith in your ego failed. And this immediately gave you an apparent experience of a loss of direction, basically a loss of control. However, there wasn't an accompanying guilt at the loss of control. You were able to allow yourself to be in that space of having no control and letting or allowing.

It is very important for everyone to understand that as far as guides are concerned, they never leave you. What happens is that your dependence on your guide diminishes, because by virtue of your association and the learn that occurs with your guide you become reminded experientially of who you Are and what you Are. And as that begins to register with you and finally gels you no longer need the support of one who is Awake to provide you with the experience that helps you to remember. But at that point there's no disruption of the contact, as it were. Your connection with your guide, you could say is your first concrete persistent connection with something beyond your own realm of thought. To have been enclosed within the realm of your own thinking is not natural—was not natural to you, any of you. The preoccupation with one's thoughts and the meanings that you give them is what has distracted everyone from the infinite experience of their union with God and the whole Brotherhood.

And so your connection with your guide is like the first contact, the first breakthrough beyond the shell of the arena of your own thinking. All that can happen from there is for you to remember that you never were inside the arena of your own thinking, so that you remember being outside. In other words, you stop

being trapped by your thoughts and remember/regain your infinite perspective which is your Birthright. At that point your connection with your guide ceases to be the only connection you have with the Brotherhood who is Awake and it embraces all of the Brotherhood, including your guide.

Now if you want to know who the mourning was for, it was the ego's loss of its hold on you. And it's a good wailer. It does its funeral well. It is well for one experiencing the tears to allow them, because there's something more than just the ego wailing, experiencing its loss of you as its mouth piece. The ego is a state of self-defense. It defends its sense of independent existence by defending itself against God.

Just a moment... That's okay, let it drop. Paul lost the train... Just a moment...

Now, if the ego's function is to be the denial of God or the resistance to God, because that is the only way it can seem to maintain a sense of special and independent existence, what is it blocking, what is it keeping hidden? What it's keeping hidden is the Movement of Love, which is the Movement of God. And so you will always find that when the ego is wailing and it comes out as tears (we're having trouble with the speakers. There we go) and so when you experience the wailing, the sobbing, the tears, it isn't just morbid it is extremely meaningful. This is because the Love, the flow and Movement of Love that it is your Birthright to be experiencing as your frame of Mind is being freed up to flow. And so it is like, you could say the two sides of a coin. And so it is meaningful, but not because there is something meaningful about the ego.

I will make no comment about Kryon or about what he has said. That is not my function. It is only my function to express myself clearly so that you are able to be more easily clear. My one caution to you is don't try to take back control. That's the end of the answer.

QUESTION: Because of that period of time it felt like emotionally I was falling apart. And I was also doing about two and a half hours of yoga and meditation in the morning and about 20 minutes of that was this yoga series that is meant to raise the kundalini. And I was doing it more intensely than I ever had. And I found out later on, because I have had experiences from doing that particular exercises that have been Awakening experiences that didn't last, but they were there. But I think also that the kundalini energy can have the opposite effect...

RAJ: I understand what you are saying.

QUESTION: ...more fire. And I was involved with this woman and so it was this brief relationship that was very intense, very loving briefly and then it went in just the other direction. And I'm carrying a lot of anguish about that and it's been 7 months and I have not been able to let go of it.

And if you have any suggestions. And I constantly work at it, just letting go of it. But it's just there, all the time. It's because there's so much guilt for just the way things happened.

RAJ: Oh, you think you were responsible?

QUESTION: Well, I know, that's interesting... I know that the ultimate truth is that who I really Am has not and never will be effected by anything that's ever happened in this world, or anything that this form or any other form that I may have been in, have ever done. At least I think that's the truth.

RAJ: You are getting too lofty and intellectual here.

QUESTION: I am? Okay.

RAJ: You see the ego is simply hooking you again. You let go of control. No one ever does it gracefully. And so there was awkwardness that had good and bad aspects to it. But the reason it happened was because you yielded control. And staying in that place of yielding is the point, not what happens, or shall I say, not what happened. I could say let go of it, because it holds no meaning today. The Real Meaning lay in the yielding you were doing then. And the Real Meaning that is pertinent to you lays in any yielding you do today. There is nothing to feel guilty for. And there is no value from that experience for you in this moment. And so I say let it go. That does not mean that you will be able to be instantly free of it. When I say, "let it go," it is to convey to you that there is no reason whatsoever to hold on to it. It will fade. But you do not need to fuss with it, within yourself. Yield, in the sense of letting go and exercising no control either in the sense of holding it close because it's dear, or trying to force it out of your experience.

You know, it doesn't matter how graceful or how awkward any of you are in your breakthrough, that you have the breakthrough is what counts, is what is important. And then to stay, to value that place of being out of control enough to stay in it, is what it's about. Because then you find out that you never were in control. And you also find out that being out of control does not mean everything collapses. And this brings about an understanding, called a Knowing, with a capital "K", that there really is a God—meaning there is a cause, there is something actively supporting the experience of being.

And so if one is willing to stay in that place of no control long enough to have this discovery, that there really is a God, one has a fair chance of not succumbing to the ego's suggestion that you need to reemploy control. Control constitutes the defense, the shell that keeps you separated from the experience of God and from the experience of your unlimitedness.

Now the ego is sneaky. And once you have gotten the hang of abiding in the void, the absence of control, the ego says, "Well, is much happening? Are

things really different in your life? This yielding and being in the space of no control must have some reason for being valuable. It must be a means you can use to promote your Awakening.” And so it suggests to you that it is an advanced form of control, that being in the not-knowing place, in the place of no control is valuable because it makes things better.

QUESTION: That’s the ego saying that?

RAJ: Exactly.

QUESTION: Isn’t that true? But maybe, maybe not, right? It is whatever it is.

RAJ: No, it is never a matter of it is what it is. It is always the Kingdom of Heaven. Everything is always Reality. That’s what everything is, whether you are perceiving it correctly or not. So you can’t just say it is what it is, because then it’s the equivalent of saying, “It is what I think it is.”

QUESTION: What I meant was that whatever experience comes to you, it’s a gift, it’s for the expansion of awareness. And whether my mind says it’s good or bad or there’s loss or gain here is not really relevant, that’s just the mind that there’s a process of healing. And I don’t really have the intelligence to judge the form of it. That’s what I meant by, “it is what it is.”

RAJ: That is correct, yes. So, one has a breakthrough because there’s a failure in, let us say, the flow of energy necessary to keep feeding the ego. And one experiences collapse, breakdown, which is really breakthrough. Now, one becomes accustomed to and feels the naturalness of that degree of not being in control. And it feels indeed as though control was totally abandoned. And then boom, the bottom falls out again, because there is further yielding. And if one is not familiar with this, one could say, “Oh boy, I’m back to square one. I thought I had made all of this progress, you see, and boom we had more collapse.” Well, you don’t let go all at once, even though each time you let go it feels as though it were total.

QUESTION: It’s very dark. It’s hard for me to say. All I know is that there is been times lately, in the not too distant past, where it’s very dark. And what I see is the absolute worst aspects of the personality that is called Randy. And that’s all I see. And I think that’s what is happening in the collapse. I don’t know whose seeing what, if the ego’s seeing itself or what, but that’s when the yielding is happening, when it’s the darkest. Would that be correct?

RAJ: Oh, yes. Everyone values the word humility. But the way you get to humility is through humiliation, you see, which is the collapse and the failure of that of you which isn’t Real. If you know that, you can hang in there through the humiliation. When the ego realizes that it’s not in control and it’s not getting control, and then in the absence of the control where humiliation is being

experienced, one discovers that the world doesn't collapse. Then the "Ah, ha," that comes from that is not one of pride or arrogance, but it is an acknowledgment of a much more grounded simplicity, and it's called humility. And when one speaks from that place, everyone else recognizes humility there.

Again, everyone wants to be told a way to escape such stuff as humiliation. They want to go straight to humility. And I won't give you that kind of option, because there is none. And I won't kid you into thinking that there ought to be or there is. Because if you don't have that period in which you feel humiliated and dark, and where you're out of control, if you don't have the period in which to find out that the Universe doesn't collapse and you are not lost, you won't have the opportunity to recognize there is a God and you don't need to hold everything together. And when you have that realization there's humility.

So don't be surprised if there are further humiliations. Having discovered the value of humiliation that results in humility you will more gracefully encounter the next humiliation, you see. And you will be more allowing of it. And its span of time in your experience will be shortened. You will move through it more gracefully.

QUESTION: I find that during those dark times that I was going to say I want to kill this body, but I think it would be more correctly to say that the ego wants to terminate. Because I'm being very frank, that's what goes through me sometimes. It's like what Steve was talking about—escape—the wanting to escape.

RAJ: The ego never wants to terminate—never wants to terminate. The motivation to do something to kill the body is an overt attempt to take control again. It's a temptation presented to you saying, "you can do something that will have an effect and demonstrate your competence." Well, everyone whose ever done it had an uninterrupted experience of a body and of an ego that was in control that still needed to be released. They may not have had ongoing contact with those that had been in their experience, but it didn't further their spiritual progress one bit or change anything in any practical way.

So I want you to be aware that it is a temptation if you want to put it that way. It's a suggestion whispered in your ear that says, "this is bull shit you can exercise control." And you must say, "I'm not going to do it." You can't make the ego stop talking to you, but you can neglect to rise to the occasion it presents. And as I've said before, the only thing the ego cannot defend itself against is neglect. Attack the ego and it will always win. Neglect it and it has no foundation from which to operate, you see.

QUESTION: Does it ever die completely?

RAJ: Absolutely! It never really had an existence to give up. It's an imagined perspective. It's a self concept, you see. "I am a man of importance,"

or, "I am a man with great respect." And one can conduct his life as though that concept is true. But the only thing that is true is the very first part of the sentence, "I am," you see.

So the ego doesn't have an existence, an actual existence that it can give up. But one can begin to live in one's self-concept and govern every action of his life upon that concept. And if he is one of great respectability and suddenly no one is giving him respect he thinks he's lost, he thinks he's failed, life isn't worth living, you see. It's not true! Because he never was that thing, even though he and everyone around him may for a long period of time have danced this dance of mutual agreement, where they played into each other's need to have someone to respect and to be respectable. You see.

This is what is being very difficult for Paul to grasp is that when I say to him let me respond to everything, in other words, be in that place where everything you do comes out of clarity, that it doesn't mean he is sacrificing himself. The only thing he can sacrifice is a pattern of behaviors that he developed based upon a pattern of ideas about he was that he developed in order to function in the world in a way that everyone else could agree with, you see. But the self-concept and its seeming vibrant integrity is purely imaginary. And it's not a sacrifice at all. He's arguing with me at this very moment.

The ego is an addiction. And it is that which promotes the addiction. And although I have spoken of it just now as though it is a thing that is capable of acting, it's nothing. It has no real existence. But that which is sitting here, knowing the self-concept, that wants to hold on to itself, is not the concept. In other words, Paul is not the concept, he is the presence of mind that can be either Sane or insane, clear or confused.

QUESTION: That brings up a question for me then, when you say just the presence of mind, and if he's in his Right Mind he's out of control, he's not in control. So that means that any behaviors or actions that come out of his body society still holds him responsible. And yet he is not in control, right? And so that's true, and yet this body will still be held responsible for whatever it does, even though there's nobody here in control. So in other words, if you don't pay your bills they're going to come and take your things. I mean even though you may have been in your Rightest Mind. I'm making sense, right?

RAJ: Relatively speaking. Why, if one is out of control, why do you think that the result would not be utter appropriateness?

QUESTION: That's been a question in my mind lately. As if I've wondered, because I've come to that conclusion that I'm out of control... It's fear, it just comes from fear.

RAJ: You see, if everything that you see is the visibility and tangibility of

the Movement of Intelligence, the substance of which is Love that we were speaking of earlier, relative to every form, if it is intelligence why would it behave in a way that wasn't recognizably intelligent?

QUESTION: I think it comes from a lack of faith, a lack of trust that there is a God or Goodness that somehow out of control there is something in charge. Because inside all there is is maybe a lot of conflicting emotions and feelings and doubts and fears...

RAJ: This is why the humiliation aspect of arriving at humility is so essential. Because without it one doesn't have the time to discover that there is a God, which once it is experienced as a knowing, not an understanding, relieves you of the confused jumble of anxious fearful emotions. You see? So you are on the right track. I just encourage you to persist in not taking control again.

QUESTIONS: A friend of my has asked me to ask a question. He's not well enough to be here. His name is Fritz. He has cancer and has had it for quite a bit of time, it's in an advanced status now. He has gone through chemotherapy and he's also spent a good deal of time with a healer. And I talked to him a couple of days ago and his question is... Oh, just one other thing, his oncologist has basically given up, so I think now he just has medication for pain control, which is not a 100% effective. His question is, is he going to die of this? And is there anything he should know or could do? I think when he said his doctor had given up he said—and this is a quote—"now it's up to me." And anything you could say to Fritz I would appreciate and so would he.

RAJ: The only way he will die of this is if he gives the word. His doctor has given up. I hope this is true. And I hope he will give up his faith in the doctors opinion.

Now I encourage you to not only share with him the answer I am giving now, but to also share with him the tape of the whole conversation of the whole gathering today. He can have his vision quest with his body. The curiosity to experience what is Real right there. The willingness to be attentive to the breaking into view of the lovableness of his body, because the substance of the form that he calls his body is Love, which is loving him even though the road he has traveled has caused him to be afraid and almost convinced that his body is killing him, not loving him.

It is his bodies intent, it's reason for existing, to identify the presence of his Individuality perfectly. That's the truth. That is God's intent set into motion that appears as his body. And whether he passes on or not, he will forever have a body. He will forever be recognizable. And that's what form is, the recognizability of an intent being set into motion by the Father as the Movement of Creation. Another thing is that Creation is always current. Creation wasn't

umpteen billion years ago. And life isn't just a perpetual motion machine. The originality and vitality of the Creative Movement of Love is always occurring now.

So healing is always possible. He stands on the threshold of healing at every moment, just as I said all of you stand at the threshold of, let us say revelation and Awakening in every moment. And every single moment, and every single detail of any given moment is exactly the perfect opportunity for this revelation to occur. It's the intent of his being, that which God Created that constitutes him, to experience what he is flawlessly. Therefore, the fact is that everything about his body is geared to manifesting that which is utterly blissful to Fritz, just as yours is to you.

And so I encourage him not to believe what his doctors have said, when their current level of ignorance has been expressed as though it were law.

I will say to Fritz, don't say that it's not fair that I should have to go through this. Well, I'll tell you, whatever the puzzle pieces are that are on the table are the perfect ones. And generally speaking, and just because the perfect puzzle pieces tend to bring about the humiliation we were speaking of, and are uncomfortable, but lead perfectly to a state of real humility and the opportunity for healing, doesn't mean that there is less reason to bring full joyous commitment to the puzzle pieces that are on the table.

Every healing, in one way or another, involves humiliation and resultant humility. And so what I am saying is, value the puzzle pieces that are on the table because they are specifically contributive to healing and the experience of bliss. I'm telling Fritz not to be angry and frustrated by the circumstances, the details aren't what are relevant. It's the fact that underlying the interpretations, the current interpretations of those details is the Presence of God illuminating Fritz's divinity which will register with him if he'll stop being angry at his puzzle. And he will understand what I am saying if he has been able to listen to the whole tape of this afternoon. That's the end of the answer.

QUESTION: Is there any physical steps that would be helpful?

RAJ: No, what I have shared will be immediately regenerative.

QUESTION: Thank you very much.

RAJ: You are welcome. Today has been pregnant with Meaning. And I hope you are all able to get home before your water breaks. (Much laughter)

Thanks you.