

## *Beyond the Twelve Steps - Lynn Grabhorn*

There's no right or wrong to your answers. We've all lived this way to some degree before starting our wake-up process, placing responsibility for our lives in the hands of others. This is the start of understanding how we've created our world through unfocused thought, how we've fooled ourselves into thinking our choices in life were limited due to circumstances beyond our control. We all have answers to at least one or more of these questions, for at one time or another we've all pointed fingers at some one or some thing for our lot in life. But sooner or later, if we are to cross that bridge to mastery of Self and reunion with the God of our being, we have to wake up to who's really been calling the shots. It's not them from past or present and never has been. ***Through these pages, I hope you will come to see this is not a world of victimization, that you are not a little character being moved around by circumstances out of your control. Rather, you are a divine being endowed with the power to create in this lifetime however you wish to create. You are very much in control of your own life. You, and you alone, control the power that can clear your path. Indeed, you are the light at your feet. We think we are our problems! We think they're a part of us. Well, they're not, and that's why are being with the "who's responsible" questions, to see that all those hurts, blames, and regrets are what we think we are, or what we think we have to be, when in truth they're nothing more than our own limited thinking born in victimhood. They are how we've created our identity, the image we present to the outside world. Limited thinking in any sense does not bode well for happiness, except in the glory of the manufactured identity, the who of what we think we are. We've created those roles, and we're going to hang on to them, come hell or high water. Problems come into being through doubt in our real selves.*** Put another way, because we have no faith in the reality of what we really are, we've had to create identity shells. Out of feelings of worthlessness, or fear of nothingness, we manufacture identities to bring meaning to a life without apparent purpose, a life without an understanding of its own reality. Problems give us that purpose. Problems give us our imagined reality. ***We view problems through the eyes of blame as our excuses for not really living. The crux of this dilemma is that, in a constant state of blame, we have no need to take responsibility for our lives. Not only do we give up responsibility by placing blame outside ourselves, but we also give up choices. And then, without choices, we've given up control. We've given our power to the problem, the person, or the event we blame. And considering there's hardly an area of our lives untouched by our perceived problems, that's one whale of a lot of power we've needlessly thrown away. Another major clue to being a victim is how much we stay hooked to the past, whether that past is five minutes or five decades ago. Stop to think about it. How can you hold a focus on events of yesterday and expect to have joy in your life today? You can't, because your point of power, or joy, is always in the now.*** The moment you give your power away to anything (people, places, or things), no matter how inconsequential, you move away from the now. You become a victim of circumstance, because once your power goes, your joy goes with it. Indeed, victimhood and joy simply cannot exist together. ***Life as a Master is only a thought away. It's coming to that place of knowing you do what you do, think the way you think, and feel the way you feel because you want to out of choice instead of helplessness. As a Master, you stop giving your power away to the world. You allow, no longer playing into life's little dramas, understanding what's going on, without judgment. You take absolute control of your thoughts, fully understanding how your thoughts create your reality. You act differently and feel differently by choice. You live happily in the midst of what you know you have created yourself. Blame is not part of your world. As Master, you are in control.*** Who among us hasn't lived with uncertainty, unsure of decisions we've made or are making? That uncertainty (or fear) no longer exists when living life as a Master, because you base your decisions on what brings you joy, not selfishly through fear but with the deep inner security of your own divine love. Something wonderful happens when you make the decision to cross the Bridge to Mastery. It's like being introduced to yourself for the first time. You know you're going for the Light within, and the awareness comes that, by God, you really are a lot more than you ever gave yourself credit for being. You're waking up, remembering bit by bit your real Self, remembering your divinity. Even the most mundane things take on a new glimmer of purpose until one day you find yourself wanting to literally race across the bridge rather than crawl. It's then you know some joyful voice inside is cheering, "You've got it, you've got it, keep going, you've really got it!" Let it come. Step out of your own way and trust that inner voice. Fan your desire for more and more knowledge, more awareness, more awakening. Know with everything in you, there is nothing ahead that can keep you from your right to happiness and fulfillment. That Master of yours is right inside, pounding to be let out. Let it come, let it come, let it come! A long time ago we each made a choice to deny the God within us, and up cropped separation, aloneness, blame, problems, and fear, the conflicts we've been struggling with ever since we were tiny tots. So it was with our parents, and their parents, and their parents, all from an understandable, perhaps even excusable, lack of knowledge. ***The journey into thought is the journey into Self; the journey into Self is the journey into God. The journey into God is the journey into Mind; the journey into Mind, the Supreme Intelligence, the Creator and supportive element of all life, is the remembrance of what we are. So we're going to do some serious thinking about thought, for it's the stuff from which everything is created and without which nothing would exist, including us. Thought is the Life Force, the Is-ness of the omni-verse which loves all that it is, and through that wondrous love allows all life to be.*** And it is also the most remarkably misunderstood, misdirected, misjudged, misused, abused, and ignored power in our world. Seeing ourselves as victims of circumstances, for instance, or as a perceived success or failure, is a view which comes straight from the subconscious. Our moods, reactions to people, places, and things, our self-image, and self-worth are all the result of silent thinking taking place in subconscious mind. In fact, just about everything we do or ever have done has been a result of what we've allowed to be programmed into our subconscious. Somewhere along the way in our lives we picked up this habit of believing that so-and-so or such-and-such was responsible for whatever was going on in our world. No one ever told us that as long as we continued to look outside ourselves for reasons and answers our lives would be out of control.

Actually, if you want to get right down to it, we never knew we were not in control. ***How do you think your tomorrows get made? From every thought you have today! And every thought you had yesterday. And most of these thoughts designing your today's and tomorrows are coming from that subterranean transmitter, your subconscious. Just look at the questionable quality of stuff we store away: beliefs about the human race, the opposite sex, our own sex, sex itself, authority figures, self-worth, families, love, happiness, fears, shoulds and should nots. Like a giant magnet, our subconscious is controlling our world with these silent thoughts, day in and day out. Whether we're aware of our beliefs or not, whether they are hidden from our conscious minds or not, we experience as we believe. The ups, the downs, the so-called positive and negative events of our lives, are all a product of what we not any one else hold to be true. We experience as we believe! What a mighty truth! To learn to command that power, a power so strong it could move mountains is the longing of our soul. It's what this trip is all about. The good news is we can take control. The very same power which has enslaved us for most of our lives can be turned around to bring us more incredible freedom and power than we ever dared imagine; a life without fear, without doubt or pain; a life of fulfillment, with direction and purpose. We've carried this awesome power within us since the day we were born. Now it's time we learn to use it.*** Think of an iceberg. The small segment we see jutting from the water is like our conscious mind, a mere fraction of the whole. What lies beneath the surface is the subconscious, mammoth, powerful, and very well hidden. That hidden power represents anywhere from seventy percent to ninety percent of the whole. In other words, our conscious mind is only ten percent to thirty percent activated, with the remainder underground working day and night, without our conscious awareness. Consciousness, whether the tip of the iceberg or the power below, is all energy. It controls the workings of our atoms, regulating all of our cellular activity. Our body is consciousness. Space is consciousness. ***In fact, everything is consciousness. And energy, in turn, is created from the use of consciousness. The operation of our subconscious is the operation of our very lives. Everything we do, the way we act, the way we dress, our lack or abundance, people we gather about us, they all come from the programming of our subconscious mind. We're seemingly helpless in the presence of its force. But we're helpless only to the degree that we allow it to continue ungoverned! And then we ask for help in reprogramming. A different kind of energy is drawn to us, bringing new experiences to match the new beliefs. The life we once thought to be filled with smashed hopes takes on a shimmering new look. Wishes turn to desire; desire works with divine high-frequency energy and turns to reality. We're taking control of our life, directing it through our own divinity. Thankfully, we did come to believe that a power greater than ourselves could restore us to sanity, or we might not have made it. Now we need to shift our focus and realize the power we're talking about is not greater than ourselves; it is what we are! In a sense, one could say the power is indeed greater than our ego-selves. But nonetheless, this power is right within us.*** Always has been, always will be. And it's true no human power removed our addiction, because human power is ego power. So what happened? How did we get clean? Once orders have been given, backed by the power of your Inner Being, a kind of calm, all-pervading knowing fills your world. (I think they call it serenity.) No matter what chaos is being wrought on the outside, you know without any question how to handle it from the inside. You're in control. Powerless over your addiction, yes, because your addiction comes from your ego-self; but powerless over your life, no, for now the power of the universe is living through you. With this awareness realized, you are at last in control. Without question, the strength of our Inner Being is the key to unlocking the vast powers of our subconscious. That strength is what we are. It stands ready to ignite our world, not tomorrow or in some hazy unidentifiable future, but right now. All we have to do is say, "Yeah! I'm ready!" Before long, you'll be able to tell the difference between the two wills, ego-will and God-will. One driver will continue to run you on bumpy roads, giving you the same old cuts and bruises, while the other will run you along smooth highways where everything feels right and even. That's being in the flow. The flow is the Life Force. The flow is God. The flow is your own energy. The flow is what you are. Just working with your Inner Being in any way automatically puts you in the flow. It'll arrange anything for you with absolutely no effort on your part, except the effort of consciously directing your thoughts. When you're in the flow, the stones on your path are no longer insurmountable boulders but merely items to be acknowledged, used as lessons, then stepped over. Difficulties melt away before they have a chance to materialize. Sizable promises, yes, but I know them to be true. They've all happened to me. "Bad days" became a thing of the past. I learned how to forgive myself. Yes, myself! But most important, I began the process of identifying what needed to be reprogrammed within me, calling forth the power of that-which-I-am to help with the process. I knew at long last I would be able to attract the kinds of experiences and circumstances which up to then had been only hopeless dreams. Above all, I no longer call forth my limitations ("I'm always broke," "I'm single," "It's their fault") to create my identity. I will simply not allow them in my life any longer. Instead, I call forth my unlimited potential, and out it pours. I live on a little farm, doing what I want to do, when I want to do it. I have money and peace and friends and abundance and fun and gaiety and fulfillment of work. I know how to bring the things I want into my life and how to keep out those things I don't want. I'm happy; there's no other way to say it. I know what I am, where I'm going, and, for the most part, how to get there. Yes, I engage it daily, many times hourly, not because I have to maintain, but because the hunger inside of me is a long way from being satisfied. It just grows and grows, only this time I know what the hunger is and feed it with a passion of joy and tears and playfulness. My journey has become my new life, and I love every blessed second of it! Each of us hit our respective "bottom" that got us to the Program. Now a new kind of "bottom" has come into our lives, not as terrifying, perhaps, but just as empty—if not more so. Mine was like that, and I bless it, for I know now that we've come to this life to explore, to have adventures, and to grow closer to the Light we are. We have not come here to have pain, anguish, guilt, and lack. Indeed, we are here to learn. And that yearning we've been experiencing is our soul trying to tell us it's time to begin the reprogramming. Now! We no longer have to bump into the same obstacles over and over, or play the same old games. ***The process of our waking up begins, the reprogramming begins, our soul hollers hallelujahs and, without missing a beat, life starts changing. Cause now begins to bring refreshing—and highly welcomed—***

effects. It's all a matter of accepting, accepting the power of the subconscious, which is part of our Inner Being, to manifest desirable experiences in our life. The walls of resistance do melt away. Now comes the real fun as you watch manifestations unfold in your life in ways you could never, ever begin to dream. Actually, this journey is not unlike the one you've been on since coming to the Program, just a little deeper. Be gentle with yourself as you go forward into the unknown. Know you are safe. Know there is help all about you. Follow your heart and know that you know. If you want it, your new life will unfold. Listen for it. Go within and see how much you can remember. Perhaps you don't remember the whole melody, yet somehow you'd know if it were to come back to you, you'd weep at the remembrance of how dear the strains were to you in another time. The process of remembering this song is our journey, a trip all heaven stands ready to help us with, once we put out the call and ask. We can be in the midst of anything, with the world apparently crumbling at our feet, and say "Help me, teach me." Help will come. New ways to reprogram old thinking, new ideas, new situations. Help will come! We are here to bring back into our awareness the understanding that we and our Source are One, and that by working with this unlimited power, we can reverse that old programming. Be open; let it unfold; try it on for size. It will happen if you want it to. These next steps into life are what you yourself have called forth. **There are really only two basic elements to remember in understanding the nature of thought. First is that every one of our thoughts is a very alive thing with a life and power of its own. Second, and unquestionably the most important, is that each particum of thought we transmit links magnetically with identical energies to manipulate our daily lives! The truth of the matter is the body is not what we are, thought is; thought, powered by various degrees of emotions energy, and how it acts. Draw back the shades, open the windows, and have fun with this information; it's probably unlike anything you have ever read. Actually, the brain is only the biochemical electrical switchboard which the mind uses as the link between our God within (our Inner Being) and the body it occupies. Mind and brain exist apart from one another yet operate together. So what is mind? Mind is consciousness, both aware consciousness and sub-consciousness. Faithful old brain is what makes it work, because that brain of ours is actually one giant receiver! Every split second of every day these billions upon billions of thought propellants bombard us in unending streams. They look something like straight-line rays of light. Magnetically charged, they travel at un-measurable speeds through the energy field which surrounds our body and on into the brain. What we know as consciousness is actually an endless flow of these countless little propellants that never ceases to surround us. Everywhere we are, everywhere we look, and everything we see is the result of conscious thought. Even deep space is deep thought, consciousness, in never-ending movement. The reason for this strange sorting-out process is that most of our brain is still asleep, unable to receive the ocean of unlimited thought which surrounds us.** Here's how it works. Our brains currently operate at only one-third capacity. (Russian scientists say as low as one-tenth.) **That one-third is capable of receiving only the lower frequencies of limited thought, or what's known as "social consciousness" (fear, competition, anger, lack, survival, etc.). Higher-frequency thoughts, which are what we're missing most of the time, can only be received by that two-thirds portion of the brain still dormant. Getting that two-thirds operational is what this journey to our divinity is all about. Our first goal is to open the brain more, which will raise its frequency, which will automatically charge the energy field with the higher vibrations, which will enable the field to receive, and then transmit, the higher impulses of thought. While the brain does not create thought (it accepts and transmits), it's the first place thought lands on its journey through the body. When a thought comes zooming in through the energy field, it goes directly to the brain, then zips to the cerebellum or the frontal lobes. That's where the first electrical impulses of thought end up and is what the medical community sees on the brain-wave printout from an EEG (electroencephalogram). We're on our way to genius. The chain of events that will cause the brain to fully open has begun. The more brain that's open, the higher the frequency of incoming thoughts we can grab. The higher the frequency of thoughts, the more brain opens. This is the spiral that begins the awakening of our divinity. You manifest more quickly. Your understanding grows. People may leave your life; others are drawn to you. You're in control You're living in the moment, happy, in joy, and fulfilled. Why is all this so important? Well, your pituitary is the door to God. The more you allow unlimited thoughts into your brain, the more it opens. The more it opens, the more you know. And here's the crux of it: whatever you know, you will become. Your world of problems will all but vanish because you're thinking differently. You'll be fed up with playing the victim role. You'll be in an altogether new playground and will frankly delight in creating its furnishings. And, by the way, once that pituitary is open, no matter the degree, it's open for all time! This increase in physical energy is no coincidence. The surge in your energy flow comes as the new, higher-frequency thoughts come into the brain. As they enter, they shoot high-powered electrical currents through the central nervous system to every cell in the body, giving you that "wow" sensation as cells are recharged and 'revitalized.** The next obvious question is, can we open our brains completely? Absolutely! And it can happen in a moment, or it can take the rest of our lives. It doesn't matter. Every step we take to expand our minds brings us closer to that eventuality. **Once fully opened, we have become the Mind of God, the Christ/Buddha/Mohammed consciousness which is within every one of us, waiting, pushing, urging us to become what we already are and have always been. Being, that which we are, is electronic. The God-reality, or God-presence, within and about us is a dazzling galaxy of light, a force field of supreme power.** Within the scientific community, the energy field surrounding the body is widely acknowledged to be a sort of two-sectioned system. The first, which is closest to the body, is an electro-magnetically charged field of high-frequency light that propels the electrical charges of thought out from within, and conversely, pulls in charges of thought from without, disbursing them in accordance with the brain's current operating frequency. In the second, or outer, section, there are no divisions within the electrical units to sift out degrees of frequencies. **In other words, in the outer field anything and everything comes in, unobstructed. It's an undivided light sphere of pure energy which allows all thought from the unending river of**

**knowingness to flow through it. Through this great outer field, which is connected directly to the Mind of God, we are forever in the conscious flow of all things that are known. Of course, precious little of that higher frequency flow can get through the inner fields since the brain's present receiving frequency is so low. And remember, the receiving frequency is directly related to the kind of thought we're allowing in, either social, conscious junk or higher-frequency expanded thoughts. While the energy field is forever with us (it's what keeps us glued together, so to speak), it changes shapes and sizes and colors in accordance with our thoughts and with our emotions.** In fact, this electric light show we put on is controlled primarily by our emotions, the energy force behind all thought. The more intense the emotion, the better the show, for the intensity of vibration of the electromagnetic waves has been increased. Get emotional, and suddenly you're putting on a better show than Futurama at Disneyland! In Russia today, doctors are using the human energy field as a diagnostic tool. Knowing that illness is directly related to one's emotional state, therefore what one is thinking, they've devised a motion-picture camera to show, in the aura or energy field, the level of changing thoughts and emotions coming in and out of the patient's body. As the emotional intensity changes, the color, size, and pulsation of the energy field change, allowing the skilled diagnostician to quickly get to the hidden, trouble-causing beliefs that have probably raised havoc with the patient's body for years. **It's all energy! Everything we are, do, and think is energy. Attitude is energy. Desire is energy. Belief is energy. And it's transmitted solely by the intensity of emotion in back of it, magnetically charging up our "light show" in direct relation to the degree of emotion we're cutting loose. Consciousness is all about us. Our entire being, every cell in the body, is continually being fed by it. And thoughts come from consciousness. Consciousness is "awareness" energy, permeating the universe and every thing we see or know. By the same token, all energy is consciousness. So, what and where is your consciousness? Well, the fact of the matter is you're actually orbiting around yourself, your world, and your universe in countless numbers of very alive little units of energy. Think of consciousness as the parent and thought as the kids. We create every moment of our existence with thought that comes from consciousness flow. Eventually the kids grow up to become the parents when they go back into the sea of consciousness flow. Our consciousness is like a muscle. To keep it healthy we need to exercise it, expand it, stretch it, use it, and these are not things most of us do with any degree of consistency prior to "waking up." Nor does stretching one's consciousness have anything to do with working Sunday's crossword puzzle. No, our consciousness comes alive by reaching out. Its natural bent is to do just that. It yearns to create, to reach and blossom into the higher frequencies of thought from whence it came. All we have to do is cut it loose and let it go.** The power to reach outward and become a part of the consciousness of the Whole is the gift of God to us all. To become that magnetic power center, we simply expand our force fields, our energy fields by the conscious act of reaching, reaching, reaching for those new understandings. Take a moment, if you like, and try this stretching exercise. **Think of your consciousness however or whatever you envision it to be as flowing outward in endless circles from the center of your awareness to the periphery of infinity, your God-self awareness. Then, bring it back to the point of identity within you. Again, feel it reaching out, seeking more of its awakening power. Feel the waves of consciousness going out in ever-widening circles, propelled by desire and want. See them and feel them reaching out, taking in more and more of the totality of All That Is until for one unspeakable, indescribable split second the waves are gone and you are merged with what you have become the consciousness of God! It's an experience you'll never forget when it happens, no matter how split the second. Everything kicks in, the pituitary, the brain, the higher frequencies being received. What you're asking for is being drawn to you! And once you've tasted that indescribable feeling, you'll go after it again and again. When you sincerely ask, for instance, to be filled with a consciousness which allows you to love everything you see and every thought you think (that's really stretching), and you ask it with a passionate depth of feeling, you immediately raise the vibratory frequency surrounding you. Bang! What's going out of you will now draw that love around you like bees to honey. That, in the truest sense, is expanding your consciousness. Consciousness is like a flowing river, ever-moving, ever-changing. You stand in the midst of this gentle current, every cell of your body being fed by the continuous flow of thought. As you grow in your understanding of this river of thought (with which you create every moment of your existence), you may one day come to the same realization that I did, a realization so overwhelming that it still awes me; I no longer believe there is one molecule of my consciousness that is separate from God's. Wherever there is life, there is consciousness, God expressing its own self-awareness. Consciousness is God's awareness of itself. All we have to do is reach into it. The soul, first and foremost, is the working duplicate of the Is (God). We are connected directly into the knowing of God's mind through the soul. Now, as soul relates to thought, its most important function is that of being the emotional memory bank of our being. And it's one giant memory bank. Everything you can describe has certain feelings associated with it, and the soul has recorded every feeling from every last one of our emotional experiences. Memory is emotion (soul memory experienced), not data or events, and every emotion you ever had in this or any other lifetime is recorded in your soul, from the nostalgic scent of a blushing rose, to the panic of impending doom, or the splendor of a burgundy sunset.** In fact, that's how a thought is realized and known, through emotion. Since the thought of anything cannot be known until it's first felt, if it weren't for the soul that stores life's history of emotions, thoughts would pour right through us. There'd be no way for them to be classified and stored for future recall. Learn to listen and to trust. Your soul, in its infinite wisdom, knows what you need in order to evolve back into your oneness with good. That's the hunger you feel, from the soul's incessant pressing and pushing. That's its mission, to eradicate the seeming separateness from God. The key is to have faith that, regardless of what your soul may choose along the way for you to experience, it will ultimately take you Home, back to the God you are and remembered. **Well, in simplest terms, what you send out is what you get back. Your field will magnetically attract in some form the same frequency of feelings experienced in your body at the time the thought left you. This could be a**

situation, object, event, or person. It makes no difference. Yes, thoughts are magnets! They're not like magnets; they are magnets. And so are our beliefs, for a belief is a thought. They are electro-magnetically charged when they leave us and dutifully go about their job of finding, or creating, a similarly charged event, person, or circumstance to match the belief we're sending out. Until we wake up and get rid of our long outdated, outmoded, overused beliefs and fears, what we get is exactly what we're sending out. Visualize, for a moment, a little thought spitting out into your energy field. There it sits, charging your field and magnetizing itself into an expectancy. Beams from the magnetized area then radiate out in all directions like spray from a sprinkler hose, charged with their electromagnetic duty to "seek and return" their own match. Now, when you have unlimited thoughts, those that aren't tainted with doubt, fear, self-incrimination, etc., they go out from your entire body, not just through your brain. That's why loving thoughts (not sexual or addictive love, but just love-of-life type make you feel so good. Your whole body gets into the act. But when the thought is one that has come from your reasoning, limited self the only way it can get out is through the brain, which then transmits it in a much more limited manner. While a thought is as alive as you and me, it's like a rocket without fuel until it has emotion behind it. It has no reality until it's felt in pure emotion. By the same token, it's thought that triggers the emotion and indicates how strong that emotion will be. We never speak a thought, for instance, until we've felt it. And that feeling is the sensation of the thought being realized through emotion. And around and around it goes. Marvelous experiments have been made in projecting thoughts through massive steel barriers onto sensitized photographic plates without using cameras. (Thought easily passes through matter because of its frequency being higher than the mass through which it's passing.) These experiments clearly show the roll of emotion in transmitting thought. **Unemotional thought records only blurred images on the film; emotional thought shows up as if painted by a detail artist. This is excellent proof that the stronger the emotion, the stronger the electromagnetic charge. And of course, the stronger the charge, the surer the return of the "match" of what you've sent, good or bad. Every one of our dislikes, annoyances, judgments, delights, fears, and beliefs (known and unknown) is as real as a ten-ton truck, only a lot more powerful. The same is true of our spoken words, all those "thoughtless" little things we send out to create our reality day after day. Just as we are what we think, we are also what we speak. Thoughts, spoken or silent, never die. At this very moment, all your tomorrows of bleak sameness or glorious newness are being formed by what your silent or spoken thoughts have been this day. You, and you alone, are writing your script. Want to change your life? Change your thoughts including what you speak! And so our life is what we've caused it to be. Who's created all of our unhappiness? We have, by believing in it. Who's created our disease, worry, misery and self-pity? We have, by believing in it. Who's created a life of lack? We have, by believing in it. We've lived in fear of everything and cried out to God for only a momentary taste of joy If that's all we've asked for, that's all we've gotten. When you make the decision to take responsibility for what's happening inside and out, there comes a moment when you know deep down inside that you alone created it, and you alone can change it.** Oh, what a sweet moment that is! Now you begin to create in a way that makes you happy, in fact downright joyous. What else do you think God which is the life you are wants for you but happiness, pure, exuberant, endless, empowered, creative, dynamic happiness? All you have to do is want it, then know it to be so, and the rest will follow as surely as night the day. **If you want to be closer to the reality of what you are, you have only to raise the nature of your thoughts. The higher the thoughts you go for, the more unlimited the thoughts you get; the more unlimited the thoughts you maintain, the more life you'll experience without struggle. There comes immense clarity and ease of purpose in your life.** It's just damn fun being alive! Long, long ago we forgot the greatness of that essence within us. Power groups (better known as churches) hungrily played on that forgetfulness to their own glorification. We learned of fear and death, but forgot life. We learned of sorrow and pain, but forgot joy. We learned of humanness, but forgot God, the ongoing-ness and forever-ness within us which our minds can't understand but our hearts already know. This is a road into that remembering. It's our bridge to the highest thought and emotion that created these bodies of ours so that God, our Higher Power within and without, might experience Itself in this form called human. It's a journey into Self, for as we awaken into our true reality and blossom into our Godhood, we are also blossoming into our Selfhood, our real, unlimited Selves. I wanted so much to love God and be loved by God. Never for a moment did it enter my head that I was seeking what I already was! And it certainly never occurred to me that the imageless being which is my very essence was the same omnipresent power of the universe, indeed, of the omni-verse, the collectiveness of all that is. There is no parallel in our experience of life to help us understand this power. How does one fathom creation? Yet it's within us, an ever-present reservoir of creative vitality, understanding, serenity, love, and universal energy, ready to spring into reality the moment we put out the call. It's what we are. It's our God within, our Inner Being. We keep seeing our Higher Power as greater than, therefore separate from us, apart from us. **That it is greater than our ego-selves is surely a truth, but we can no longer continue to see ourselves as being only that ego identity. We are vastly, vastly more. As long as we perceive ourselves as separate from the God of our beings, our egos are in control of our thoughts, drawing into our lives event after bleak event of repetitious unpleasantness. Again and again, in agony or anger, we seek the help of our Higher Power, only to cut it loose once the help has come, then fall right back into hot soup again. Same game, new players, same old pain. Can you honestly say you want to keep that up? I can't imagine why! If we had only known we had this wonderful inner teacher we could turn to, and turn it over to, an inner teacher which is as much a part of our Higher Power as our finger is of its hand, we might have changed our thinking and forever stopped looking out there for answers from God as we understood Him, not to mention looking outside to people, places, and things. So who are we? Well, the reality of who and what we are is far beyond these selves we think we know. One thing's for sure; we are not our bodies. We see ourselves as a body that works, plays, dresses, loves, and thinks. In reality, each of us is a portion of the infinite, a glorious piece of God destined to wake up one day and become the**

**real us. We are an immense collective mass of energy in a form of identity. We are the unlimited, unexplainable Source experiencing life here on Earth in human form. We are the power and consciousness of All That Is, God. That is our true identity. So, as part of the Whole, what God is, we are.** Can you say that, because your parents are human, you are then butterfly? Of course not. You are of the human species, therefore human. You are of God, therefore God. You are a fiery, pure, energy force of light, living inside that vehicle, your body, to obtain the prize of creative life, the emotional (gut-level) understanding that life is communication with God, and communication with God is life. Indeed, you are Life, a portion of God struggling to rid itself of ego and return to the totality of its being. So we run around searching desperately for value, when in truth, our value needs no defense. It merely is. **We exist as the mind of God which cannot be separate from us; it is us. There is not now, nor has there ever been, a separation between any one of us and God, except as devised and reinforced by the ego. All of life is God! And we are life, here, there, everywhere. God is outside us as the light source from which to draw, and God is connected to us through the oneness of consciousness and thought. Yes, there is a power greater than ourselves, only we are apart of that power, ever changing, ever creating, ever expanding, ever being. God is the Whole of Life, evolving, ongoing into forever. God is man and woman. God is our Inner Being. God is you. Behold God! There are no directives from on high. It's all freewill choice.** Nor did we return to balance out some ghastly thing we may have done in 9007 B.C. We returned because we wanted to move ourselves toward our oneness with God. The time is here on this planet for us to do just that. The wake-up call has gone out to stop living hit-or-miss, to take back our power, and remember who and what we are! The call has gone out to come Home! So here we are, flesh and blood, clothed and endowed with the Light of God to experience through the human drama. And joy of joys, as we come to believe in the concept of ongoing consciousness, we begin to relinquish that blind fear of dying that carries with it such an inordinate fear of living. How can we be afraid of life if we know it goes on into eternity? **Remembering is like a knowingness that wells up inside you. Call for that knowingness, find it, and pay attention to it, and it will tell you clearly what you want to know. Call for that knowingness, and it will allow you to feel loved beyond imagination, eradicating pain, loneliness, and unworthiness. Set your doubts aside as to whatever that knowingness within may be; it's as real as you are, because it's what you are. So how do you get started? By asking! It's that simple. The more you ask, and the more you turn your attention towards your desire to know, to feel, to remember that presence, the more your desire will become an expanding awareness that will never leave you and never stop expanding. But asking comes first. If you don't ask, nothing will happen.** Shifting a car with a stick shift takes a little getting used to if you've never done it before. But there's no feeling like it in the world when you smoothly push that handle into high gear and feel the power come alive. **All it takes is practice. If you have the willingness to shift your thinking from out there to in here, all you need is a little practice, and it's done! Take, for instance, an issue in your life that's unpleasant, or even painful, and let that issue become your first practice right now with shifting. Remember, you have a new Partner, your Higher Power within, the God that you are. It's just a shift of focus, from out there to in here. Ask that power to dam-well manifest itself in your life now! And keep asking.** What we're doing here is shifting gears and taking Step Three to a new level. We're not changing it, just expanding it. Step Three says, "Made a decision to turn our will and our lives over to the care of God as we understood Him" (Alcoholics Anonymous 1975). Absolutely, only now we're reaching inside to create our lives with the help of our Higher Power (Inner Being) of which we are a part, rather than solely Higher Power out there, which means separateness. **Very simply, willpower is not a creative force; willpower is ego power from our outer self rather than from our Inner Being. Willpower is a function of the intellect, and as such, surely has a place in the order of creativity, but is exceedingly weak in its ability to make things happen. Then there's free will. This is altogether different, for free will is all will. It's what we were given to create with in order to explore all dimensions of thought. We've been given free will to expand our consciousness into a greatness, so to speak, for as we expand, so does the mind of God. With free will, we can explore this thing called Mind, break out of our limited ego thinking, and return to the Light of our being. Free will is the purest form of love God gives us, to be, do, and create our world as we choose. And without exception, that's just what we've done, chosen every one of our circumstances by our own free will. The key, then, to the question of whose will is to reign lies in acquiring the ability to listen. In listening to the voice of our heart, we're listening to our Inner Being, our real Self. Trust that force within, and you're trusting God's will. It's that simple. All we have to do is listen to it and trust its direction; then our will and God's will are always the same. So how do you know when it's not your ego kicking up? By listening and feeling, by that inner sense. As you build the bridge of trust to your Inner Being, you'll easily see how your deepest desires, urges, and hunches are really the will of God expressing. It's that feeling of alignment, sort of like an inner "clunk" that says, "Yeah! That's it!" Remember, it's not "God's will" you are where you are. It's your will, which is God's. In other words, it's not "His fault out there." Nor can we cleverly sidestep a decision that may loom ahead of us by copping out and leaving it up to God's will, or the "Whatever is 'right' will be," litany.** The responsibility for our lives comes to rest squarely on our shoulders, for our shoulders and God's are one and the same. With a little practice, spotting the difference in wills will soon be easy. You'll feel comfortable about your decisions, for when your free will isn't tied up with that roustabout ego-self, there's less struggle. You're no longer bucking the flow of everyday life. By quietly choosing the direction that seems to be the most harmonious with your God within, you're in tune, and the feeling is sweet. Often you'll find it's the feeling that gives you the greatest joy. Some call it intuition, or knowingness. Whatever you call it, you're riding the current of consciousness of the Is. You're operating off of God's will. The test here is trust, and it's no small item, for to "let go and let God" is the complete trusting of your intuitive rather than conscious mind to guide you. It's the knowing that when the time is right, you'll be presented with the wisdom you require. It is knowing and trusting; not an easy task for those of us who have diligently followed the path of "self-will." Intuitive thought, by the way, comes directly from the mind of God, so it's a higher frequency than everyday thought. Learn to trust that it's not made up, and you'll

never again have a question as to whose will you're following. You'll always know. That old, frantic serenity drops away, and there comes a quietness, a sureness, one day at a time. ***When finally you can say, "God's will is my will," you put logic aside. You stop thinking of God's will as a thing apart from yourself. You turn it over, simply enough, to that voice inside that knows. At that moment, you've taken your biggest leap into freedom and mastery. Bit by bit, step by step, you're moving closer to your Source, walking into moments that are impossible to describe in their awesome newness. Desire these moments with everything in you and embrace them when they come. Listen to and trust your knowingness. Then remember for all time, you cannot separate from that which you already are, your Inner Being which is God, your Inner Being which is You.*** Two teachers of opposite views teaching one class? Absurd! You'd get nowhere except into a state of constant confusion, right? Right! And this is what's been happening to us since the day we were born. Taught to mistrust intuition that comes from our inner voice, we went with what seemed to be real to us, our character, or ego-selves, that image we so carefully worked at building since early childhood. That was real. If we could touch it, smell it, feel it, hear it, see it, or taste it, that made it real. Any gut-level feelings, hunches, or insights that might have emerged to guide us were rarely considered valid. ***All of our lives, those same two voices have been going off inside us, one from our God-self, the other from our ego-self. Most of the time we've responded only to the ego-self, the one which nurtures and maintains that cherished image. We've known no other way to live, or to survive. Yet we've become totally lost in that image. The images of the macho man or the flighty woman, for example, are not personality traits. They're ego-created characters which we stand on our heads to maintain. The personality, on the other hand, is real, a part of the core of our Inner Being. Our personalities are our pure Selves, but the image is from the ego. It alone is the cause of our separation from the God of our being. The image is made up of our fears and judgments. The image is all of our negative, limited thinking, for it has no other basis of truth. The image is our need to be needed and loved, for it has no idea how to tap the true love of its own reality. Somewhere along the way of our lives, we buried ourselves in this image and forgot our divinity. We became our image, turning our backs on our real selves. The frantic scramble ever since has been to maintain that identity at all costs lest we become nothing. The ego is the tool we've been given to test the strength of our desire to evolve back to the Light. But instead of working with us, the ego has fearfully perceived itself as separate, completely on its own. It learned at an early age precisely how to control our private world to ensure we remain in a constant state of struggle. We all know only too well that marvelous Program expression, "self-will." Well, in a broader sense, our ego is self will. It's the cunning, lovable troublemaker of our being that's just gotten way out of hand. We have this perpetual image of ourselves, this being we think we want to be with all the labels. That's the ego, forever drawing to it circumstances and events to reinforce the image. For all its power, though, our ego is really nothing more than an irascible brat over whom we've exercised little or no control up to now. It'll do everything it can to weigh us down with those very beliefs we want to give up, hollering bloody murder the moment we attempt to remove them.***

- ***The ego thinks it's perfectly normal to point out someone else's mistakes and to correct them. What better way for it to feel superior?***
- ***The ego has a big-time investment in sickness. Even though a sick body is unnatural to the real Self, with sickness, the ego can continue to feel vulnerable.***
- ***The ego wants us to think that our problems are real, solvable only with its own mighty logic, which is almost always based in fear.***
- ***The ego is an expert in confusion, knowing perfectly well we can't live happily with two inner voices pounding at us day after day.***
- ***The ego thrives on guilt, it couldn't care less whether that guilt belongs to its owner or to somebody else.***
- ***The ego adores sacrifice & reasons that sacrificing itself to the good of any relationship makes it powerful.***
- ***The ego tries to tell us how foolish we are in attempting to grow spiritually, for it knows this way of life means learning to love from the inside out, an utter contradiction to the ego's modus operand.***
- ***The ego delights in reinforcing beliefs in our own insignificance.***
- ***The ego goes to any lengths to maintain our identity as a struggling victim of circumstance. And you can bet it would never even remotely consider suggesting a way out.***
- ***The ego specializes in keeping things complicated and delights in hiding what might be obvious solutions.***
- ***The ego is a past master at intellectualizing, one of its more reliable separation ploys.***

In fact, any reaction you have that's based in fear comes from the ego-self, not the God-self. And since everything on this plane which is not love is fear, there's one whale of a spectrum of emotions being encompassed. ***On and on the ego goes, keeping us deep in its fear-based image, as far away from our loving core as possible. It's ruled our lives with high-handed, freewheeling abandon since the day we were born, pumping distorted beliefs into the subconscious, shouting for all its worth to override our God-given intuition, and clapping its hands with glee at our acquiescence to its demands. It's time to take control of this once and for all! But be warned; your ego's not going to give up easily. It's not going to like this new approach to life. Not one bit! Since the ego is not sustained by a force outside itself, Higher Power, etc.), it naturally holds self-preservation to be its only reason for being, when in actuality the ego is nothing more than a belief about ourselves. But remember, as we believe, so we are, and so we attract. High on the list of favorite beliefs we cater to, for example, is pain, one of the ego's favorite illusions. Yes, illusion. Indeed, we see pain as a normal part of life. But to allow our pain to become a comfortable, intellectual habit is nothing short of insanity. And that's all pain is, an intellectual habit, without exception the worst addiction in any form known to mankind! Pain is simply negative thought built around an imagined future event that comes from***

**the remembrance of a past experience. And there we are, constantly trapped between two points that don't exist, future and past! We say this "feels good" or that "feels bad," but where did we get this information in the first place? We learned it from past experience. In fact, "good" and "bad" are only judgments derived from our past, and all judgments are learned. Emotional pain, then, as we know it, is nothing more than a judgment, and like any judgment, is a learned response, not a fact. Pain is not a fact! It's an intellectual habit born of a learned response.** A memory comes up of our past, and we say, "Ooh, I don't want to look at that; it's too painful." But reason it out; the event may have been real, but the pain we've built around it is not an actual fact! It has no power! **Yet in our fear of experiencing that imagined pain, we run around hiding ourselves from the world, diligently stuffing the pain deeper and deeper into our subconscious, rather than bringing it out and dealing with it. Hiding and stuffing, two sure ways to maintain our painful addiction to pain. What a circle! Oh hey who among us hasn't known excruciating, emotional pain? Pain of past events, pain of lack, pain of relationships, pain of looks, pain of low self-esteem, they've all been realities to us in one degree or another. And it would seem the greater our insistence on proving how real that pain is, the more we have identified with the illusion of it. So we get trapped, can't see the forest for the trees. Over and over we keep drawing the pain to us, convinced we're hapless victims of circumstances, with no way out. The trick now is to decide if painful thinking makes us happy Don't laugh! Nine times out of ten we confuse suffering with happiness! As long as we're living in the ego, and not through the Inner Being where the us that we want to be really lives, we unconsciously misinterpret suffering as our normal way of life. In other words, we confuse our pain with happiness!** Contrary to what you may think, emotional pain is not a necessity in one's life, no matter what your past may have been. It is not a requirement of growth, it is not the irreversible result of your childhood, nor is it normal! It can be corrected in the same manner we correct any other addiction. First we recognize it, then we go to work on it. Right up there next to the word pain is hurt. "I'm hurting", favorite words around a meeting or with a sponsor. How often we say or think those words without the slightest idea what the reality is behind them or what power we're giving to the thought. **Suffice it to say for now that, like pain, hurt has no power. It has no mind of its own. Hurt is an exercise; that's all it is. We need only go inside, speak to our Inner Being, and insist it be removed. If we do that regularly, no matter how severe the pain, or how ancient, or how justified, the feelings can't help but give way. To let pain in any form just sit around is disaster. If we don't get at it, we keep thinking about it. And the more we think about it, the more we emit those low vibratory frequencies to pull more pain to us. In other words, just to think about pain is to attract more, since what we focus on we draw to us, or become. But the moment we settle down and purposefully, deliberately ask for help in getting rid of the feelings, we immediately raise our frequency level, which in turn helps release the thought patterns which have been so securely stuck to our energy field. If you're truly ready to get rid of the habit, the only way to do it is to begin: (1) Pain comes, (2) you feel it and experience it, then (3) you ask for help and let it go. Remember always, you are not pain; you only think you have it. So, watch how you react to it. With this "feel-and-release" formula, you begin to build a different power around you that changes the frequency in your energy field. The higher frequency cancels out the low. The fear of pain we're all running from, like scared rabbits, is, a phantom! Absolutely the only place fear exists is in the intellectual thinking of the ego.** The difficulty comes when we say we have no choice but to feel the pain. Ridiculous! It's that very thought that makes us so vulnerable, causing the pain to stay alive. Of course we have choices! They're limitless! **Pain persists because of the choice we've made to retain it! So ask for help and watch what starts to happen. "From the Light of God that I am, I call forth help in removing my addiction to the pain of." Predicaments, hang-ups, illnesses they're all problems drawn to us, by us. We've thought them into being! Until we change the frequency of thinking that drew them to us in the first place, they'll stick to us like glue. Nor will ignoring a problem work, because the ego gets scared. Now we've got whatever that fear is sticking to us, holding the frequency of the problem in our energy field. The only way out of such a mess is to change the frequency that drew it to us in the first place. Take a particular problem you have in your life right now and tune in to how often it pops up in your thoughts throughout the day what's the nature of your thinking surrounding this problem? Are your thoughts defensive against some other person, or blaming? If they are, you're seeing yourself as victim again and will continue to manifest that problem in your life until hell freezes over.** Throughout these seven days, as you become aware of how often you focus on your problem, remember that how you think, you attract. **In other words, you can never find an answer by focusing on the problem. Instead, call the solution in by asking for it (even demanding it), which in turn will instantly raise your frequency and allow the answers to come. Raising your vibratory frequency to find your answers is the all-important step here, for you can never find the answer to a problem by staying in the same frequency in which you created it. Ask for answers from within and from without. But ask! Ask every few minutes if you think of it, at work, in the car, making dinner. Talk to your Inner Being, talk to God, talk to the universe. Put out the call for help, and then do two things:**

**1) Leave the details of the answers up to your Inner Being, knowing with every fiber of your being those answers will come! Watch for them, listen for them, and stay out of your way, without trying to mastermind how the results are going to occur.**

**2) See yourself already living in the answer. In other words, you're reversing the Program expression, "Do the footwork, but don't plan the results." Now you're really planning the results, leaving the foot work to your Inner Being.**

Once you throw away the belief that solving problems is your life's work, and relax in the absolute knowledge that there are no problems you and your Inner Being can't solve, you'll be filled with such an elevated frequency it will be dam tough to remember the depth of pain the problem once caused. **When you go to sleep at night, suggest to your subconscious that solutions be given you in your sleep. This opens unbelievable doors, and it makes no difference if you remember your dreams or not. Remember, what you put out, you'll get back. So quit**

**putting the low-frequency problems into your energy field and instead put out the high-frequency call for help. The answers to your problems will come as surely as light from the morning sun.** Like all our other limited thoughts, fear is only a state of mind, not a reality. Of course, we all know only too well that when we're in the midst of high emotional fear, it most assuredly does feel like a reality, and we struggle with everything in our ego-selves not to crumble under its awesome weight. **But fear is just a fungus! Let it grow, and it will kill you. It may kill you from early old age, pneumonia, drugs, or hiccups, but it'll kill you. Like any other negative emotion that comes from the ego, fear is a disbelief in ourselves. The only true healing we have, be it physical, emotional, intellectual, or spiritual, is the release from fear. No doors are more powerful in closing off the Light to our Inner Being than those of fear. When we're afraid of anything, we give it power to hurt us and permission to grow and spread. Depression, anxiety, resentment, greed, anger, jealousy, doubt, hatred, all have their roots in the ego's twisted logic of fear. Next, once you've located the fear-point in your body, call on your Inner Being to help you ask the fear what it's trying to tell you. Actually challenge it, speak to it, and go into it. As you do, you begin to see it's nothing more than an empty room you've been carefully avoiding. Call to the God of your Being for assistance and walk inside. Face the bloody thing! It's not a monstrous enemy. It's an energy that can be your teacher if you'll just call forth the courage to face it. Avoid it, and its power magnifies. Your fear wants something from you, so find out what that something is. Say to it, "My friend, I know you're here, and I remember you only too well. I know you've come to remind me of something I've forgotten. Come and sit with me and the God of my Being so that we can remember together." Now here's where your new Mastery really comes into play; you begin to see your fears as lessons rather than tortures. Continue to speak to the fear as a parent would speak to an injured child, wrapping it with love and tenderness, for that low frequency of emotion cannot possibly exist in the high frequency of love and compassion. One overrides the other, and soon the death of that fear will be certain. But you have to take control; fear can never be just wished away. We can get rid of those monsters, because they're not real; they're our ego's games we allowed over the years to deny our own identity. They are, in the final understanding, the games we've created to deny God. So fasten your seat belt, because any thought you may have of exposing this cover-up of your real Self will probably create a mighty (and fearful) stir from your ego. That's OK. It's just terrified of the newness. Simply love it, give it a chance to get used to the new territory, and you'll have an ally for life.** The trouble comes in our chronic habit of concentrating on what we want to avoid! If you're afraid of spiders, and there's a little guy crawling around your ceiling, it's going to be pretty hard for you to take your eyes off it out of fear it will fall on you. The same is true with our beliefs from the past. We concentrate on them, consciously or otherwise, and in that concentration draw to us more and more of what we're trying to avoid, the emotions of the belief. "My dad was awful when he was drunk." "My mom didn't like me." "I was always so alone." "I'll never get over being raped." Just think those old beliefs and, in a flash, their painful emotions follow. **The challenge now is to get our outdated beliefs un-stuffed so we can clear our energy field. For one last time, then, or perhaps for the first time, we reach down and make ourselves feel what we've been so long avoiding, to begin the process of release. Feelings, remember, are not facts! Just because you allow yourself to feel them does not mean they are true! But until you allow yourself the experience of the feeling, it will stay with you forever and a day. Deny the emotion that goes with the belief, or pretend it away, and you keep the lid on the belief itself. You'll never be able to question it or take it apart and blow it away. You've got to get in there and dig out the belief in back of the emotion before the emotion can be cut loose and released. That just sends in the reinforcements to keep those negative beliefs alive. All you have to remember is that you're working with are only beliefs! That's all they are. They are not real! They are not facts.** " If you begin with beliefs you want to uncover, you'll need two pages, one for "core beliefs" and the other for "personal beliefs." Head the upper left of the first paper with Core Beliefs and the upper right with Problem Caused, drawing a line down the center of the paper. Now list all the major core beliefs (remember, these are of a universal nature) you can think of on the left of the page (i.e., "Men get better jobs than women") and on the right half, the problem it has caused in your life, if indeed there's been a problem (i.e., "As a woman, I find it difficult to get top executive jobs"). Do the same on paper with Personal Beliefs. You'll find this page rolls out rather rapidly, along with Problems Caused. You may find a number of hidden surprises as you get into the swing of it. After you've taken a stab at that with both core and personal beliefs, turn it around and now head the upper left of a page with Current Problems. Draw your line down the middle, and on the top right list Operant Belief. This right side will now be a mixture of core and personal, so there's no need to separate them. Begin with the major problems as you perceive them to be in your life at present, and then pull up the belief system that's in back of it. By reversing the process in this manner, you'll find innumerable beliefs you weren't aware of, or didn't uncover in the first exercise. **Remembering that any belief, no matter its nature, is only an idea about reality and not reality itself, we come now to a superb technique for replacing the unwanted old with the desired new. First, using your divine imagination to take you back, generate the feelings which go with the old belief you want to replace. Do this only once. Though it may be unpleasant, let those feelings come through, even if only for a few moments. If, for example, you have a belief of being shy, jump into that feeling feet first, getting into all its feelings of insecurity, fear, etc. Or, if you believe your days are meaningless, really get into the feelings of loneliness, or self-pity, or worthlessness. Now, turn your imagination all the way around and let the exact opposite of those feelings flow through you. What you're doing is allowing your imagination (the God of you) to forcibly create the emotions you want. So, your feelings of shyness deliberately flow into grand feelings of confidence, being gregarious, being carefree. Your feelings of pointlessness flow into deliberate days of fulfillment, or feelings of joy and contentment, however you want to create the reverse scenario through your unlimited imagination. As you experience the emotional joy of these new beliefs, they're imprinting new programming on your subconscious, putting new expectancies into your energy field, overriding the old with the higher frequencies of un-limitedness. Now back that up with repeated**

**visualization and deliberate pretense. In visualizing this new you, see yourself for five minutes each day in this new role. See the people about you responding in a different manner than ever before. This will actually set new thought patterns about those people which will, in turn, begin to alter their old reactions to you. Then put the old Program adage into use by "pretending as if." For a few minutes each day, talk about your new belief out loud to yourself just as if you were chatting with a friend.** "Honestly, Sam, I live this new way of thinking because you're focusing on the present, securing the new belief in place until it becomes operational and permanent. Calling on your Inner Being, you simply release all beliefs which no longer serve you, and do this in the form of a blanket affirmation, or prayer, whether or not you know what those beliefs may be. While this is not a substitute for the important physical and emotional activities involved in Parts One and Two, it will ultimately release those deeply hidden beliefs of which we're not aware, the kinds that so strongly affect our lives in ways we can't conceive because of their enormous emotion power. I willingly release all beliefs that no longer lovingly serve me, and I choose love in all areas of my life. So be it! **Very few of us have ever known, seen, felt, or even believed how incomprehensibly loved we are by the God of our being. All of our lives we've looked outside ourselves to fill that gnawing hunger within. Of course that never worked, because what we're looking for is right within us. It's what we're made of, or what we are. Granted, the power of this highest of frequencies we call love is beyond our current ability to comprehend. Yet give that power freedom, and it rapidly begins melting away those damnable ego needs and useless beliefs which have held us in such bondage most of our lives. Remember our two teachers? What is not coming through as God in us is ego. Or, put another way, whatever is not activated in us as love is fear in one form or another, and that includes all those beliefs which no longer serve us. It's important we remember that this force of love within us doesn't have to be manufactured; it's already there! All we have to do is pull it back up into our awareness, and instantly the process of transformation is begun. We're simply practicing getting back in touch with what we are, getting rid of unwanted ego habits in the process.** "I choose love!" How could the speaking, or thinking, of that little phrase possibly change your life? How does one just decide to choose love when most of us haven't the foggiest idea what that means, much less know how? And there we go again, with questions of disbelief and defiance popping up from the ego with its familiar "prove it" attitude. The fact is, we don't need to know how it works, nor do we need to know how to do it. Our Inner Being knows precisely what that statement means and expands its energy in the moment of the thought to meet whatever situation is at hand. For example, you become aware of one of your old beliefs in operation. "I choose love." That's all you have to say with conviction and belief, and the melting begins. You're facing a difficult time at work. "I choose love." You have a resentment or some other attitude going you want to get rid of, or bills you can't pay. You have a desire to change jobs or take a trip; you want happiness, or peace, or health in your life; you want to stop your anger or learn to like your mother-in-law; "I choose love." **On the freeway, in the shower, over the stove, at meetings, mowing the lawn, speak these words from the depth of your being, feel their reality, believing what you're saying with everything in you. The God you are will do the rest. I choose love, the most powerful three words you could ever believe!** When we come into this world we bring with us, in the center of our being, the undivided purity of Is-ness, our Light, the real core of all that we are. That force, which we'll call the Is, being the God essence and therefore creative, wants to expand as does all consciousness. So, from the time of Its birth in bodily form, It employs the process of cause and effect. It learns to walk. It bumps into a tree two or three times and finally realizes there may be another way to go. Next time, It goes around the tree. Thus comes learning, and with each learning comes an expansion of the Is, an actual expansion of Light within the physical body. **As time goes on, more programming comes to the Is, more "should's" and "do's" and "don'ts." What was once simple cause and effect becomes a complex, confusing set of procedures. The beliefs of "should's," "do's," and "don'ts" increase, and so do the negative cubes of ice on the once-pure ring of the outer-self. Ice cubes of fear, anxiety, caution, confusion, need, and survival are added to the first cube of guilt already frozen firmly in place. Finally, a whole shell of ice cubes forms a tight ring about the Is, walling in the once-clear outer ego-ring. The Is finds Itself held prisoner by the thickening walls of Its own limitations with no apparent way out. As the Ring of Ice from the now-altered ego grows and grows, the Is becomes more subdued, enslaved by Its own free will, unable to live in Its own Light. Now the Is has a real problem. Its job is to light the path for Its physical being, but not only is It increasingly ignored by Its physical being, Its Light and energy are becoming dimmer and dimmer with each new cube that's added. Never asleep, the Is has an idea. Since the circular wall is made of ice cubes, and since the Is was made of the Fire of Love, It decides to go after the cubes by melting them, one at a time. Each time It dissolves a cube, the Is reasons, It will have room to expand Its Fire of Love that much more! Wonderful! Slowly at times with little cubes, and more rapidly with bigger cubes, the melting continues, and the Is expands Its central Fire of Love. It doesn't matter to the Is how slow or fast the process, as long as It can melt at least one or two of the cubes each day. Then it happens. One day, more glorious than angels have words to describe, the Is has so diminished the cubes of altered ego that there's an actual hole in the Ring! Without a second thought, the Is expands Itself to the very reaches of Its endurance, right out into the great beyond. The Is has returned Home, Its long journey complete. It has expanded Itself back to Itself. It has gone back to Its original Light, the All In All, the Source, the God, the original Is from whence it came. Find time to acknowledge your Is (your Inner Being) each day, asking It to create some small altered-ego happening to dissolve. Maybe the cube, in the form of "image," is nothing more than going downtown without makeup, or going without the usual tie to your formal meeting, wonderful examples of old belief systems. Whatever it is, as soon as you do it, actually see a cube melted on your altered- ego Ring of Ice, and let the feeling of the expansion of love within you become real. Don't just think you feel that expansion within. Make yourself feel it! Visualize your own Is as a power of fiery love within you, long, long overdue for release. Feel It there, wanting to awaken, wanting to come out. Then simply stay alert throughout your day for opportunities to melt, for instance, a cube of blame (we've got lots**

*of those), or a cube of an old belief, or a cube of criticism or judgment (actually, they're all beliefs). We all have more than enough cubes of "should's" or "can't's" (also old belief systems). If it's any kind of limited thinking, it's an old belief system in operation, and it belongs in the altered-ego Ring of Ice to be melted. You can have wonderfully tangible results with this process. You're staying in the Now, your negativity is turning around, and you're beginning to trust your Inner Being. You're practicing pulling up and feeling the love you are. **Find some ice cube of belief to melt every day, and just the shift in focus will raise your frequency. Changes start gradually, then begin to snowball. As you remove each altered-ego limitation, you feel more secure, more sure of yourself. Your fears begin to melt. Shadows of your past lose their stranglehold. You take back more power. People, places, and things no longer own you. Life is no longer lonely, and you're being filled with the exquisite beauty of the Now. Above all, there's love in your life, the wondrous, intoxicating love of you. So allow those old, unwanted beliefs and limitations to unfold in all their glory, no matter how distasteful they may be to re-experience. Bless them, and be grateful they're coming into your awareness. That's loving them, and they simply cannot survive on love! Once you give that Is-ness in you its head, and let its Light expand to melt the ego identity, you come into harmony with You, in harmony with life. You'll know where you're going and why, because you'll know who's in control. "From the Light of God that I am, I willingly release all old beliefs that no longer serve me. And I choose love in all areas of my life. So be it!" Desire (passionate will) is a powerful magnetic energy, the essence of which is love. But no desire, no magnetism. And yes, desire can be created. The process begins, once again, with our old friend the pituitary. Just as the pituitary controls the degree to which our brains are open, desire literally controls the opening of its seal. By the simple but sincere act of going inside and calling forth desire, we're alerting our Inner Being which, in turn, nudges our frequency to a slightly higher range, which then tickles the pituitary's seal into opening a wee bit wider. All this from desire. Of course, the more passionate the desire, the quicker the opening. "From the Light of God that I am, I call forth desire to know. So be it."*** "From the Light of God that I am, I call forth desire to understand. So be it." Call it forth every day until you know it's made a permanent home in your subconscious. "From the Light of God that I am, I call forth the awareness of desire to be ever present in my reality. So be it." Being, or all of what we are, is both electric (meaning it transmits) and magnetic (meaning it pulls in). It's a force field of tremendous cosmic power evolving toward God-self awareness. By igniting that central core of energy with passionate desire, we're magnetizing everything in and about us to wake up, now! So you decide to try this thing, because you really want it. You sneak quietly into the bathroom, lock the door, get into the shower where you're sure you're safe from other eyes and ears, and tentatively call forth your desire "from the Light of God" that you are. Doesn't seem so bad. You try it again, this time with more gusto. Feels OK. But now the third time you really get into it, you feel the want, you feel the desire, and you call it forth with a fervor that reaches down to your very core. You've just called Home, and the call has been received, loud and clear. Instantly everything in you begins heating up like an old steam engine getting shoveled full of coal. Your chemistry changes in that very moment, and the energy starts its first chug, chug, chug into permanent residence in your subconscious. New vibrations go zipping out, searching for experiences to match the newly created frequencies, all because you reached for higher thought, the desire to know. Now watch the impact. If you'll keep at it until the desire is firm within you (and you'll know), different people will be drawn to you to offer new experiences, you'll find a particular book with meaningful teachings, a speaker at a meeting will say something significant, someone special will call, you'll feel a need to watch a certain TV show, you'll start to get intuitive thoughts to do this, or go there, or call them—changes, teachings, lessons, offerings. Now comes the Number One lesson: we can't change anything in our lives until we accept that we've created all of it. So here we are, living in these manufactured identities which are nothing more than the shells under which we've hidden our lifelong pain. If we're "willing to go to any lengths," to walk out of our victim-hood of discomfort into mastery of our destiny, then we're ready to say, "Bring it on; whatever it is, bring it on." **While we call forth in peace whatever is needed for us to learn, we can turn away from nothing. Absolutely nothing! To face everything in our known past and call forward all that's still hidden from us, regardless of how dark and dismal it may seem, takes a mighty, mighty decision. However, once that decision is made, there comes a deep resolve to face whatever may be uncovered, no matter the fear of pain. In other words, no turning our backs on anything that comes. We face it, and we own it. The beauty of owning anything is that once we own it, we never have to experience U again ever. So what does it mean "to own"? Owning is admitting, taking responsibility, opening all doors, not denying, releasing, then allowing the event or emotion to become wisdom rather than jailer. Owning means walking right into the emotion, or addiction, or problem, and claiming it as our own creation. It means letting it resonate through every cell in our being, with whatever pain that may entail, to come to that point of surrender where we can finally, and forever, give it up. Owning means releasing through acceptance, love, and forgiveness of ourselves whatever we've done, thought, or created in our past.** It does not mean trying to release by rejecting that past, for what is rejected (stuffed) can never be released. Owning is taking responsibility for our emotions without blame. It's saying, for instance, "I alone created the emotion of hate against my mother, she didn't. She may have been the fuel, but I lit the match. No one held a gun to my head and told me I had to hate her all my life in order to have someone to blame for my self-imposed pain." Once we own that emotion as our own creation, it no longer owns us. It becomes a "no-thing" in our lives, for the energy of that magnetic thought is released from our energy field and no longer rules our lives. **Owning means looking at all our limited feelings, whatever is still controlling us from our past, and turning those feelings around to embrace as our own choice creations. It means when we run up against jealousy, or envy, or anger, or self-doubt, we take instant control of our thoughts, making a decision in the moment whether to pursue that line of thinking or not. "From the Light of God that I am, I call forth ownership of all that I have been, all that I am, and all that I have created."** It takes courage to go out by yourself and begin the process of loving who and what you are. When you can call in all your perceived mistakes, or blames, or resentments, and really get in touch with that desire to accept the fact that

you created them all; when you can look at yourself and your life and say, "I am unhappy because I made myself that way"; when you know everything in your life is a result of your attitudes, and that if you're miserable it's because you made yourself miserable; and when you can honestly look at every little activity in your past or daily life and see how much of a victim you've allowed yourself to be, and own it all, then you begin to feel a refreshing, cleansing joy. You feel a closeness, a reverence, and an indescribable feeling of gratitude. It's the God you are saying, "Hello there, Little One. Good for you! Welcome to your journey Home." **Remember, it wasn't the events that undermined us, but our responses to them. The event is long gone. Why are we hanging on to our old reactions? So, rather than struggling to love the people, love the feelings you have for them, no matter how vile those feelings may seem. The feelings, remember, are your own creations. Once you recognize and accept that, you can own them. Keep it simple. Just love your feelings about the troublesome people in your past, no matter what those feelings may be. Then love yourself for not loving them, be they family, or friends, or distant cousins! It's OK! That love-of-you is an energy that will change your frequency, allowing you to feel good about you, never mind them. Now you're no longer denying those old feelings, and you've opened up another space for new thought to enter in.** If what we're trying to do here is change our lives, it behooves us to keep asking ourselves why our past seems to be our excuse for not living today There just isn't any excuse except our comfortable, intellectual addiction to old habits. The ego, remember, is doing everything in its power to keep the jailhouse wall around us. Go inside and ask why it's so enormously important for you to hang on to all that stuffed pain, and then ask for help in owning it, knowing that the moment you do, the energy is drawn to you to help it happen. Love it all, bless it all. Go out in the woods, if you can, or into your shower and ask out loud for help in loving that past of yours. "From the Light of God that I am, I call forth help in loving and allowing my past, that I may own it, and release it. So be it." Whether it was what people did to you, or what you did to people, take control of that pain. Go after it, right now. Remember, your point of power is in the present, so opt for life in the Now by welcoming all your past into your present, for release with love. It takes the same energy to look forward as it does to look backward, but the results are much more splendid. The choice is not up to the ghosts of your past. That's "for victims only" The choice is up to you. If you need help with making the decision to release, you know what to do! That book of life we've carried around with us lifetime after life-time known as our soul has a very clear picture of just what emotions have yet to be experienced to move us back to our Godhood. So it places those requests in the form of frequencies into our energy field, keeping them there until the necessary emotions from the repeated situations are dam well experienced, understood, and owned. In the meantime, we magnetize circumstance after similar circumstance to us until at times it seems we're little more than punching bags of unrealized experiences, those lessons yet to be learned. Now, it seems only logical that if we want to stop being the punching bag, we might consider learning the lessons! For some reason, we haven't gleaned the wisdom from those ever similar experiences we continue to draw to us. As you're driving home from work giving casual thought to this repetitious problem in your life, perhaps the word "trust" pops into your head. "Trust? What on Earth does that mean, 'trust'? Trust what? Trust who? I trust people, so what does?" Maybe it's not perfectly clear at first, but you've learned to listen to that inner voice, so you pay attention, allowing it to unfold. Do you trust yourself? Which self, your ego-self or your God within? Do you trust your Inner Being to handle the details? Soon you realize what was once a major problem is no longer causing those same feelings of fear or aggravation in you any more. You're trusting your God-self to show you the direction. You relax in that trust. The circumstances involved may not have changed yet, but your attitude certainly has, and the change in circumstances will soon follow. That unrealized experience that's sitting there in your energy field to teach you trust, and bring you experience after experience to learn that trust, starts to diminish in size. Before long, it's gone. It gives you up. The emotion of the lesson, along with the understanding, has been learned. It's recorded in your "book," and your God within heaves a great sigh of relief with a grateful, " Oh finally!" **That soul of ours is pressing experiences to us to bring us back to the remembrance of our powers of Mastery, our powers of Godhood. That's why we have experiences, to learn from them and, go on. Once the wisdom is fully and completely gleaned, the need to repeat the experience is gone forever. Whenever an already-learned lesson like that pops up to repeat itself, do whatever you have to do to stop it. Call Home for help, go for a walk, talk to the universe, scream at your ego-self, or pray however you pray If you know with every fiber of your being that once you have gained the wisdom of a lesson, you absolutely do not have to repeat it, you won't. Insist to your ego-self that you no longer need the experience, then feel that release, and know it is finished. But whatever the circumstances are, they're not happening again by fate or bad luck; we've magnetized them back into our lives to teach us something.** But what? That's our cue to take our focus off the events in order to search more deeply for the lessons behind them. Is it still compassion we need to learn, or self-love, humility, trust, assertiveness? Or is there something more? We go within and ask, knowing the answer lies always in the circumstance, and knowing that the very act of asking will bring the answer, if we watch and listen. Lessons wear many faces, and we usually have more than one in this lifetime to learn. That's no reason for discouragement, for once you understand the process of seeking the purpose behind each experience in your life, no matter how small or large, you'll know how to quietly evaluate it, reach for its wisdom, own it, and let it go. Let this become a game, for seriousness is not a qualification for membership in this program. With practice, you can become skilled at finding your purpose in any given situation, from an accident on the freeway to a stubbed toe. Everyday life becomes a whale of a lot more fun because you're in control, accepting the lessons as the teaching games they are, and playing them out to be released into wisdom. **We come here for one reason only, to expand our conscious minds beyond the apparent limitations of life, back into the remembrance that underneath ail the masquerading and identities we call reality, we are magnificent, unlimited beings incarnated for the purpose of realizing our Godhood in human form. Once those lights go on, we begin to live life by developing the thoughts that will bring about the realities we want, rather than what our manufactured identities have always dictated. That is living our purpose. Your trusty old soul has your blueprint for this life tucked very securely inside its frequencies, so trust its**

**direction and your Inner Being's guidance.** However far a field life seems to take you into its adventures, know from the depths of what you are that "this trip is necessary" to earn the wisdom of the experience. Then you are Master of your life's lessons, and your purpose, the unfolding of your Godhood remembered, is in full swing.

#### **Homework I: Stretching**

**Find a secret spot that will be yours and yours alone. Perhaps it's in a woods, or your garden, or on a windy hill. No matter where, find it and make it your very own. Now, when you're set and settled in a comfortable place, without dog, book, or radio, your homework is to just sit and be. That's all, just be. Stay focused in the moment with your thoughts on a flower, or a rock, on anything but your problems or lessons. Then, keeping your mind as blank as you can, reach down inside to your core and feel your roots to God. Feel at one with the universe. Feel the immensity of love around you, even if you have to pretend. Feel a presence, a togetherness. Start with five to fifteen minutes at first, then longer, as you feel able. With your thoughts focused on your Inner Being, the God you are, push your consciousness out into forever and deliberately feel your enormous Light joining with the Light of the Source.** Ride it out hand in hand with your Inner Being. Stretch your thoughts of oneness, become your thoughts, feel your thoughts, be your Life. We're all Gods incarnate struggling to remember who and what we are. We can struggle blindly with our problems until we opt for bodily death, or we can spend a few minutes alone each day to fill our consciousness with the reality that we are not alone, that we do indeed have a greater purpose in life.

#### **Homework II: Think God**

Stepping out of old thinking habits takes a conscious willingness, a focused intent. What you want in those circumstances is new thought, and if you'll just flip your switch to the God channel, it will come, right then and there. Just the act of focusing your mind on your Higher Power within will instantly shift the frequency, opening you to the answers you seek. **Think God, and you implement a basic transfer of energy from the lowest frequency of fear to the higher frequencies of God awareness. All you have to do is do it. You're creating a force field around you which will either pull in ways to solve your audit or face it without fear. In the midst of chaos, you're reaching down for your reality and changing your frequency. You have new emotions to match your new thoughts, and fear leaves. In other words, by creating new thoughts, the more quieting emotions follow. You're back in control. Each time we opt for God awareness, rather than ego awareness, we unleash a dynamo of power that builds upon itself, one experience upon another, one call for help upon another, until one day it happens: fear is gone! Now the lesson gives you up for sure, because you've faced it, felt it, and owned it. You've made it happen in consciousness. It takes only a split second to think God. In that moment, you're aligning with your own power. With practice you'll be able to actually feel a vortex of new energy surrounding and entering your body.** No more panic over the IRS, just a "knowing" that you magnetized this to you for some reason, for some lesson to be learned. You find out what that lesson is, own it, and move on. In the final analysis, it all boils down to one simple fact: **We want to change our lives; we need only to look at, and change, our thoughts and feelings. (Feelings, remember, are the propellants of thought.) "Teach me. Teach me how to change my thinking. Teach me how to change my reality. Teach me how to unleash my honesty. I came here to learn. Help me to learn the power I am. From the Light of God that I am, I call forth my desire to learn. Inner Being, teach me. So be it!"** "I can" instead of "I can't." "I will" instead of "Gosh, I don't know how." One of my dearest friends, when faced with either the smallest of challenges in her day or a major life-threatening circumstance, impacts her every move with "Who's the God in this body, anyhow? All right, God I am, watch this!" Excuses to this grand God no longer exist. She is absolute Master of her world and life, but it took copious practice in mastering her thoughts for her to get there. **Stop, look, and listen to every thought. The voice of your God within is urging, directing, and prodding, lesson by lesson. It speaks to you in feelings, emotions, wants, desires. When you decide finally to listen, you move into the space of oneness where lessons aren't frightening, where security replaces fear. To go for your masters in Schoolhouse Earth means to know you have the ability to become whatever you want to become, for if you don't know it, you'll never think it, and if you don't think it, you'll never create the emotions to become it.** So, what are you thinking? "Watch this!"

**"From the Light of God that I am, I call forth understanding of this lesson. So be it!"**

**"From the Light of God that I am, I call forth the answers which already exist. So be it!"**

**"From the Light of God that I am, I call forth the means to create a new reality in my life. So be it!"**

**"From the Light of God that I am, I call forth my joy in each Now. So be it!"**

**"From the Light of God that I am, I call forth my love of self. So be it!"**

**"From the Light of God that I am, I call forth my willingness to let this all happen. So be it!"**

We perceive circumstances as bad or good, depending on the effects they have on us. "I was terrified when I got that letter" means we perceived a bad event coming which would cause us to feel deep concern. On the other hand, I was so proud watching the kids graduate denotes a good situation, for that's how we felt good. So we label an event in direct relation to how we perceive it to be. Then we label our reaction within the circumstance as right or wrong. "I handled that one well, but really blew it over there." **All day long we unconsciously and mercilessly judge the nature of our reality, and ourselves, by good or bad, right or wrong. It's a habit guaranteed to keep us stuck. The trust is, it's impossible for us to do anything wrong, or even right, for that matter. It's only our perception that made it so. What we do simply is, for the experience of the lesson. Take mistakes, for instance. Or wrong decisions. There's no such thing! Rights and wrongs are what pull us into an event, getting us emotionally involved in all the gooey drama, rather than just allowing the event to be, seeing the purposeful good in it, and learning to change our perception of it. In other words, what we perceive, we believe; what we believe, we are. But there are no rights or wrongs; there simply is! With this attitude, we can take ourselves out of the judgment of everything that happens to, or around us, and quietly move back into our own center to watch whatever it is unfold. After all, that's what dramas are for, to get us to stop seeing them as right or wrong, good or bad, but simply allow that they are.** The events of the drama are

meaningless except for the practice in perception. There is no good or bad. Those are judgments based in limited thinking coming straight from the delighted ego, causing us to react according to our judgments. ***The universal law of consciousness and energy says that what we focus on expands. So focus on your perception of the negative in an event, and guess what you'll get!? Focus on what the even is trying to tell you, and your God-self will make it very clear. No grades, no rights or wrong, no goods or bads, no mistakes or failures, just lessons we continue to magnetically draw to us until we learn. When you start seeing the events in your life as nothing more than the games of your self-directed dramas, you get curious, and something in you (guess what) says, "Hey, wouldn't it be fun to experiment with that power?" You start thinking about all the unfinished business in your life, the unfinished lessons, the things you have yet to learn that you've not even thought of, and suddenly you want it all. You want completion. You want it finished. And you want it now! When that day comes, when you sit in the wind and tell it you know you've never gone in a wrong direction any more than it has, that you've never been good or bad any more than it has, and that you've never failed any more than it has, then you're ready to speak from the Light of God that you are, as total Master.*** Therein I found the secret to my addiction, that sure enough, emotion is what life's all about. Stuff it, as we are wont to do, and it will ooze its life-draining poisons to keep us among the living dead. Allow it, feel it, and we fling open the floodgates to release the magnificence of everything that we are. To this day, no matter what the situation is, we continue to use only those same few but trusted emotions, therefore magnetizing circumstances to us from only those same limited frequencies. And we wonder why life seems so dull and repetitious. Same old emotions; nothing new allowed. What's the secret to opening the doors without fear to the indescribable joy of allowing, embracing, and living life on full emotional throttle? There are many forms of denial. There's denial of one's current feelings, denial of past feelings, denial of a current truth, denial of a desire, denial of a dislike, and so on. Let's start with current feelings, for in understanding how we constantly deny even those, it will be easier for us to dig down to what's been so long repressed and consequently stuck in our energy fields. Feel the feeling! Think about them, then feel them. It doesn't mean you have to act on them. Call for help. What are the feelings telling you? How are they identified with your image? How much of a habit are they? Where do you experience them in your body? Get into them, but never, never stuff them. To process a feeling, the first step is to trust it, because it's trying to tell you something. What can it do to you? Scare you a little, perhaps. Be painful? Possibly. But punch out your lights? Never. Indeed, it's time to stop running from these stuffed shadows of our past. We'll face them and process them. Processing a feeling has three basic steps:

- 1) First comes trust, of yourself, of your feelings, of your God within that's saying, "It's going to be OK for you to feel these things. It's OK! No matter what or how strong they are, you 'll survive and recover."***
- 2) Next, allow the thought or feeling and don't judge it, no matter how horrid it may be. Allow it. It's neither right nor wrong, good nor bad; it just is.***
- 3) And finally, accept ownership of the feeling and all it has to offer, without fear, without panic, in love, in anticipation. You created it, so accept it as a part of you. You don't have to act on it, just allow the feeling to be there and notice nothing awful happens as a result. Feelings are not facts; they are simply our own creations asking for attention and love.***

We need to get hold of denial on a grand scale and to be completely committed to ending it in every aspect of our lives. Pretending we don't really feel what we've stuffed is like trying to keep smoldering sticks of dynamite inside a bottle in hope of stopping the explosion. Until those emotions are recognized, experienced, felt, owned, and released, all we do is call them to us again and again. ***We deny it; we get it back. Denial is happening when anything is going on in your world that you don't want to accept. You're having a "lesson," and you ignore it. Denial. You want to say something to someone, but the image says, "Oh no, what would they think?" Denial. You decide that everything in a situation is "fine," when your reality is hollering at you with emotions of a different color. Denial. You're mad at someone and don't express it. Denial. You really want to stay home, but don't express it. Denial. You feel you must accept something whether you like it or not. Denial. And with denial, goes victim, completely owned and enslaved by what's being denied. Denial is lack of self-love in the extreme. When we deny any of our feelings, past or present, we don't allow the release of what was taken in long ago, or even yesterday. Yet when denial is faced and put to an end, the ego finally takes a back seat to the power of the God-self, and the new power, with its infinitely higher vibrations, can finally get through the energy field. The fear of facing stuffed emotions is always greater than the actuality of feeling them. The beauty is they don't have to be acted out, just acknowledged and felt. That in itself is a form of release, allowing your consciousness to expand. Now there's movement in your energy field; nothing is stagnant. But perhaps the greatest benefit is the enormous feeling of accomplishment and self-empowerment that one experiences when those first steps of expression are taken.*** The trick is to work both ends against the middle in this business of releasing, emotions from the past and emotions of the now (which include feelings projected towards the future, such as worry). Watch them like a hawk in everything you do. Each time you have a decision to make, no matter how small, check out the feelings with your Inner Being, rather than operating out of emotional habit from your rational ego-mind. Do this two hundred times a day, if need be, until you get the idea that inner feelings are straight from your God-self. They're your intuition, power centers or "thought-balls" of divine energy, you need never fear. ***Go within, ask, listen, and know you 're safe. When you get in the habit of trusting your inner self, you do what you feel, or sense, to be true. There's no better way to put an end to denial of feelings than by practicing the reality of their existence? Feelings talk to you and give you understanding. By learning to listen to them, you're bridging the gap between your ego-self and God-self. Deny feelings, and you short-circuit that bridge. As often as you can, wherever you are and whatever you're doing, go within and listen. Then allow yourself the rare joy of feeling your rage, or anger, or jealousy, or whatever other so-called negative emotion may hit you in the face from past or present. Only in the feeling of it, and then expression if it's appropriate, can you release it. Only in the owning of it, will it give you up.***

There's another kind of insidious denial, the denial of self. In one way, it's a physical denial, but in another, it too is denial of feelings, for we live in the feelings of our lacks, lack of money, love, prestige, desired career, whatever. We stay there, denying ourselves what we really want out of life, because we rarely hold still long enough to find out what that is. This is major soul business we're talking about, not just wishful thinking. If there's something you've always wanted to do, that's your soul telling you it's an experience you need, a piece of growth that's unfinished. Do it! ***To deny yourself that special experience is denial of your soul's intent, the greatest form of personal deprivation. Do it! You want to climb Mount Everest? Find a way to do it! You want to own a pie shop? Do it. These are vitally important desires (emotions) wanting to be realized, adventures waiting to be lived for the particular emotional experience that awaits and the lessons to be learned. Whatever those denied emotions or desires known or unknown may be, find them, face them, feel them, own them, perhaps live them, and release them. If the release is complete, your energy will change dramatically, and everything in your world and daily routine will take a surge forward in breathtaking freedom. So let all the emotions come. Allow yourself to experience the wisdom that comes from the emotion of anything, for in the emotion lies our "truest treasure of life." We are not what we inhabit; we are what we feel! Emotion realized thought unhampered and pure in its flow, is the path to God remembered. No one walks that path but you. Thinking of ourselves as nothing but energy is not easy. It goes against everything we've ever known or believed about our reality, yet even scientists now accept that the human body is a force field of tremendous cosmic power.*** What they don't yet accept is that our energy can be consciously manipulated to change our entire physical and emotional being. Indeed, we can move our own energy any time and any place we desire. We can move it about and outside our body, through and inside our body, or both. We can move it slowly, rapidly, or hold it still. We can move it out to infinity to fill the cosmos or pull it into a specific point in, or outside, our body. The object is to move it as often and in as many creative ways as we can imagine. This is done simply by "seeing" it in our mind's eye. By visualizing that movement, we are literally making it happen! To begin the process of energy moving, it helps to see that energy as brilliant, phosphorescent, pure, white light. That way you're not just trying to move empty space and have something more visually tangible to hang onto in your imagery. Try it now, if you like, and play with it. ***For instance, see yourself encased in a white ball of light and move it all around you up, down, out in front of you, under you, etc. Now make it flat and whiz it around you like an electric fan, first one direction, then the other. Then spin it around you horizontally, like a top. Now turn it into a rod and loop it up through your spine, out your head, and back around to the base of your spine (a superb exercise for opening the brain, by the way). Now turn it into a figure eight and loop the bottom down into Mother Earth and the top way out into the cosmos, with you in the middle. Now put it in a tiny round ball behind your heart and stretch it up just outside the top of your head, then out beyond infinity. If you want a really trippy experience, put a pyramid of light (any size) on the top of that rod and let it sit about six inches from the top of your head for as long as you can hold the image. Aside from expanding our imagining skills (one of our most precious God-skills), what's the purpose of doing this? The movement of energy helps to release what's been stuck in our subconscious. We're making waves, stirring everything up, loosening the old, emotional energy patterns for easier removal. In fact, whenever we want to accomplish anything in consciousness, we need only begin to think energy and start moving our light around to set the stage. Energy moving is also one of the easiest and most important ways to begin raising your vibratory frequency, for the more you stir it up, the more unseen Light you draw to you. The more Light you draw into your magnetic field, the greater will be your own magnetic properties (magnetism) that arc to the mind of God. You're bringing yourself into alignment with the powers of the universe while firing up your own powers within. It's the simplicity and magnificence of the life-force spiral. Thought creates energy. So as we give conscious thought to energy, in other words, contemplate it or focus on it, the energy all about us increases, as does the magnetism of the field which surrounds us. As our magnetism increases, so does our desire. As our desire increases, so does our energy flow, and we're right back to the beginning of the spiral, only this time at a higher level.*** We have our motor started, it picks up momentum, and finally rum, rum, rum, rum, wham! we're out of our old frequency, and into a new level where something inside says, "Hey, you want to get rid of that old stuff now? Great! Go for it; the timing's just right." You're simply experiencing a physical reaction to the unaccustomed movement of energy about your body and the literal shaking loose of those old, stuck "thought balls." While your God-self will be saying, "It's about time," your body may not understand for while. Anger is one of the greatest motivators known to mankind, provided, of course, it's expressed in a healthy way and not stuffed. So allow it to be felt and expressed, even if you have to find a safe place to do it. The very fact we can feel anything is a gift from God more remarkable than life itself, and as long as you keep it moving, that energy is swishing around nicely into release. Be sure to watch if you're expressing "dirty" or "clean" anger. Dirty anger is straight blame, where we take no responsibility for our emotions. Clean anger is making the conscious decision that we have a desire to express feelings and to take full responsibility for both the intensity of the emotion and the consequences. One is victim; the other is Master. Anger isn't wrong, yet most people are so blocked emotionally that the thought of any sort of healthy expression terrifies them (it certainly used to terrify me!). Actually, a conscious decision to choose anger can be exciting and just plain fun. So acknowledge your feelings, express them with the help of your Inner Being, and get them moving. Nothing more need be done with them. Now as you move through those emotions, you'll begin to see how the beauty of life is in motion, not in stagnation. We harbor only two emotions, love and fear. Under the catch all umbrella of fear comes the long list of everything that love isn't, such as depression, anxiety, rage, jealousy, etc. What isn't love is fear. There is no other truth. And when we run from any kind of fear, we never get a chance to find out what's chasing us. We just feel the ghastly effects. However, when we finally refuse to run, and agree with our Inner Being that we're going to stay with the emotions until they're fully felt and understood, they begin to dissolve in normal fashion to make room for new energy. Fear is just a state of mind. That's all it is. It's the most powerful of doors that closes us off from the Light of our Inner Being and the one

that requires the most concentrated effort to release. But there is one activity that almost always works in relation to releasing fear, and that is to talk to it, out loud. Fear is always some kind of lesson. If we want to get rid of it, we have only to find out what the lesson is we're to learn. So we make a decision to take a few minutes off from our fear of the fear and realize that it's trying to teach us something. By doing this, we're allowing this powerful energy to become our teacher, addressing it as something helpful to us, as a force that has the ability to assist us in making quantum leaps over spiritual ground. Now it becomes our best friend. Indeed, fear will always teach us if we'll let it. Begin by checking out where in your body you're feeling the fear. It's never throughout your entire body even though you're positive you've been dunked, submersed, washed, and bathed in it. Fear is always localized, like a hurt finger, and it's important you start to think of it just that way. A hurt finger is not you, it's just a hurt finger that's gotten banged up. The rest of you is fine. Now start talking to it. What makes it smaller, what makes it larger, what started it, who comes to mind when you think about it, what events come to mind, and what will it take to get it calmed down? If you ask it to, it will talk back in the form of dreams, ideas, promptings, or new feelings. Your fear is not you, any more than your hurt finger is you. Fear is an emotion localized in some specific place in your body. By finding out where your fear is, and of what it's comprised, you're acknowledging the emotion so it can move through you. After you've talked to it, now comes the time to express it, in whatever way your body (through your Inner Being) suggests, but above all, don't hide from it. Run your energies about you and, with the help of your Inner Being, state out loud, "my fear used to be, and I now willingly release it and choose love." We had some wonderful expressions in my Home Group about fear, though I must admit I never fully understood the depth of their wisdom until now. For instance, "Do the thing you fear, and the death of fear is certain." ***If you give fear the chance to pass through you, it will. Then just settle down with your Inner Being to find out what that fear's been trying to tell you. Releasing fear is a matter of reaching down past its grip to the Source within us where no fear exists, only love. That unconditional love lies quietly waiting in the center of our being. Once we've tapped into it soundly and surely, we never fear again. While we call love an emotion, in reality it's an energy, and the emotion we experience when we allow ourselves to feel that energy is only the result of tapping into the flow, as one might tap into hot circuitry. Stick your wet finger into a turned-on light socket and you'll get mighty emotional fast! Same thing with tapping into and igniting the energy of love. It's feeling the flow of what we already are and can't possibly undo because it's our very essence. In the human body, the energy of love is localized in the area of the heart. In fact, by strongly focusing your consciousness in laser-beam fashion toward any being, you can actually make that heart area heat up and even feel as if you had a mustard plaster on your chest. All you're doing is moving energy in this case, the energy and high frequency of love with your consciousness. Once you view love as an actual energy, and begin to consciously control its focus, this often-talked-about but rarely understood art of "loving yourself takes on a whole new light, for when you start this energy into motion, you automatically start to love yourself! The energy of love is actually an observable magnetic field (it's been photographed!) that moves through us, around us, radiates out of us, and changes everything when it's activated. It's the highest vibratory frequency in the omni-verse. Any person, no matter how much he dislikes himself or how depressed he may be, can call for and feel this energy build-up throughout his being as it wells up from within and without. Anyone, at any time, can learn to move it and activate it. Anyone! It's simply moving energy with consciousness, tapping into it at will. We are love. It's not in our sex organs, but alive and quite well within us, shining brightly against even our darkest fears, but held back from expression and feeling by our denials. It's not something we learn, for there has never been a time when we didn't know it! It's always been within us, the core of what we are, every day, every night, through every crisis, in the midst of every fear. We have only to learn to activate it, and in an instant, it will expand to touch everything and everyone in our lives. And the sweats came as the un-experienced thought from the unknown was becoming realized in my body. Then the climax; so to speak, came as the thought was fully accepted.*** I was allowing the God of my Being to come through. That's all, just allowing my own love, the highest vibratory frequency in the omni-verse of which I am a part, to take over. And for a precious few moments, it did. Get into your feelings the glow you get when you suddenly see an old friend you haven't seen for a long time. Experience that warm joy of giving them a huge, delicious bear hug. Or if you have a favorite uncle or aunt you adore but haven't seen for a year or more, feel what it's like to open the door and see them standing there. Feel how happy and full that moment is as you freely embrace, and the love pours from you to them. If you're OK with that same sort of feeling with either of your parents, put them into the picture, but only if you're OK with them and can express your love openly through the spontaneity of that happy bear hug. Visualize yourself running up and giving that person the hug of his or her life, your long-lost friend or relative hug. There's no surprise, for there's a deep connection between you, an old sweet bond of love, as close as old, old friends. Feel that love with everything in you. Feel the joy. Feel the warmth. Hold that person tightly in your imagined embrace as the love pours from your heart and soul. Even though you've only visualized this, a perfect stranger has just allowed you to actually ignite that energy and start it flowing. Your force field instantly changes to a much higher vibratory frequency, and your problems momentarily take a back seat to the beauty of the Now. Without ever knowing what hit them, your strangers have just received a jolt of your energy, wondering what they just walked through. Often targets will turn around and smile at the person next to them or look up wistfully as if suddenly hit by the thought of an old friend. Remember, you're not only sending them love, you're experiencing it by visualizing your arms around them in a joyous embrace. That's what is freeing your force field, for you're consciously activating that flow of energy. The movement is clearly outward. You've put your energy-plug straight into the universal socket, and everything's zipping and zapping in response. You absolutely cannot feel love for another unless you can first feel it for yourself. That's the only way the brain can compute. You feel it inside, but you are identifying it by thought from fantasized outward actions: thought, to brain, to central nervous system, to soul for identification, back to brain, spelled "love." Again, that love you're feeling for another is what you are feeling for yourself. You can't love out there and not have love in here. The secret to activating that energy center is simply

to become aware of it and realize it's no big mystery. It is, that's all. It just is. The minute you think about it, you're plugged in. That's why the hug-a-stranger exercise is so important; when you can plug in at will, you're the Master. Now it's love in motion, and everything you do manifests from that state of consciousness, joy, happiness, abundance. It comes because you have chosen for it to come. You've made a conscious decision to love out of choice, not out of need. The basic quality of our being is love, so what you're practicing here is not how to love but how to activate it. No one is incapable of love, or he wouldn't exist afraid of love, maybe, but not incapable of it. The minute you find it inside and keep it moving, you become love in action. And if it's moving through you, who can take it from you? ***The more you release, the more you'll have. Energy creates energy. So you can either participate in love's growth within you or spend time worrying about the lack of it. The choice is always yours. The power of that energy flow is absolutely magical. It affects every cell in your body It heals. It transforms. It turns fear aside. It shines Light in the darkest comers of loneliness. It spawns courage for new adventure. It says, "I am." Of course, you don't have to be hugging a stranger to activate the energy flow. Just by concentrating on the area of your body from which the flow emanates (the heart center), you'll activate it.*** And it goes without saying, the more you do it, the greater the buildup about you. We are energy generators, so why not generate for our own benefit rather than run on automatic for the benefit of everyone else? ***Consciousness and energy, all we have to do is learn to harness it, and we stop needing what we can readily generate within ourselves. There's an enormous relief that comes when you realize you no longer need to partner-hop to find what's been inside of you all along. When you're pumping a full head of steam from within, the love from another that may then come into your life is grand beyond all expectations, for you're magnetizing to you if you so desire, a beautiful mirror of your own inner self. Now that's a relationship! What you've longed for all your life is right inside, waiting to become your greatest treasure.*** If tears come at any time, allow them and bless them, for in those precious moments you're touching the hem of the God you are, and your electrified soul is recording the milestone for all eternity. Bless every sweet or sour emotion of your past or present. Let them all come. Let them move about you and through you. And while you're asking for feelings, ask for the feeling of your Inner Being to manifest itself in your life. "I want to feel what you are; come forth." So, learn to feel! Learn to live by intuitive feelings, not by ego-made rules and regulations. Speak well of yourself, pat yourself on the back, be pleased with your progress and with what you are. The inside of you is already divine; what you perceive as you is here to learn, and grow, and feel, and open up to more of its sublime grandness. So give it bravos along the way. We came here to feel and, once we start, it can become a glorious addiction as we experience the release of our divinity soaring to its true reality. Expression, emotion, tears, laughter, anger, love, let them all out, and get into the dance of life. They won't take you over; they'll set you free. If you're afraid of turning this torrent loose, do it anyway ***Call Home*** and allow the help to enfold you. The grandest emotion of all, love, can be yours in a moment if you'll get the channel cleared. ***You have only to remember you are the mind of God here on Earth, feeling, expanding, experiencing. When you truly listen and hear that still small voice inside, what you're feeling is an emotion. What you're hearing is God. The wonder of it is that every one of us was born with the inner power to work miracles. We are all Gods incarnate, birthed into the forgetfulness of human form to press our minds into remembrance. And with that birthing come all the rights of membership in our divinity, including how to make miracles. We have only to put our heads and emotions to work in the sure knowledge and acceptance of this latent and very divine capability. The manifesting of so-called miracles is nothing more than putting into application the principles of consciousness and energy. We pull in a thought of something we want in our life, emotionalize it (get emotional about it) to thrust it back out into the ethers, and release it. If we've embraced the desire totally, and know it exists in that moment, it's got to manifest. We've emotionally shot the units of consciousness out to magnetically draw the item or event to us, or us to it.*** Cosmic law is in full operation. Indeed, manifesting is not a fluke. We do it every day but have never known what to call it or how to unleash the power, so we've stayed quite out of control. We've been like fleas frantically hopping around in a bottle who haven't realized the cap was off. Learning the simple steps of manifesting through the principles of consciousness and energy will take us a long way toward turning our lives around, physically, emotionally, intellectually, and spiritually. ***Manifesting, by and of itself, is not a big deal. Nor is it difficult to understand the patterning that brings it about, either daily in mundane routine or in the category of miracles. In the simplest of steps, it goes like this: (1) we want something; (2) we embrace the idea; (3) we get emotional about it (which, most of the time, we're not aware of); (4) we release the idea, knowing it's already in existence; and then, most important of all, (5) we allow it to happen. Want, embrace, emotionalize, release, allow. None of those actions are awesome or overwhelming. We've been doing them all our lives, in just that order, to get our groceries, or go to a concert. The vital point to remember about manifesting is not to limit our thinking. Look at it this way: any idea that comes to you, or flows from you, is conscious thought. So say you've had this impassioned desire to travel. The thought generates imagination (a high-level God-skill) and the emotion behind it. Together, they start activating the interior thought patterns of electromagnetic consciousness units to create the necessary energy for manifesting. Everything's ready, and out they go into the world to change someone's mind, or give someone an idea. Like is attracting like. Now, Joe down in the San Juans is hit with an idea which came from you. It matches his particular desires, and it's by electromagnetic energy, not coincidence, that he thinks of you. The two energies have met, yours and his, and before you know it, you get a phone call to come speak at an AA convention in the San Juan Islands. Bingo! You're traveling. And their secret power indeed the magic wand that makes it all happen is emotion!*** Imagination and its by-product emotion are two of the most concentrated forms of energy we possess as human beings. In fact, any strong emotion carries more energy with it than, say, what's required to blast a rocket off to the moon. Imagination (thought) sets the juices going (emotion), and to the precise degree you allow yourself to get emotional will that desire come into manifestation. Emotion focuses and fires the energy into the passion of desire. Without it you have wishful thinking, which gets you

just that. Anything that can be envisioned can be brought into physical reality, except money (usually). Money is part of the get-you-there process, so go for what the money will buy, rather than the money itself. If it's a new home, go to work on the style, location, etc., rather than the dollars to purchase it, and before long you'll be selecting the wallpaper. But first, some honest cleanup is necessary before beginning to exercise this divine right. If, for instance, you strongly believe it will be tough for you to find the job you want because they always said you'd never amount to anything, you're blocking the very thing you desire to manifest (better employment) by the power of the internal belief in your subconscious mind. Result? Self-sabotage! The strength of denial is sufficient to magnetically repel the very thing the conscious mind wants to draw. **Next, begin the manifestation process with the internal feeling and absolute knowingness that you're changing it this time and going for something better, simply because you deserve it. If you have trouble believing that, call for help until you can believe it with every fiber of your being. Pretend, if you have to. Each time you repeat this process, new neuro-pathways are being woven throughout your brain, allowing the new thoughts to be sent from you with clear, emotional intent. Now, knowing your manifestation is in the process of forming, let go and let God. In other words, let it go and allow it to happen. A new kind of relationship is on its way. Whatever our problems, it allowed us to walk on with the trust that "it would all work out." While that concept was vitally important in helping us establish a faith, we're now ready to move on. Conscious manifesting requires just the opposite approach. We have to know the results are already accomplished, while staying well clear of trying to arrange the footwork that gets us there. The saying now becomes, "Believe the results, but don't plan the footwork." In other words, we stop trying to push the river upstream. Another area that will block our ability to consciously manifest our desires is not being in agreement with ourselves.** We can't have contradiction going on within us about what we want. "I really want to buy a new car, but I know I'll never be able to afford it." "I really want to go to Hawaii for a month's vacation, but I'll never get that kind of time off." "I want to have free time to paint, but I know the kids come first." There can be no debating, or once again we'll be magnetically repelling with our contradictory beliefs what we want most. **So listen carefully to those feelings or thoughts which follow your statement of desire. If there's a "yeah, but" attached, go to work on it immediately to get yourself into alignment where all of you agrees with this new desire. "Yes, by God, I am worth it." "True, I've never done it before, but I'll find a way" "I've always put everyone else first, now it's time for me," etc. Once you're in agreement, all debating ceases between your God-self and ego-self. "Yep, we agree; so let's go for it." Now nothing can hold back the manifestation except a sluggish fire in your emotional furnace. Nonetheless, you go for it. You get emotional to the rafters about living in the executive area, but nothing happens. Your God-self is just sitting back watching you emote, waiting patiently for you to let up so you can get on with your unfinished business, the things you need to complete in the here and now. If you would just stop for a while to go inside and listen to your inner teacher, you would know now is not the time, and save yourself both the emotional effort and the disappointment. So don't complicate a desire. You'll know when it fits, when it feels right. And when it does, pull out all the stops and go for it with everything in you. That's the only way you're going to learn how to operate the creative tools you've brought into this life. It's the only way you're going to learn of the vast control you have over every moment, every situation, every direction of your life.** Your God-self wants to live, to explore, to be, to enjoy, to sail boats, fly planes, climb mountains, have ten kids, or be president of General Motors. And it wants you to do this because your Book of Life (your soul) is saying that these are experiences still needed for the emotion of them. That's where your lurking desires come from unfulfilled emotions in the soul. So your Inner Being quickly joins forces and says, "Understood, soul, let's press for it." If your altered ego has no fight with the desire, then you're in alignment and have clear sailing ahead to manifest. Just watch for which voice is speaking and don't let that ego-self win out by keeping you victim with "I can't" or "how could I." Take charge into Mastership. You'll know. Is there, after all, one among us who doesn't want to fill our lives with fullness, honest-to-God love, and happiness? That begins to happen the moment we unleash our emotions in purposeful focus. **We become fulltime conscious manifestors, creating our own destiny, living our desires. Who needs three wishes from a magic lamp when we already are the genies? The key to manifesting desires lies in embracing the understanding that everything in your private universe got there through your own emotions! Take, for example, where you live. You probably moved there because you felt emotionally good about it. Or, how about what you wear? You wear what makes you feel good. You go to certain places because you like the way they make you feel, and you eat certain foods, surround yourself with certain people, and do myriads of things simply because they make you feel good. Conversely, those things you once did but didn't like you don't do anymore because you don't like the feelings that go with them. And right here is where you can get hung up. Unless the desire you have is a passionate one, no amount of conscious manifesting in the world will work.** You can't get emotionally involved with something you're only halfheartedly interested in. Muddy waters, not-so-hot passion, and lazy self-esteem might combine to get you a mild suggestion of a manifestation, or nothing at all. But deep passion, no blocks, clear intent, and you've got an absolute manifestation working. Your "want" must come to pass, for you've created an emotionally focused desire in your electromagnetic subconscious mind. Therefore, it now exists in your reality. You have only to catch up with it in time. So just remember, your manifestation will always match your emotion, not the vision of what you want. It won't match wishful thinking; it will only match your strong emotional reaction to having it. Few people, however, are aware of how limiting their thinking is, even for the things they most deeply desire. So when you start to go down your list of desires to begin the manifestation process, take a long hard look at how narrow your vision may be. Are you manifesting just a new car, when in fact you want a Jaguar? Are you manifesting for just a new home, when in fact you want a five-thousand-square-foot executive mansion overlooking a lake? Are you manifesting to sing in a choir, when in fact you want to be the director? Now, the energy you use to create a fantasy in your mind to bring about sexual arousal is the same type of focused energy you use for manifesting. It's alive, powerful, and very magnetic. As your emotions become heated in your lovemaking process, so too does your body. Some of this heat

is from exertion, yes, but most is from emotional energy. Your imagination is having a hey-day, you're visualizing like Cinerama, the heat builds with the intensity of emotions, and suddenly there's the release which you just manifested out of desire. This is exactly what happens in the process of manifesting.

**1) You've decided what you want. There's no argument, and it feels right. (Want) You're emotionally drawn to it. If you can't feel it, you don't want it.**

**2) Now start to visualize this desire of yours, and begin to get into what it will feel like when you have it. (Embrace) Create in your mind's eye your fantasy of having it right then and there. Visualize it, enjoy it, play in it, be with it. Let your body become elated with your laughter or your tears of joy, whatever reaction you'd naturally have, for that's what's going to manifest, and your manifestation will only match your level of emotion. It will never match the vision alone,**

**3) The power is now taking form in the subconscious, while the vision is buzzing around in the brain. More and more emotion is being poured in to fuel the original vision, (Emotionalize). You're really getting jazzed, feeling passionate, your body's heating up, your heart's beating faster, and your respiratory system is slowing down.**

**4) You're in total alignment, on a tremendous high. You know without any doubt that your desire is already in existence. (Own) At that moment, you speak deeply from your Inner Being and fervently own the happening. "From the Light of God that I am, I call forth my desire into power, into manifestation, and into law. So be it."**

**5) Suddenly the release comes. Your body goes limp; you feel it all over. (Release) Your emotional desire has shot out into the Is-ness, completed. And there it will sit, waiting for you to allow it in. It's gone into time; it's gone into Law. When your body comes down from its high, take a few deep breaths, relax, and go back into yourself. Feel what you've just done. Feel the completion. Then thank your Inner Being, and pat yourself on the back for a job well done.**

**6) You've wanted it, embraced it, emotionalized it, and released it. Now, you have one last step, perhaps the most difficult of all, allow it to happen. In fact, now is the time for you to do two things of utmost importance if you truly want your manifestation to come into being. First, don't discuss it with anyone for any reason! And second, leave the details to the universe and your Inner Being. (Allow)**

**Talking about your manifestation before it occurs pulls power away from your original focus, depleting the energy required to bring it about. This is not a topic to share at meetings, or even with your sponsor. Over and over again I've seen what might have been a great manifestation ruined by people trying to manipulate the circumstances or talk it away. Circumstances will take care of themselves, but you have to allow the energies full rein to run their course into your reality. Start small when you begin, so you can see results quickly. If you can't get emotionally involved the first couple of times on one desire, go to another until you can feel that peak come. Do it over and over until you get it down pat on one desire.** Once you know you've hit it, go on to another one. If your first one hasn't started to happen after quite a while, then, and only then, go back to it. I've manifested everything from new homes (for which I had no money prior to manifesting), to fun little things like bikes and power lawn mowers (for which I had no money), to dogs, loving friends, answers to problems (by seeing myself in the answer), people to help remove emotional blocks, a new relationship, vacations, financial security, and serenity in abundance. Manifesting is a reliable, guaranteed miracle-maker that will bring you into such feelings of empowerment, you'll become unstoppable as the genie, precisely what your Inner Being had in mind all along. Want it with a deeply felt desire. Embrace it in agreement with your God-self and ego-self. Passionately emotionalize the experience of having it. Own the reality of its immediate existence. Release the emotions to the universe, then silently allow it to take form. Once it does, go ahead and shout it to the world. You've earned the right. **Manifesting has to do with choices. It has to do with knowing our lives are no longer blocked and knowing that being blocked is nothing more than a state of mind. If we keep creating choices in consciousness, we can then create them in actuality by manifesting them into reality. Like our lives, manifesting is pure emotion. It's God in action. It's our divine birthright, using the forces of energy we are.** Indeed, manifesting is heady power with a sign on it reading, "For Masters Only!" **Affirmations are powerful tools you can use all day long, wherever you are and in whatever you're doing. They take hold of stubborn old trains of subconscious thought to mold new belief patterns in their place. Your subconscious mind, remember, is a book of law. Only it didn't write the laws; you did. If negative emotions have dominated or controlled your conscious mind most of your life, it goes without saying that your subconscious still carries powerful, negative beliefs which are continuing to electro-magnetically draw experiences of like vibrations into your body, your home, your business, your relationships, etc. Since the goal is to change those negative thoughts and their subconscious programming, one way to do that is with affirmations. The key to reprogramming the subconscious is to reprogram it with truth. If your subconscious mind sincerely believes a new thing to be true, you have instant reprogramming. We're back to cause and effect, with your subconscious bringing about the goals set by your conscious. So if you want to reprogram something that deep down you don't really believe, simply find a way to state it that you can accept as true.** For an exaggerated example, your brother bit you when you were two, so you hate men. To attempt to blatantly fly in the face of that well-ensconced belief and affirm, "I love all men," would be an utter waste of time. Your conscious mind wouldn't believe a word of what you're saying, so neither would your subconscious. **Affirmations need repeating over and over again. Post them up on your wall, on your bathroom mirror, on your desk, on your car dashboard. They're magic when used with determination. The trick, always, is to find a way to say something so you can believe it (or often enough, until you do!). If you're stuck with knowing how, call Home for help. That imageless being within you is already jumping up and down with divine delight at your desire to change and will be more than eager to rapidly assist you in finding the right combination of words.** "Rejection is a feeling I create myself." Or, "When I feel rejected, I'm rejecting myself." Or, "I'm worth more

than being tossed away, but I'm the one doing the tossing." An affirmation is always a positive statement, always affirmed in the present tense ("I am" as opposed to "I'm going to") and must always be believable. And always, always, see it and feel it as completed, just like any manifestation. This is what creates the over-ride process in your subconscious. If you've been conditioned negatively (as we perceive it), you can recondition your subconscious to react from another position, therefore positively (as we perceive it), provided you believe what you're affirming. Where the manifesting process is usually implemented for physical circumstance, affirmations are generally best suited for mental control, meaning life control. They can be about anything, so take careful stock of your thoughts and see where change is needed. If lack of self-worth is an issue, as it is with most of us, say, "I approve of myself," five hundred times a day and watch what happens! As you become more bold in your affirmations, there may be times when little thoughts jump in with, "This is nonsense! What I'm telling myself is just not so." Lovingly tell those ego thoughts that you're in control here, and they absolutely cannot play those old tapes anymore. "I release you with love and with no regret for your having been with me." To affirm is to state that it is so. To affirm is to wipe out an old belief by creating a new one which will go out from you to search the universe for a proper fit. **To affirm is to be confident of the results, for in this frame of mind, regardless of all evidence to the contrary, you will call to you that which you truly desire. Such is the law of attraction. Prayer is having little chats with the God of our Being as we might chat with an old friend on the phone, and truly, that's not unlike what we're doing. Each time we so much as think God, we're putting in a call to and connecting with the Source, as well as our Inner Being. They're on the same party line. Call one, you get the whole. There's no right or wrong to prayer; the point is to get in the habit of doing it until it becomes a part of every waking moment, for in its truest sense, prayer is nothing more than hooking into God-consciousness by expanding our own consciousness. The more we do it, the faster our entire body frequency changes, building on its own momentum, frequency by frequency.** Negative thoughts dissolve more rapidly manifestations begin to show up, answers click in, our knowingness expands, and our subconscious minds start picking up topics for affirmations as though we were reading them off a grocery list! All this from sending thoughts Home on wings of love as often as we think of it throughout the day. In the silence of contemplation, your brain waves actually soften, allowing higher thought a much easier time coming through. Those are the times to listen carefully to what may be popping into your head, those little "aha's" that are your creative jewels. Those moments of, "Wow, great idea!" What you're hearing is purposeful, so never doubt it. It's cosmic mind, un-mind, God-mind, your own higher thought being pulled in by your soul with something you need to hear. It's your intuition, a vision, a neat thought, an outrageous idea. Don't doubt those thoughts! You've tuned in to another frequency and now have an entire universe on your new wavelength. You needn't strain to hear, just let the thoughts in without negating their origin, authenticity, or sanity. The universe will whisper its secrets to you if you're open and willing to receive. And now, if you've ever wondered (and haven't we all) if your prayers are heard, the answer is an unequivocal "Yes!" **From different levels of frequency, and from different dimensions, we are all heard, and helped, and loved. So never be too proud to pray, even if it's just, "Thanks," or a few mental thoughts of gratitude to your Higher Power within and without. Every word, every thought, is heard. And how should you pray? Who cares, so long as you do it all day long, in little thoughts here and there, until it's a habitual part of your life.** Just as on the Program there are no "should's, or "how to's." The only difference between right or wrong prayer is whether you're doing it with your heart or with your head. If it's by rote, you'll be heard, but nothing much will happen. If it's from your heart, where you can feel the vibration setting up, you'll be heard. If you really get into it with some grand emotion, you'll be heard throughout the universe. **If, however, you mix gratitude with that emotion, your prayer will be heard throughout the omni-verse, for there is no time or distance to the thought waves of deeply reverent prayer. Prayer not only goes out, it goes within. At night, ask your Inner Being what troubles you, and ask the trouble to come forward so that you might deal with it. Then finish with a moment of reverence, and you've set your body to receive higher consciousness flow throughout the night. Powerful help is available for your subconscious in that manner, and you'll recognize the forthcoming help in the form of new awareness throughout the days to follow. Asking for joy is prayer. For instance, in the quiet of the morning hours in bed, ask for joy to be with you that day. Ask for love to be with you. You deserve it, so ask for it. Then know from the core of your being that joy will be there, and it will, no matter what may be going on about you. Asking for direction is prayer. Asking to expand is prayer. Asking for knowledge, for understanding, for enlightenment, for higher consciousness, for love, is all prayer. Asking in prayer changes your energy, particularly when you put your awareness into your heart center and feel the depth of your request. So ask for love, ask for compassion, and peace, and happiness. Then become a listener as you have never listened before in your life. Listen with an excited expectation, an anticipation, and from the depths of your soul know you will hear an answer when it's time. Indeed, help from the universe is more abundant now than ever before in recorded or unrecorded histories. Never has there been such a time to ask for help, for never has there been such a gathering of grand, loving energies ready and eager to assist.** Through all the doubts, the prayers of that moment raise your frequency. Answers begin to flow through you in a kind of knowingness, not in words, but in feelings. And the feelings say, "Oh yes, something in me is different" As the knowingness speaks from your soul, you realize in that sublime, precious moment that the something different in you is real, is growing, is forever, and is sweet beyond words. **Our absolute birthright is to create a life that makes us happy. Indeed, we can become whatever we desire to become when we've given ourselves permission to do that and reach down for the truth that says we're worth it. So slow down and live in the moment. Start speaking highly of yourself. Become your own ideal rather than someone else's. Claim your birthright to a life of joy. And then, know that you are forever. Know there is no end to anything. Yet in all of the loving unseen there is no voice that will teach us greater than our own, for that part of the mind in which truth abides is in constant communication with the All In All, whether we choose to be aware of it or not. Never for a moment does our teacher leave our side. Never for a moment does our soul neglect our daily bread. As you practice feeling**

**that love, you come to know the God you are. Or, as you practice feeling God, you come to know the love. Practice as you lie in bed at night, in the morning, on the way to work, on a private walk, or under a tree. Practice knowing you're held in the hand of the God you are and totally loved.** When that love is acknowledged, the circuit is completed, and you brush against Creation moments impossible to describe. It's the "fix," the feeding of that deep hunger, the realization that you and God are one, and that you are not now, never have been, and never will be, alone. That loving, supportive energy has always been there. All you need do is believe it, use it, and not wait for proof. If you've been in deep stress, you've been in a deep-freeze, so you reach for the warmth and allow the energy of your own being to slowly thaw you out. You feel again and start living. When you call on the Power to do what it brought you here to do, you have instant attention, instant nurturing, instant love, instant thought in action. Just by thinking about it and feeling it (or pretending to feel it at first), you've connected, So when you're afraid, or sitting in the midst of turmoil, quietly call on that Power and say, "I want to experience the peace of my Inner Being, now!" Feel your desire, for that's the trigger that will shoot you and your fear right to your God-center where you can operate from strength rather than from a stressed-out image. You're not creating this connection, nor is it just your imagination; it's already there. You're merely activating it through consciousness by turning your awareness deep within. Once the connection is made, the peace and strength in the midst of turmoil comes with ease. The happiest people I know who are walking this road to remembrance make a deliberate habit of living their truth. They made a conscious decision to come out of the pain and be happy, period. It didn't happen by luck; they simply decided "enough" of the joyless life. No more living for the expectations of others and all the accompanying "should's." They made a conscious decision to go full steam into loving themselves and gracefully allow everyone else to do whatever it is they need to do. They make a point of laughing a lot just to raise their frequencies. They find what gives them joy in their lives and go for it. They're living from and through their God, narrowing that margin of separation from one day to the next. **When you get to the point of knowing that you and God are one, you've removed separateness from your thought process and literally united with the Godhead once again. Even if you're not yet totally remembering, the reunion's taken place, and you've opened the doors to a world of unlimited possibilities. As you begin to experience more and more of this power, see if you can live from it, or off of it. As a flower lives off the nutrients from the soil, air, and sun, you can learn to live from the God of your Being. Allow it to step in and be you, to take over, to react through you, to feel through you, to melt your image and look through your eyes into the God of another to see only that God, not the man-made outer self. And so you bridge the gap to that awareness that you and God are One, and everything begins to change in quantum leaps. You see all people, places, and things in a different light, not because you think you "should," like "little goody-two-shoes," but because you're allowing yourself to see through the eyes of your God-self. Each time you do, each time you really feel it's happening, you're closing the gap even more. Separation, and the emptiness it breeds, is taking a back seat to joy And what is joy but God expressing through you? The reason is simple. Joy is high energy that can exist only in the now, not yesterday, not tomorrow. Since the only place your God can live through you is in the now, when you're into joy you're living one hundred percent through your God-self! Joy, therefore, is immense power in action, and like love, the highest vibration there is. Joy and its partner, love, are of the same frequency.** When we allow it to permeate us, the high vibrations create the physical and emotional sensations we so relish, catapulting us right out of our slow, social-consciousness vibes of yesterday and tomorrow, smack into love, spelled N-O-W. Raise your frequency any way you can, and the death of those low frequencies is certain. You'll walk right out of the problem and into the high vibration of joy, where you can pull in solutions to whatever's going on. **Remember, you can't solve a problem in the same frequency in which it was created. Change the frequency; solve the problem. Joy doesn't mean shouting at the top of your lungs or winning the sweepstakes. It's a vibrational place you can stay, and be, until that staying becomes second nature. Joy is knowing you're in the process of change. Joy is making a decision to live for you and be happy. And how long does it take to become happy? Just long enough to think joy, and you begin to smile. Joy is an energy of such power that if you were to live in its vibration steadily for twenty-one days, you'd actually become that vibration, permanently! That is what it would be like to be all the way Home, all power, all Light, all love, all joy God, man/woman, realized!** But for most of us, joy has been only an occasional caller, mostly because we never realized it could be ours on a more permanent basis. Here it is, the magic frequency that releases our belief in the need for struggle, brings absolute, unconditional love of self (the greatest love we can have) along with the absolute freedom which comes from that love, and most of us are still wondering how we get it! The teaching in this simple process speaks for itself. As we focus our attention on those pleasures in which we so delight, and reinforce that attention by looking frequently at our lists, we automatically begin to do them. Day by day we increase the moments of joy in our life, casting aside a "should" here, or a chore there, for something from our magic list. We begin to think about joy what it means to us, and how little it really takes to bring that feeling about. And while we don't neglect the big ones, such as climbing Mt. Everest, our focus is on the obtainable nows, those sweet moments of pleasure we so love, but rarely allow, or even remember. **With our joy list, we remember, and we do. So ask yourself what makes you happy, put it on your list, and do it! The more moments you spend being happy and living in that frequency the more you are gathering your moments into the now where joy is and God lives. Nature allows, and we need that allowance desperately at times. Nature doesn't judge; it just loves. It lets us feel our aliveness, and if we extend the invitation, it will always reach in to fire up the spark we sometimes think has gone out. Watch a squirrel scurry along a branch and find your laughter. Feel the power of a wave and listen to its success. The sun will never curse you, and the moon will never say you must be this way or that. The wind will play with you for as long as you want, as often as you want, and the snow in its silence will fill you with high vibrations of peace.** In nature, because you're breathing in all that is about you, you become that consciousness for brief moments of quiet joy. And in that becoming, you change for a little while. You find strength to plug into the universe for feelings, for answers, for help, for love, for

understanding, for whatever it is you are needing. From that quiet space you'll be heard. Then go even farther. Don't just place a thought on the sun go to the sun! Don't just talk to the tree; become the tree. Feel what it's like to be the grass or a blossoming flower. What's it like to be an ancient snow-capped mountain? Get yourself up there with a seagull or into a worm-pull with a robin. Be the heat of a campfire. Dance in the void between stars. Go sit on a nebula. Become the wind and blow the leaves, or the baby's ball, or the ripples on the lakeshore. Become nature! Become one with life; it's what you are! As you return home, feel your newness and stay in that high vibration/or as long as you can. Then go out tomorrow, if possible, and the next tomorrow, and the next. Each time you do, let your imagination go out farther and farther. Give it full rein; let it have its head. Play with it. Talk to nature, laugh with her, become her. Become the black night. Become the void. Become original thought. Let the tears come. **Go back to the Light. Become the God that you are. Feel what God's like. Become one with everything you see or hear. Meld with it. Become the "I Am." Speak to forever. "I Am!" It is the prayer of eternity. Nothing about you will ever be the same. A new world is before you, if you will allow it. Be open to your truth and living it. Let your feelings be your guide. At every turn, remember that there is always a happier way. Let in the thoughts that will take you there. Do away with those things in your world that prevent you from knowing the totality of what you are. Learn to feel, and learn to call those feelings forth from your soul memory, for they are indeed the keys to the kingdom of heaven. To know God completely is to feel every thought completely, until every thought that God is, you are. Know to the greatest depths within you that we each create our lives through that magnificent inner power, the Source which will never leave us; it is what we are. Learn to honor that Source, and to move, and speak, and act through the Godliness of that Source, You. You've allowed yourself to become one with the ongoing-ness of life. You've become the trees, now silhouetted against the brightening horizon. You've become the orange in the sky, the dew on the sill, and the song of the bird. You have become Life itself, the All In All, the Source, your Inner Being, God. You have become Unlimited Thought. There is no more searching, no more pain or confusion, no more dismay, no more loneliness. There is only truth. You have become your truth, because you are living it. There is no more darkness; there is only Light.** Today, there's not a day I don't engage in some way at calling forth my Light. The hunger for that Light is so strong that at times I wonder why I'm not literally on fire. Neither is there a day I don't in some way bump heads with my image. Ah yes, that grand old ego is still playing its devious games, only now it takes just a day or two (sometimes only a few moments) rather than years to realize what's happening. So loud is the voice from my Inner Being to bum away that shell, rarely a day goes by I don't call Home to bring on whatever the unfinished ego-business of my life may be, no matter the discomfort. Granted, it's not always pleasant, but as long as I remember everything's on course and call Home for help, each crazy circumstance, or challenge, becomes another battle won in getting closer to my own reality. The wonderful difference in my life now is that I know where I'm going and how to get there. No matter what the adventures may be, no matter how many bumps or roadblocks, no matter those chunks of un-melted ego, and no matter the lessons, there's an indescribable joy in my being that says, "Thanks, you grand Light, for finally getting through to me. Show me the road to the God I am, and let's go Home."