

Total Reorientation – The Gradius & Ragon Material

by Kristen N. Fox and Rebecca Mundt

This book is dedicated to “The Gang Of Four”

and Patsy Davis

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Introduction

Sometime in 1996, Becky (Burke) Mundt and Kristen Fox began channeling their "higher" selves (Gradius and Ragon) and writing down the information they received. While both in expanded states of focus, Becky spoke and Kristen wrote, and they ended up with a great deal of highly specific information on the nature of Conscious Creation and Absolute Freedom.

Although the general concepts of reality creation at the base of this presentation may feel similar to other bodies of work you may already be familiar with, we think this material represents a very practical, applicational perspective. Specifically, this information focuses on all the subtle and not so subtle shifts from the old way of being to knowing ourselves as conscious creators. In other words, they don't just cover the idea that 'you create your own reality,' but illustrate potential pitfalls and helpful advice along the path to a total reorientation of the mind. (Or as Gradius and Ragon would say, "Keep choosing the new until you are no longer choosing the old.") After all, perspective is EVERYTHING - these sessions are all about expanding our perspectives to become who we really are: powerful creators.

These sessions seem to present information in such a way that the rational mind is drawn into trying to understand it, and to do so, must expand, or reach up to meet it on the intuitive level. Intriguing, to say the least. And although we've given titles to each "group" of information, the groups are more a list of main points that we added later as a means of discernment, than anything else - which is why some title words seem to be repeated occasionally. It isn't necessary to read this book linearly, feel free to skip around and follow your impulses to those groups which interest you in the moment. Also, during the time of the channelings, we were engaged in many creation projects which may be hinted at from time to time in the text, including things like new places to live, relationships, and abundance.

And as with ANYTHING, we also remind you to apply your own personal discernment to the information. If it resonates with you - great! If it doesn't resonate with you, simply set it aside.

Enjoy!

Group 1: Outer Reality as a Reflection of the Inner, CONSCIOUS Creation, Creating Money, Discernment and Judgment, Decisions, Responsibility, Absolute Freedom

The outer experience is simply a reflection of the inner. The creative process unfolds continually, infinitely, constantly. You cannot miss it. It's going to happen whether you pay attention or not. So the question becomes: how do you create the inner experience with the most harmony and ingredients of joy or the ingredients you seek in the outer? The answer is, you train your attention away from the outer long enough to perceive how the inner process works. Once you have perceived how the inner process works, that is, you have lined up the details of the inner mechanisms: thoughts, beliefs, feelings, emotions, tendencies, influences, choices. Then you are free to go back and watch the outer reflect the new understanding.

It is not that you live in life focused only on the inner, you could do that without a life, or a physical manifestation of life. The objective here is to live in life in the outer, from the inner. Which, if you understand, you do every time you open your eyes. All the sense perceptions you receive are your creation. The more powerful your rational training, the more time it takes to get this turned around correctly, unless you use your rational training to help you. The difference seems to be in the conundrum or paradox of experiencing the outer physical reality as real while knowing it's a creation of our inner being.

For example: This table we see is real. Just as you and I are real. And if you attempt to raise your leg through the table, you will encounter its reality. And this is a place of confusion for many of you. But remember, we are not asking you to deny what is, just to recognize its source. This table is here with you precisely because you chose it to be. And the further you go on this path of understanding, the more flexible and fluid physical matter will become. This is not a change in physical matter, but a change in your ability to perceive and focus.

The most difficult challenges come when you confront those areas which you still regard as real and outside of yourself. And this is why your particular challenge [creating money] is such a worthy one for you because you have chosen the thing within the culture that is seen as most real and most outside the self. And in another way it is the most within your control because it is an idea. You see this when you look at it from a global

perspective more clearly. Because the idea of money changes from culture to culture. The actual physical representation looks different and is different, and yet its cardinal truth remains the same. You could say it is the physical representation of supply. But do not place too much emphasis on the meaning or implication of what it represents. It would be far better to reduce the contrast between money and all other physical objects, including your body, the earth, sky, and understand it as just another form of the camouflage. In this way you regain your power returning the displaced power you put on the idea of money and putting it back on the self where it belongs.

Now, as to these other events, they are all unfolding perfectly and naturally according to your desires, thoughts and motivations. Remember that all time is simultaneous, therefore, others you have drawn into your life to some degree have always been there and always will be. Do not assume that you must create artificial boundaries or separations between yourself and others. It is not necessary. The natural order of events based on choices, when allowed to move freely, is the best course of action. And again, as stated earlier, recognizing the source of all the experience is from the inner, dealing with those inner ideas. Conflicts, resolutions, restrictions, ideas of limitation or less than perfection themselves bring forth or create the experience of less than perfection. This applies to relationships, supply, the physical body, all experience. So by resolving your own internal issues, you will resolve the experience. And by that I mean, the outer experience will reflect the harmony you are seeking.

So here is the paradox. The conscious mind seeks inward for resolution of what will outwardly be experienced by the conscious mind. It is not so difficult to understand. But it is true that many beings on your physical plane attach their identification so strongly to the conscious mind and its habits and ways of thinking, and what could erroneously be called "predispositions" that the beings themselves are unable to use the conscious mind effectively. It is as if using the power of creation to experience life you decide that a portion of your creation is in control of the experience and you further decide that this portion that is in control is fixed. Otherwise how could you possibly say, "That's just the way I am," or "It's my genetic heritage." Etc. etc.

The evidence for the opposite truth is all around you. For without absolute freedom none of you could possibly change any of your circumstances. And the extent to which you learn discernment and choice to replace limitation and restriction and the extent to which you understand the power of the self in face of all experience, there is no circumstance you cannot overcome. The foundation of your being is built on this model. And everything, every evidence to the contrary is, in its simplest form, an opportunity to choose a new perspective.

The further you progress down this road, the more sustained joy you will experience, because sustained joy is the natural response to choices made out of freedom. So. You experience greater and greater periods of simple contentment. Less and less of your time is spent in the old patterns of pointless mental entanglement. This is because you have satisfactorily proven to yourselves that at the very best mental entanglement is a waste of time, and at the worst, it represents creative power ill used with unpleasant and sometimes dire results.

The question of responsibility must first be clarified so as to determine the application and definition of the idea. You are responsible for your experience. This is not a question, this is a simple statement of fact. How you feel about this fact is another matter entirely. Whether or not you accept it and what you do about it are also separate and distinct issues. But your feelings, your acceptance or rejection, and your actions do not change the nature of responsibility. You could say "Responsibility is" just as "life is." Now as to your definition - "Able to respond." This is based on outer perspective discernment of reality. The inner perception would say "able to know, able to choose, able to create."

The outer perception definitions make a wrong presumption that you will respond to a physical time and space experience generated from outside yourself. The inner perception would say "you respond to your own creation based on your choices, your desires, your beliefs, your goals or chosen outcomes, and your comprehension about the nature of reality." In other words, responding to an outer generated experience, seen as an adversity is a completely different context and knowing than responding to an innerly generated experience for which you know you made the choices. When you know you created it, you ask very different questions of yourself, questions you do not have to ask if you assume it was created outside yourself. Further, when you know you have created it, you know you can uncreate it, if that's your choice, and create something else.

Think of it this way: There is a man standing under a shower. When he turns the knob he experiences the water pouring full force down on his head. Now this man believes he cannot breathe water and is fearful of drowning. If he forgets that he turned on the water the issue is simply to get out of the water, hoping it never happens again. If he knows that he is in control of the faucet, then he might ask himself, "What is it about this fear I want to understand?" or even "Am I ready to deal with this fear?" or he might decide he is not interested in experiencing the fear and simply turn the water off and do something else. Notice that the man who knows of his control of the faucet has more creative options, while the man who does not has more limiting consequences.

For example: The shower will eventually overflow if the drain is not open. Or perhaps the water will run out. These consequences are seen as things that need to be dealt with, but from a place of powerlessness. This is quite an impossible situation. And yet this is exactly how so many of you define the world you live in every day. No wonder you are depressed. No wonder the highest cause of disease is stress. As you break through these barriers and limiting beliefs, you will come upon centers of resistance within the culture itself. These do not have to affect you. But you will be aware of them. You will also come upon smaller versions of these obstacles within yourselves. What happens to compassion in a world where each person is responsible for their own lives? And which is compassionate: allowing the consequences of ignoring the truth about the power of your own creation in the lives of those around you, trying to show them the power of their own creation, or, as in the example of our man in the shower, reaching in and turning off the faucet for him?

One of the things you will discover is that there is no right answer. For just as there is no one way to create, just as you are all individuals, each with your own highly specific and chosen ideas to work out, so each situation is individual, and so the spiritual principle, "Judge Not, Lest Ye Be Judged," takes on a completely different meaning. Each of us, in each moment, in each interaction, in each choice, using our own powers of discernment, from our own point of power, to suit our own purposes. Absolute Freedom. This is a foundation piece which is required on the path to total reorientation. You have discovered the difference between the intellectual discussion and the actual experience of this principle. Any who wish to learn, or follow in this new path you cut, will need to use their OWN discernment to do the same. And of course, you will have to remember and continue to practice this experience. Expanding until you are able to experience all experiences from this stand point. And at that place you will know ease. You will also know Joy and Playfulness, in ways you are just beginning to comprehend. So carry on down your bold path!

Group 2: Intention, Free Will, Being Asleep or Awake, Self-Acceptance, Perfection, Compromise

Intention, Free Will, Being Asleep or Awake

While it is rightly understood that the potential for any experiences and events is ever present, the knowing of the experience, the experience, and creation of events themselves will be unknown and unexperienced without the creative focus of intention. This is the operational basis of free will. This is the operational basis of your physical reality. In each moment, the potential is present. It is up to you what you do with it. And so, for all the moments you experience in which you, for whatever reason, ignore, deny, or simply remain unaware of the potentiality of creative intention, you are said to be asleep. And in the moments when you recognize, choose, and activate your highest intentions, you are said to be waking up.

Denial, Acceptance, Perfection, Self-Awareness, and Diligence

The denial of any one thing is the denial of the whole. And this is also why, in your work to achieve this integration and this larger experience of the awareness of conscious creation within your physical reality, you must accept and lovingly allow all of the parts of the self, for the same principle is operational. To deny the part is to deny the whole. You can and should assume that every detail of your creation (that is to say, your experience) is precisely placed, chosen, and enacted for your highest understanding. So that denial, judgment, or separation from any of these details denies you the experience of the higher understanding.

This is the perfection. In accepting the perfection you are accepting your power. Whenever you reject the perfection you move to powerlessness. And while this explanation will seem quite simple in your terms, the experience of the concept can be profound indeed. This is why the ultimate task of making choices becomes intrinsically wedded to your experienced outcomes. If you can allow yourselves to accept each moment, EACH moment, EACH thought, EACH event and experience in your life, no matter how minute, to be the messenger for you, then you can choose in each of these moments to claim the message and exalt it, to accept the message and change it, or simply to allow the message to reveal the deeper meanings of the self and the larger intentions which you seek to know and carry out.

The advantage of this approach is that it removes you entirely from the old rational mind set (which looks outside of the self for evidence) and brings the power of the rational mind to the inner self to apply the evidence and information toward the desired outcome. To some it could be considered that this is simply a new form of manipulation, or what your psychologists would call behavior modification. However, it is much deeper than this for it deals directly with integration of new understandings with the expansion of what is consciously known within the awareness of the physically focused self. So it is not merely rote, it is not merely following a new set of rules, rather it is the spontaneous allowing of discovery and exploration with a specific intention for a specific outcome, result, or experience.

Of course, how you choose to use this information is totally up to you. If you simply use it as another way or means to reject the self you will not make much progress. If, on the other hand, you use it to unite the self under the joyful banner of self acceptance, then you can expect to reap significant rewards. In most cases, among the peoples in your physical reality, the diligence required for this process is perceived as too dear a price to pay, too cumbersome, and too time consuming. However it is our observation that it is none of these. And that, in fact, just the opposite is true.

The difficulty arises in the need for diligence, for within your culture at this time there is a huge and pervasive push towards distraction which can make it difficult for individuals to create for themselves the opportunity for this diligence. But this does not mean it is not possible. Again it is a matter of desire and intention and the will to know the self.

Compromise

It is necessary for you to be willing to reject that which you do not choose. And while this may be a painful lesson for some, any compromise is your undoing. For compromise suggests a lack of trust and faith in the self.

Group 3: The Intentions of Fear and Love, Choosing What You Want, Spotting Beliefs Around 'How Creation Works', What is Real Anyway?, and Who Do You Think You Are?

The Intentions of Fear and Love

We would suggest to you that whenever you KNOW that you are in fear, that you STOP, whatever it is you are doing, simply STOP, and deal with fear. Do NOT try to deal with the so-called events or emotions around which fear has gathered. For in the long run these are incidental. Rather, deal directly with fear, call it by its name, and ASK IT ITS INTENTION. If you will do this, you will know who fear is. And fear will always tell you its intention is to remind you that you are still not lovable. Then, you must choose. You may decide that fear is correct. In which case, know that any act which you perform at this moment, from this place, is not loving. You may decide that you have finally had enough of fear. In which case, we suggest that you ask for love. We know you believe you cannot do this. But you believe many things which are erroneous.

So ask love, what is love's intention? You will know if you are with love or still with fear, depending on the answer you receive. Any answer which is less than complete love and joy is not love. Do not make the mistake of listening to fear try to talk to you about love. Fear does not know about love. Only love knows about love. Love creates universes. Love is not passive. Love has infinite power. And love is relentless. It is time for you to separate your romantic notions from the truth.

Choosing What You Want, Spotting Beliefs Around 'How Creation Works', What is Real Anyway, and Who Do You Think You Are?

What is your true choice? And how are you honoring it? How are you bringing it into form? Through your focused intention? And do you really believe that there is some action required in the physical, and if so, what is it? And if so, do it! Perhaps this helps you to more clearly understand the need or the use in the past in other belief structures and cultures for ritual, for the act of bringing forth through ceremony, for these represent and translate to the physical act with which you are so preoccupied.

If all probabilities exist and if your beliefs and choices align you accordingly to various probabilities, then shall you not simply choose the probability you seek? Is this not right use of the rational mind? What other use would you put it to? Other than to dispute what you know, that is.

Call forth that which you seek. And acknowledge and consider it done upon this calling forth. It is simply a question of you stepping into this choice. How do you do this? You do it. You align with the knowing of yourself which tells you this truth and you accept no alternatives. You move literally into that life, so that your thoughts, your expectations, your projections, your feelings and your ideas all align with that life. If you believe that there is something more for you to do then you must discover what this more is and do it. Or you must change the belief. The choice is yours.

Whenever you find yourselves in discussion of how creation works, of how beliefs work, of progress or failure, of success in your venture, or impatience with waiting for success, you are in these moments actively living your beliefs. So you must look at these moments and decide what you are being told and what you are telling yourself. If you are saying, "There is some further requirement" then you are withholding the outcome until such time as you discover the further requirement and fulfill it. But it is all belief. It is no more real than any other belief. It is only your experience of events through these beliefs which convinces you of their reality.

So you must decide. Does the experience make it REAL or is the experience an accurate reflection of an active belief? This will lead you to the question, "What is real?" What IS real? The rational mind will always supply the answer based on past experience. But we would caution you that this is NOT reality. This is your experience of reality through the filter of your belief system. If you believe it is hard, it is hard. If you believe you can UNCREATE, you can, and do. If you believe in the trustworthiness of the self, if you believe it is possible, it is correct, it is right, and it is appropriate for you to have what you want in your life, then you will. To the extent that you do not, you do not.

Now that wasn't so hard. And here is your biggest downfall - in the moment that you look at your life, and you determine that you do NOT, and so you do not, you judge yourselves. You say, "What is wrong with me? Why is this so hard? What am I doing wrong?" And hopefully, "How can I change it?" Forget the first three, remember the last.

And once again, we are back where we started. You change your experience by changing your beliefs. How can such a simple concept be so devilishly tricky? It is tricky because the rational mind accepts experience as fact. Now you of all people, having been given multiple magical experiences by yourselves and by others seeking to show you the ease and grace that is possible, even YOU still follow this rule, "Experience equals fact. Fact

is immutable. Change is impossible." But you know better. You know in each moment where your larger frame of reference lies. AND you know if it lies WITH you, that is, towards what you seek, or against you, that is, in denial of what you seek. You can ask yourself at any moment and know the truth. And if you will, once having asked this question, ask yourself further, "Beliefs, show yourselves to me, which create this truth in this moment," - they will be plainly evident. So long as you remember that they are NOT facts, but only beliefs.

This is a game you have played with yourselves for eons. For if you ask yourself at any moment to look beyond what you KNOW to ask what you know ABOUT what you know, you will know instantly in what frame of mind, in what probable reality, in what reference point to the higher self you presently reside. And then you may choose. If you do not wish to reside where you are, then you may choose to reside somewhere else. The greatest obstacle for you is that your rational mind will tell you, does tell you, continually tells you, that this is not possible precisely because the rational mind interprets all experience as FACT. "Water boils at 212 degrees. The air has oxygen in it, which you breathe. The earth has an atmosphere which keeps you alive. Your current position and the past which brought you to it has complete control over your present moment and any future moments. Everything is predictable. There is no such thing as creation. Or if there is, it is not reliable."

Be clear. This IS the common belief system in which you operate. Every belief you hold, nourish, or contemplate outside of this system, must be uniquely strengthened. Must be cherished. Must be properly maintained, and protected. This is the task you have chosen. To live the magical in the world of the mundane. You know in your hearts that you are unwilling to succumb to the mundane. You know in your hearts that you have chosen this challenge because you needed to restore your faith in yourselves, and in the never ending creative process from which you spring. For you could not, through your rational mind, endeavor to accomplish any of the things which you hold important - you could not write, you could not sing, you could not paint, and you certainly could not create your reality.

And yet the rational mind is a stern taskmaster. Constantly demanding answers. Endlessly insisting on reassurances. And this is why the retraining of the rational mind is so important to the process. And also why the proper balancing of the rational mind within the whole is so paramount. For so long as the rational mind is dominant in all things, the perception of experience as fact greatly restricts your creative ability.

So you must choose. You must decide if your past equals your future or not. You must decide if all of the evidence of your experiential life is TRUTH or well-narrated fiction. You must decide WHO creates and WHO controls. And if you insist on giving the controls back to the rational mind at every moment where there is a question or doubt, then you continue to restrict yourselves. The rational mind is not your enemy. But the rational mind can be perceived this way if it is NOT retrained properly. When the rational mind perceives experience as the culmination of beliefs and knows THIS as fact, no longer assigning experience as fact, then your ability to expand your perception and change your experience naturally improves.

Perhaps you should, for the time being, take every thought which suggests to you a limitation or a reminder of an experience which "proves out" a limitation, and simply assign it with the label "belief." Imagine if you were to look at your whole world this way - every single thing in it is only in it to the extent that you believe that it is. You believe your car is parked outside and so it is. You believe you are currently focused in Washington State in the United States of America and so you are. This would be closer to the truth than the assigning of any experience as fact. And if you can perceive ALL of your experience this way, then it is not so difficult to expand your experience to include those things you want, you seek, you desire, to the long list of things that you are already experiencing as a result of your beliefs!

For is it not true that physical objects are more space than object? Is it not true that the molecules within physical objects are made up of particles vastly smaller than the distance of space between them? And is it not true that the computer you type upon is more space than computer? And yet you BELIEVE in it, and so it works. Listen to the rational mind now. The rational mind says, "This is lunacy." The rational mind says, "There IS a computer on the desk." And you smile at the rational mind and say, "Belief!" Apply this EVERYWHERE. Apply this in every moment. And in every thought. You will see that everything works much more easily from this perspective. All of your coincidences make perfect sense - how else could it occur but in the way which you BELIEVE, and in a way which SHOWS you what you believe.

You believe in telepathy? You experience telepathy! You believe in creation, you experience creation. You believe in limitation? You experience limitation! This is the sum total of your life experience! So rather than trying to sort out the underlying beliefs, why not simply admit that it's ALL beliefs. The cars on the street, the birds in the trees, the bunnies on the lawn, all belief. All you, creating, to show you yourself. All belief! Who are you? Who do you believe you are? Imagine that the truth is that you do NOT exist. That this is simply a void space which you have filled with your imagination and you have filled it SO well that you have believed that your creation is REAL. But there is nothing here. There is nothing here but YOU. All of you. Experiencing all of you. And calling it real.

And no amount of evidence that you pile up will change it! Ask yourself when you're dreaming, when you're caught up in the drama of a dream, do you not feel the ground under your feet? Do you not experience the reality of the dream? You have trained yourselves so well in this dream of physical reality that you hardly EVER allow yourselves to experience the KNOWING that it is your creation, that it IS your dream. Sometimes, in your dream states, you will remember you are dreaming and you will say, "Oh, this is a dream. Oh, I can change this if I want to because this is a dream." See if you can do it in your physical reality dream! The nature of the dreams are the same. "This is a dream. I can change it if I want to." And change it. In the dreams, you never ask yourselves, "Oh, HOW will I change it??? Oh, how will I make it happen?" You are not helpless, it is YOUR dream. You say to yourself, "This is a dream, I can change it!" - and you change it!

Choose. Act from the place within yourself that knows and request the rational mind to participate in the uncovering of the beliefs. And the selection of new choices. Let the rational mind tell you all of the things it wants, and then give it to them - give it to yourself. Now, perhaps, some of you are going to be very frustrated with us. And with yourselves. Perhaps once again we will be accused of saying things so directly that are so simple and yet which you will lament are so difficult to achieve. We are smiling as we remind you that this is a belief. PLAY with your lives. After all, what is the WORST consequence possible? You will DIE and wake up from the dream. And perhaps you will do this before you do what you are so sure you want to do. You will lose your love, you will lose your grand idea. Choose. And remember that the fastest way to lose your love or grandest idea is to forget that this IS the dream.

Do not be afraid. Take your grandest visions of yourselves and create them! For what else could you possibly be here to do? And what risk are you taking? None! The only real risk is that you fail to seek, to be, the grandest vision of yourself. The rest is all details. Yesterday, today, tomorrow, earlier, later.

Group 4: How Do You Feel? Intention, not Prediction, Staying in the Now, Becoming Your New Self, Ease, Working WITH Your Conscious Awareness, Intentional Creation is MAGIC

How Do You Feel?

Take a larger view of your own lives and bring the creation into form from that perspective. The better you feel, the better you are doing. There. Now you have a rule. Apply it.

Intention, not Prediction, and Being in the Now

Do not attempt to predetermine in any fashion, simply know the intention and stay in the moment. Pay attention to those ideas and inspirations which come to you and act upon them.

Becoming Your New Self, Ease, Working WITH Your Conscious Awareness

You have already begun to notice how your energy and your feelings are naturally and newly aligned with your stated goals and intentions. You can experience directly the closing of any remaining gap between what you have chosen and stated as your intended goal and your experience of the self in any moment. That is to say, when you allow yourself to focus and consider the goal or any portion of the intention, you no longer feel yourself to be in any way stepping away from the present self. The goal is simply another facet of a self within which you are comfortable and operate easily. So it is no longer a stretch for you to step into the feeling tones and experience of the intended goal.

Indeed, you are marshalling all of the forces of the universe to advance yourself easily and steadily into the position where your goal has been achieved. If you will pay attention to your now moments in physical space and time during this intersection, you will notice, quite easily, the fluidity and ease of motion within and out of physical space and time that not only you experience but also that the physical objects of your environment experience. As the expanded self moves into more direct contact with the conscious awareness, it is able to provide you with insight and knowledge previously unavailable to you. We encourage you to take advantage of this situation. To consider more playfully all of the ideas of your creative construct. Do not be fearful but stride boldly and with confidence. Allow the inner self to be directly available to the conscious mind where it can provide you with a greater ease and understanding.

The process as you currently experience it may in moments seem even less clear or predictable to the conscious aware mind. Yet only to the degree that the conscious aware mind attempts to know or control according to ITS dictates. And so you are experiencing a new level of ability to perceive with the expanded self so you must encourage and allow the conscious mind to accept and work with the inner self.

Intentional Creation is MAGIC

Magic never depends on linear events or time. It only uses linear time or events to reveal itself, to announce its presence. It's not about anything you do. It's about opening your willingness to be aware. When real magic happens it recreates your whole world and life is created as something else. Can you even imagine walking into a new world created out of intention? You do it every day.

Group 5: Becoming Conscious, Choosing As You Go and Predictability, Rational Mind as Observer, Allowing Creation, The State of Your Beingness, Wheel of Probabilities, Psychological Perspectives, Room to Move

Becoming Conscious, Choosing As You Go and Predictability, Rational Mind as Observer, Allowing Creation

Becoming conscious simply means becoming aware of your thoughts and choosing the thoughts you will entertain. Another way to look at this is the same way you look at drawing a picture. You choose the materials you will use, the colors, different materials, the markers, pencils, etc. Sometimes the drawing just appears. You draw the lines and wait to see what you get, making choices as you go. Sometimes you choose a subject first and attempt a rendering of that subject. Either way you are drawing. One is more full of surprises than the other. One is more predictable. The predictable work may seem to be more difficult to accomplish, precisely because you have preconceived ideas about the nature of its being.

Ideally, you can choose the subject intuitively and then allow the drawing to emerge by following impulses which flow naturally one to the other. In this way you remove the rational mind from the process as director. It becomes the observer. It's quite an easeful and simple process, and yet achieving it can sometimes seem difficult. It's not the individual lines that make up the picture but the over all effect of all the lines.

And just like drawing with a preconceived subject requires a certain kind of courage, trust, and faith in ability, so probability shifting or reality creation requires the same. It does no good to say that, "I do this all the time anyway," unless the results in your life are already everything you want them to be. By becoming the process, like the drawing, the awareness of the final design grows steadily over time. It is a form of emergence more than a form of coerced movement.

The key ingredients you already know: Trust, Desire, Willingness, Intention, Focus, and Determination are all various aspects of the same kind of energy which is actually a form of allowance. You allow creation. Just as you cannot force the seed to sprout and grow, you cannot force creation. Only by making room, by becoming large enough for it, by relaxing your grip on one perspective do you allow the other to be visible. In the case of your culture, most often, it is restrictive fear which holds back creation.

The State of Your Beingness

It is the state of your beingness which determines the probability you walk in. The freer your being, the more easily you can move between them, the more easily you can express each moment for the truth that it is.

Wheel of Probabilities, Psychological Perspectives, Room to Move

Remember that you are standing in the center of time and ringing around you in a great earthly hub are all your probable reality selves. So you are moving like the center of a great wheel and everywhere you go, the wheel goes. And various events come in and out of your focus depending on how you look out from the center. It is a fairly simple matter to change your point of view. It's not so difficult, once you understand how to accomplish it. Not through physical action but through a psychological shift. When you know what is, then it must be. By stripping away the layers tied to your critical issues you loosen the space around you and create more room and freedom of movement. In some ways it's like identifying the parts of you that cannot stand in the new creation. Once they are identified they release themselves naturally.

Group 6: Circumstances and Choice, Be Where You Are and Choose What You Want, "I Don't Know", Distraction and Physical Reality, Focus, Intention and Spontaneity

Circumstances and Choice

In the past you have felt yourself anchored to circumstance. Today you are free. Circumstances cannot touch you if you choose not to be touched. Let your eye be single. This statement has been greatly misunderstood. This is an acceptance of what is by choice, rather than by outer appearances.

The rational mind would think this a fantasy. But this is not fantasy, this is reality.

Past, Present, and Future, and Be Where You Are, Choose What You Want

Reminders are all you need. It's infinitely simple. You could sum up the secrets of the universe in two sentences: Be where you are; Choose what you want. Such a simple task. Seems infinitely difficult. When you are outside yourself rummaging in the past and the future, you are in places you cannot go. The point of power in the present, does NOT mean take the present and drag it into the future or use it to see into the future. None of this is necessary. The future will emerge perfectly out of the present. The song in the car is a perfect example of this. (We spoke of a specific song, and the next song they played on the radio was this very song.) You did not yell at the radio for playing the song too late. You spoke of what you wanted and in the next available moment it's given to you.

"I Don't Know"

Each moment you know more and more. Remember on your journey when you are saying, "I don't know," you are speaking your doubt. Mostly likely, in truth, you choose to know or not to know. End the practice of saying, "I don't know." It only encourages confusion. When you feel the urge, ask yourself, "What DO I know?" and accept the answer. Use your discernment.

Distraction and Physical Reality, Focus

The nature of the creations which you have observed seems elusive. For while you are on the path of conscious creation it seems to you that at first it has NOT been conscious. And then you see in these moments how the creation comes to be. It is the same as being in truth and being faced with physical sensations. It is a question of focus and intention. In

this way physical reality is an actual distraction. You also see your natural tendency to react to distraction. Indeed. It takes all of our will to focus this one [Becky] at this moment. It is also an experience in recognizing the urges toward reaction and ignoring them (those urges). And you hold, in these impulses to react, an energy which if focused in another direction has great power. It also becomes at some point, appropriate to place your focus in the physical reality and state what you desire. In this way you speak your word upon the world.

Intention, Spontaneity

It is the intention that guides you, just as in the moment it is the impulse that guides you. With practice it becomes easier and easier. And the conscious selection of probabilities is a natural evolution. But this selection, this conscious selection, this evolution does not imply loss of spontaneity, adventure or surprise. It is like choosing the river you will put your raft upon. But it cannot name, nor shall it need to, all the variables of the experience of the raft on the river. Which fish to jump, which rock, which rapids. These emerge perfectly and spontaneously, evoking your responses in a perfect demonstration of spontaneous free creation. If it were any other way, any other choice would demand that you would *HAVE TO* CONSCIOUSLY create every other aspect.

Group 7: Creation IS, No Rational Basis, Absolute Freedom, Explanation and Understanding, Impatience, Trust, Acceptance

Creation IS, No Rational Basis, Absolute Freedom, Explanation and Understanding

For as we have said before, creation requires no precedent. Creation is. And so it is also that your rational mind will not impact the creation, once the creation is set. You cannot think away the sunrise. You cannot prevent it for one instant. This should be of some comfort to you.

This is also why we continue to say to you, "Absolute freedom has no rational basis." For as you try to ascertain a rational basis for the rising of the sun, we tell you there is none. When you seek rational basis, you seek an explanation. And an explanation is not what you need to be seeking. Understanding on the other hand is worthy of your time. Understanding evolves through observation and experience. It's simply a matter of redirecting your curiosity. In this way the unknown becomes known to you, but not in a manner which provides an explanation. More simply, in a manner which provides understanding and acceptance of what is.

For example: we would like you to give us an explanation of creation. Do you find this amusing? ("I find this impossible") Exactly. And yet you can observe this in operation all the time. This observation becomes linked to understanding and so you can forego the seeking of explanation. But you must cooperate with these tendencies for if you struggle against them, seeing the creations and yet still seeking explanations, you will simply continue to circle the same small ground.

Impatience, Trust, Acceptance

As you work your way from inner to outer expression you will, or may have already, observed accumulation of a greater and greater data bank of trust and acceptance. It does you no good to rush the process and be impatient. For you are being impatient with yourself. You are saying, "I demand acceptance." You are saying, "I demand proof of my complete trust." And we are saying that when your trust and acceptance are complete, the proof will be there. And these will evolve in spontaneous perfection and all you must do is allow and observe. The more you are choosing your total acceptance and trust the faster it is coming. The more you experience evidence to the contrary the more you are slowing it down. This is why we keep saying to you that the answer lies not in looking at the outer world but in seeking within for the truth and power of your own creations.

Group 8: Dreamlike Qualities of Physical Reality, Perceiving Essence, Relativity, Expanding Perception in Physical Reality, Trust, Moving into a New Creation

Dreamlike Qualities of Physical Reality, Perceiving Essence

We've reached a new threshold of awareness. As you move deeper and deeper into the mystery, it's like a tunnel in the mountain. You're drawing all the other aspects and expressions together in the now. It is a natural thing (for them to be drawn to this now). The gathering that creates this space also creates it as a dream-like experience, and the feeling of seeing for the first time. Also motion. Camouflage becomes less substantial. So that's why you have the dreamlike feeling and at the same time you're physical. It doesn't break the threshold or morph but you do see the underlying motion of each object. It's as if you are seeing the intention behind the object.

Experiencing Essence, Relativity, Expanding Perception in Physical Reality

So the way you experience "intention" is by perceiving on some level a sense of visual movement around the perimeters of each object. So we've lost a sense of absolute resolution or definition of detail. Like you look at a line or edge and you see it but you also don't. Or you see it's not-ness. It's the relativity of the object which gives it the ability to be perceived. It's actually a realignment of the perceptual ability within the brain so that the functioning elements of the brain become aligned with the spiritual truth of creation in a way that alters the way they function. It becomes like a physical manifestation of higher seeing. Higher knowing. It also provides a widening or increase of space of current probabilities so that the current probability becomes more flexible. It's actually bigger. Because it is containing more.

As these expressions and aspects of self gather together it's like the difference of knowing that you are in a house on a street and knowing that you are in a house on a street in a country. Knowing the difference in the spatial feel to it. It is an overlapping, a joining together of the molecular structure of seemingly disparate worlds, in the same way the bisected light joins together some time in the future (after the bisecting). Your scientists only see it in its simplest form. And you are currently experiencing it in an almost infinite complexity. It is actually an expanding of your awareness. A widening of conscious focus. It is not a change in the nature of reality itself, it is only a change in your ability to perceive

more of it simultaneously and remain consciously aware. So it's a great expansion of your conscious awareness. It brings together elements which previously affected you beneath your conscious awareness so that your conscious awareness is now free to interact.

Trust, Moving into a New Creation

There is a new lucidity and transparency. You feel it in your body. It is like washing years of dirt off a window. And for so long you have looked out this window, seeing the layers of grime and smudge. This sudden clarity startles you. As if you can say, "Oh my God! I can see out the window!" and you can see. So now it is so bright, you shade your eyes and glance peripherally still not certain that you can trust direct vision of what you know is in front of you. So you close your eyes and name the things you want to see out the window rather than open your eyes and see them. But you know they're there. You can feel them because, lucky for you, you have heard and understood the truth about the nature of reality and creation. You do not have to hide in a dark closet.

You can come and sit before the window and look and point directly to what you choose. The more clearly you see it, the faster it is here. Notice how light and energetic you feel. It is the energy of new creation coming into being. Trust it. Keep choosing it.

You are right, there is nothing left to complain about. You have chosen to have everything you want. This can hardly be considered a sorry state of affairs. It is simply a matter of walking through the last few steps to completion. This is because the completion is not an ending, but a beginning. And as you have mastered this new way of being, and knowing of your own creation, you have already come some distance on the new road. All of the events before you are the natural extension of this road. As you make it your path and your lives.

Group 9: Releasing Restrictions, Judgments About What Is, Pretending, "Outer" and "Inner" Perspectives, Responsibility and Others, Tests, Ease, Receiving, Earning, Problem Solving and Solutions, the Creative Flow and Absolute Freedom

Releasing Restrictions, Judgments About What Is, Pretending

There has been a great deal of letting go. There has been a great overcoming of old ideas, of limitation, powerlessness, restriction, and a place where the life you lived seemed to be dictated from outside yourself. The further down this road that you go, the more you'll see that everything in your life springs from you in a magnificent cooperative undertaking with all of the other creatures of your world.

[Heavy rains brought flooding in local green/park area.] Yes, you and the ducks agree this high tide in your greenbelt is a worthwhile thing. Your children also agree. Your neighbors who fight it agree as well, but they pretend that they do not agree. For you the pretending has stopped. Do you see this?

"Outer" and "Inner" Perspectives, Responsibility and Others, Tests

Quite often, the "outer perspective" is not only deeply flawed, but is the reverse of the truth. This has been a problem in your culture forever, continually mapping your progress from the outer perspective. It is a problem for two reasons. One, it is a lie. And two, it devalues or obliterates the inner perspective and knowing of the individual.

This is why it is such an error to attempt to wrest responsibility from another. How can you take responsibility for what you do not know? How can you do better for someone else what only they know how to do? And worst of all, by inserting your outer perspective, you invalidate their own inner knowing. This leaves them powerless in the one place they have all the power. This is epidemic in your culture. This is an understatement.

As you move back to your own inner directed being, trusting and choosing your own creations, you have less and less patience for this type of behavior. This is a sign of your progress. Do not cajole those who would need to surround you with their outer perspective. Cut them off or ignore them, but do not play. This warning is given to you in

all earnestness because you are so steeped in your culture. You are beginning to see the subtle ways, and not so subtle ways, that any attempt to placate this behavior from others manipulates you even ever so slightly, into acknowledging the outer perspective as real.

Think of it as a plague. In the plague, remember, they burned the clothing and possessions of those stricken. You do not have to become arsonists (laughing) but you need to think like arsonists. Now that you have shifted to the place where more of your trust resides in your own knowing and in the power of your own creations rather than in the camouflage, it is your duty to diligently protect and maintain your new position. You may find you have to shoot down old thoughts like a sniper. Instantly. Silently. Completely. As you do this the new thoughts naturally assert themselves, the new order is established, the new creation takes precedent position, and your reality adjusts accordingly. This is your magic wand. Believe it. There is no easy way - if you want to think of this as hard. There is also no OTHER way. And realize as you choose your new creation you are free to expand your choice to include all the support, encouragement, love, signs, joy, and magic you want along the way. You are also free to choose any more tests you want to give yourself. Remember this. Now if you are tired of tests, stop choosing them. Replace them with encouragements.

Ease, Receiving, Earning, Problem Solving and Solutions, The Creative Flow and Absolute Freedom

When you are in perfect ease there is nothing unnatural in receiving wonderful gifts. There is no earning - this is not a glorified reward structure. This is the natural flow of creative being. As you contemplate this, consider how widely divergent and unnatural the outer perspective really is. It is also interesting that the solutions generated by the belief systems of the outer perspective compound the problem instead of solving it. When you understand this completely, you know there is nothing to DO about ANYTHING. The only true path to solutions is to move to the inner perspective and follow your impulses. The more you can do this, the more solutions will fall into your lap. It is not a question of problem solving, it is all about reconnecting to your own creative stream. The reconnection itself will carry you to what you are seeking in ways that appear to be wholly magical.

As to your own processes, you have alighted on the road where the "walking through it" IS the adventure. There is no need to seek, there is only trust. Just as today's events arrived in their perfect moments, so all the other perfect moments will arrive. You are weaning yourselves from a lifetime of habitual linear thinking. Remember now, Creation IS. Creation requires no prerequisites. Creation can alter your entire experience in an instant because creation is based and springs from Absolute Freedom.

Unless you become confused here, let us be clear. Creation is not a random event. It is not made up of coincidences and it has nothing to do with chance. Creation is the bedrock, without which experience would be impossible. It is also a muscle that is largely used unconsciously in your culture. This is because using it consciously with any degree of effectiveness requires total reorientation.

Group 10: Synchronicities and Limitation, Fears Associated with Becoming Conscious Creators, "What Do I Want to Do?", Trusting Yourself, Key Ingredients and Gifts from the Universe

Synchronicity and Limitations, Fears Associated with Becoming Conscious Creators, Trusting Yourself

Minor demonstrations which you give names such as synchronicity, coincidence etc., allow you to see how creation operates in your system. However, if you examine these events and demonstrations and the beliefs and lives of the people who experience them you will see that they largely fall into certain accepted areas of their experience. This is again a demonstration of the outer perspective's influence. You will notice that this area is very narrow and that the vast majority of acceptable experience falls under the direct control of the rational mind.

You have locked yourself into a square box and you have given the rational mind the task of endlessly measuring and remeasuring its dimensions, and this is done without ever recognizing that the entire experience: the box, the measuring tools, the measurements themselves, are your creation. And so the task has been how to help you dismantle the box. We would suggest that it was a task worthy of the effort. Worthy of the fear. Worthy of yourselves. And you have faithfully identified many of the structures, you have recognized them as you set them aside. Fear of non-conformity, fear of irresponsibility, fear of lunacy, fear of your own trustworthiness, fear that your own discernment was not up to the task, fear of self delusion, fear of consequences.

There are more. Fear that you were wrong and that you are not divine. Fear that perhaps after all you really were not worthy. And the one tool that has moved you beyond all these fears is trust. And this trust is not in some outside deity, but in yourselves, in the nature of what is, and in creation. Because you understood that trust outside of yourself could not take you, the only answer was to trust yourself. And finally you came to a place where trusting yourself separated you from the very beings you had looked to when you started down the path. And in that moment you became free.

There was never a requirement that you make judgements, for or against. There was only a requirement that you use your own power of discernment to know the truth about yourselves. The beauty of this truth is that it sets free everyone in your experience. By knowing freedom yourselves, by trusting yourselves, you release all of creation.

There is no middle road. And you knew this when you began. Now apply this knowing to every single one of your questions about what IS and what WILL BE and you

will have no more questions. Indeed the questions themselves will become your markers for old forms of thoughts. And as they arise, you will laugh and set them aside. And in these moments the new creation will surge into your being and everything you are creating will be revealed in perfection. Now perhaps you understand the gift we have given you. The gift you have given yourselves today.

Those who have guided you can no longer take you. For now you will take them. And the brilliance of your path will amaze and astound them.

"What Do I Want to Do?", Trusting Completely

All you must do is remember who you are, be true to yourself, stay in your center, and follow your impulses. If you find yourself asking yourself, "What is the right action or direction?" - in that moment ask yourself simply, "What do I want to do?" If the action before you in your linear planning is not what arises to the answer to this question, then seek the new answer and trust it.

We told you some time ago that we would, with you, bring heaven to earth. Perhaps you did not believe us. In which case we ask you to review today and consider the possibility again. We also suggest that you continue to immerse yourself in the knowing of this perfection when you find yourself in a moment of question, or contemplating old patterns of thought. The degree to which you have released and let go of your need to know is the degree to which your fear has dissipated. When you trust completely the need to know vanishes. Use your discernment and recognize that the habits of thought surrounding "need to know" may be present as empty habits.

Another game for you to play with the habit of "need to know" is to confront "need to know" directly with your trust. So you ask need to know, "Knowing perfection, What do you need to know?" In this way need to know becomes a joke, which is a fine thing.

Key Ingredients and Gifts from the Universe

Here is what you need to know: Creation is. Choice Is. Joy Is. Love is. You are. And finally, Perfection Is. The receiving of gifts is the natural order of the Universe. For what would you do with your creations other than to gift them to yourselves and others?

And in the end the lesson you give yourselves and the world is that everything, every moment, all that is, is sacred. And perfect.

Group 11: Cycles of Discernment and Analysis, Connecting with Others of Like Mind, Dis-Integration and Integration, "Walk-Ins", Ideas of Identity and Psychological Structures

Cycles of Discernment and Analysis

It is true you have learned to use your discernment well. Do not get caught up in over-analyzing, however. You have recognized several important things. Allow yourselves to recognize them and move on. This is important for if you over-analyze and stay connected to the old ideas and thoughts, which are not yours, you create them as more real than they are. Open yourself, see. Make the new recognitions and move on. This is a good exercise for you in general. Also, acknowledge the increase in your intuition, and the proper use of impulse as it occurs in your day.

Connecting with Others of Like Mind

There is a coming together now that you have seen in your vision, a new momentum. This momentum is built around the creative force and excitement of the individuals gathering who are ready and who understand intuitively where the process is leading. These beings like yourselves are on a single journey home to Absolute Freedom, which is connected to their intuitive knowing brought into a conscious awareness by their desire and focus.

Dis-integration and Integration, "Walk-Ins", Ideas of Identity, Psychological Structures

This is a coming full circle, an integration, the opposite of that phenomena you discussed earlier today - the dis-integration. The dis-integrated beings which are also extremely common in your culture, have no true effective creative power. Because the forces of dis-integration work directly in opposition to the understanding and smooth operation of the creative self.

It is the overall goal of the self or the being, to accomplish total integration and when certain influences are brought into too high of a focus, or certain understandings are encountered in full force, before the self is able to assimilate them, the intensity alone generates a fragmentation of probability. It's as if you were using a sledge hammer to put a

tiny tack in a picture frame. Imagine the frame as the self. If the tack were to hold the joint of a corner, the sledge would separate the joints by its force and the frame would be over impressed with the power of the sledge. Now suppose the sledge is unconditional love or divine inspiration. The self at once yearns and is repelled by this force in disproportionate tendencies, and so, in one probability, the impact may produce a sort of autism, the being so lost in the joy they forget to focus back in physical reality. While in another, the being may retreat from love entirely, and so become that which you have been discussing as "walk in". [A walk-in has been described as a person deciding to leave a body while a "new" person comes in, circumventing the birth-death cycle. We wanted more information on this within the psychological framework of these sessions.] Now. As to the issue of separate souls... Again, this is a misunderstanding of the concept of soul. These beings are not separate individuals, just as you are not a separate individual from your body, but are an integrated whole with a specific focus. So to say that these beings rely on the memories of the body for continuity, this is correct, for this is true for each of us. It's also true that you manipulate these memories according to your own creative thrust or potential. Psychic energy of the self is multifaceted, containing infinite potentials, variables, and tendencies over the event of its expression.

So while you can say you grow into a new concept or understanding, you do not say the understanding takes over your body. Again, the confusion arises around the issue of identity. This is in large part a direct reflection of the outer perspective of physical reality. Think of it this way, in a physical body, Kristen is not confused with Becky. Becky does not wake up and say "Oh my God! I'm Kristen!" or vice versa. On the other hand, both can see an infinite number of expressions pass by on the face of the other, and if one of these faces were to stick, there would be considerable consternation.

Now, let us move to the psychological where structures are not so easily distinguishable in your terms, and where many patterns move consistently through the system. Do you understand? Now, these patterns, all part of self, are capable of being extremely distinct from each other. Let us say, the victim pattern is a psychological structure and the hero pattern is another, and yet both are present in the same being. There is a fluidity of movement of self through these structures. This is the event of self-ness. Now let us say that the sledge is introduced at the intersection of self-ness with one of these structures, which is a core or central structure to the being focused in physical reality. And let us say, that this particular structure dis-integrates itself from the whole at this time. Generally, you will see it surround itself with fear, and it will be retreated so as to protect itself from the fear.

Now. The interesting thing about this solution is that actually, the fear becomes the reflection in this area. So that the self's ability to access those emotions which the core structure was involved with, is diminished or eliminated. This of course, is a short term

solution which immediately sets into action a longer term solution of confronting the fear so as to re-integrate the structure. Often this is done by inciting peak or intense emotions in other areas, in a series of patterns. The being, unconscious of the situation will continually act out dramas designed to reawaken and illustrate the value of that which has been denied.

As to yourselves, recognize the power of your own discernment in ascertaining the value or meaning of any information received from another, remembering that Absolute Freedom requires no less. And again. Discernment will guide you as you make your heart's choices regarding these beings in your world, in your selves, and your interaction with them. Again, Absolute Freedom allows you to choose. And as you choose, creation moves. We caution you both, remember compassion, impulse, and intuition. And to discern these from mental entanglements, and empty yearnings.

Group 12: Releasing Judgments, Integration, Love, Making Choices, Looking Back, Releasing Dramas

Releasing Judgments, Integration, Love

You have both presently chosen to step into the high road. And for this reason you will now be traveling and meeting with a joyous band of companions. And also for this reason, those seeking integration have been drawn to you. This implies no particular requirement on your part, other than continuing to make choices from within your self trust and freedom. Everything you have been wishing for lies before you and as you let go of the self judgements, layer by layer, you will find yourself so completely in the new life that your perspective will be changed. From this new vantage point we suggest you look again at these new issues and questions when even more will be revealed to you.

You have come far down this road but you will be amazed at how much further you can go. Without judgment you can hold any being in the light of love and affection in your heart.

Making Choices, Looking Back, Releasing Dramas

Of course, it is always a good thing to continue to make your choices as you move through the perfection, remembering that you create, rather than wondering whether some facet of the event will go one way or another. Simply choose what you want. Trust it and allow it to unfold. For truly you already are walking in your new creation. And it is not that you will cross some magic border, but it is more simply that you will come to integrate that knowing into yourself.

There has been so much progress that we would say it is now difficult for you to perceive where you have come from. For it is not a place where you are capable, or can be, now. And so, we would set you to the task of rejoicing. The rejoicing itself brings you more properly in line with the understanding of where you are. In some ways you are like the man who has survived the storm, ship-wrecked at sea, and is now lying high on the beach in the warm sun. He has already achieved everything he set out to - he has survived. But he will not really understand this until he wakes up. And so perhaps in his dreams he is still battling the raging seas. From now on, each thing you choose will come with ease and simplicity to you, as you learn to allow it to do so. It will simply show up.

Think of it like breathing, you made the choice to be born into physical reality, which necessitates breathing. You do not need to spend time remembering to breathe, remembering to choose breathing. You trust it and it shows up. In just such a manner, you

are learning to trust all of your creations. Now see yourselves in this place. There is very little to complain about.

People will say, "What do you do when you want bla bla bla?" and you say, "Oh, I choose it." You will notice that the greatest challenge when you have achieved this state is that the dramas will all be gone. There will be nothing to complain about. And the greatest gift will be in place of the dramas: a deepening connection and a more thorough explanation of the highest goals and desires of the self. By choosing to be gods you trade in the distracting for the authentic adventure; an ongoing quest for a deeper and deeper knowing of the self and all that surrounds you in this, your creation. To extend yourself and perceive the nature of ideas of all different kinds and of all other forms of consciousness around you. Knowing them at once as a part of and separate from, and as dependent and free from the self. This is the great excitement of physical reality.

You have also observed the coming of the new cycle. With the introduction of those others who will make up your new community. There will be more. Allow yourselves to experience the joy of these relationships. And allow these relationships to provide you with the free space that you need to share and explore the ideas and the progress you have made. For the sharing of the ideas, is the sharing of information, the building of new bridges of knowledge, providing new opportunities. This is your gift to give and to receive. And these relationships which no longer serve you in this same way will transform to serve you in new ways, and in some cases, transform by disappearing.

Follow your impulses and pay attention to the subtle energies in your bodies. You do not need to weigh yourselves down with deep or heavy thoughts. Simply watch and allow the transformations to take place, remembering judgment is not a requirement. Also recognize that in the process of leaving old dramas and diversions and distractions behind it is not necessary or desirable to create new ones.

Group 13: Trust, Experiential Knowing, Intuition, Expansion, Multi-Selves, Releasing Old Ideas of How Creation Works, Reintroducing Fear

Trust, Experiential Knowing, Intuition, Expansion, Multi-Selves

As this process unfolds around you, it is like the lowering of the sides of the box so that your vision is expanded in all directions. And you become aware of, to some degree, the many worlds you operate within. There is a loosening around the edges of what you consider rational or possible in physical reality as you know it. The actual form of your creation seems to elude you although in other terms it is plainly visible. It is simply that those other terms as you think of them are still separate from your experience of physical reality. This is because, although you understand the mechanisms and the concepts of idea constructions intellectually, you do not yet have direct experience of the process in a conscious manner.

Ultimately, your conscious mind must therefore operate within a framework of trust; trust in concepts, trust in intuition, trust in what is ultimately unseeable and unknowable from the point of view of the rational mind. For while you stand within the physical world, you limit your access to other than perceivable physical data. This is why there is required a leap of faith, a departure from standardized belief structures which no longer serve your purposes. This is also why you can sometimes feel as though you are stretched out over empty space as you lean into the new structure. Eventually, it becomes necessary to step out of or completely let go of the old structure. So at this point you more or less hang suspended between the two.

In real terms your forward momentum has already carried you well within the new structure, but in your terms, it still seems as though you are anchored to the old. This is a reflection of the way in which you have perceived your physical reality up until now. For on the one hand, the very evidence of the physical reality itself seems to indicate or validate the reality of the old structure. However, viewing physical reality from the new perspective becomes possible as you understand the partnership between yourself and physical matter in this creation. So while it is simple for me to tell you that each nuance of your physical experience is truly your creation, in your terms the outer physical experience still seems, to some degree, to operate outside of the conscious realm of your creation. Each of these physical experiences is habitually viewed as outer or separate from yourself.

For this reason, and in this manner, your task becomes to extend the self outward, knowing each experience physically encountered is truthfully a seamless reflection of your creation. Eventually, you learn to operate naturally and freely in this perspective.

The choices that you have made have brought you unerringly to this place, otherwise, the entire possibility of any creation would not exist. It is the direction and intention of your focus which has brought you to where you are. Just as it will be this direction and intention which will carry you forward into the future you are creating. This direction and focus upheld by the new belief constructions also alters your past, as you have rightly perceived. However, that past may or may not, based on your choosing, be directly accessible to your conscious awareness. You might imagine it as a message in a bottle set upon the ocean. The self which sets the message on its journey is joined by the self that receives it, although the two distinct points, that is the sending and receiving of the message, may or may not be experienced by both. We congratulate you on allowing yourselves to experience so directly the ease of being which allows your various probable selves to so effectively provide for you those qualities of being which you choose. And we remind you that it is just those larger frameworks of quality of being which ultimately allow your new creations to come into existence in your physical reality.

As you approach this intersection with the larger, roomier belief systems and idea constructions, already in place, those areas of your being, minor vestiges at this point, of apprehension, or a lingering fearfulness of your own power will provide miniature experience events which offer you the opportunity to let go even more completely of the old structure. These are nothing to be fearful of. Again, they are fresh opportunities to present yourself with choice in knowing your own trustworthiness. Use these events as opportunities to turn inward and stand firmly in your new world. Remind yourself that you did not bring yourself this far to forget, or betray yourself. Be grateful and give thanks to your own self for having the courage and the wisdom to choose this new road. And remember, as you observe others around you that each one is expressing the same yearning for this new road in their own way. And any limiting beliefs revealed in this process are revealed simply for the purpose of discerning your own choices. Therefore, you need not accept or reject any others experience. Remember your ease and follow your impulses.

Releasing Old Ideas of How Creation Works, Reintroducing Fear

Notice how you have been observing all of the rules about creation. As if somehow these rules were more powerful than your own experience of your own creation. Do you see how you ask yourselves, "Do we need to stop thinking about this creation for two weeks?" "Oh my god, when does the two weeks begin and end or do we have to start over each time we think of it again." If you like we can play a game of two week intervals. But it is definitely not necessary to the process. So I would say to you, that unless you enjoy this

drama of reintroducing fear, then you can choose to give it up at any time. Understand that it is natural for your conscious mind to be seeking the explanations in the outer experience, that is, seeking evidence for your new reality/ creation, in the physical world, where you know it will appear. After all, where else would it look. And what we say to you, is that this is fine, so long as you do not play the game of opposites, either-or, and be disappointed when your conscious mind fails to find what you are looking for.

You may think of it as a good distraction along the road. It is sort of like counting telephone poles. Or looking for certain license plates on a long journey. And so long as you play the game lightheartedly, this is fine. Be clear there is no distortion here. It is clearly understood what you have set out to achieve and while you may contemplate and further examine in your own minds, the subtle details of your creation, these do not, we repeat NOT, in any way, impede its perfect progression.

Refusing Old Patterns, Making Room, Living in Two Worlds

Natural impulses lead to natural action. Again and again. You have also observed the benefits of leaving behind judgment and black and white thinking. For today, precisely that kind of thinking would have severely altered not only your experience of the day, but your creation of it as well. Take a moment to acknowledge and understand this. By sidestepping judgment, by refusing to become embroiled in old patterns, entanglements, and dramas, you have allowed the way to be clear for relationships to continue and to grow between yourselves and others. All of this action/motion, is significant and important in the overall quality of your creation. By making room for others to experience themselves, you make room for yourselves as well. It is an extension of grace that you were previously unfamiliar with and it marks the extent of your progression to realize that it has become a natural or sort of second nature way of response for you.

For indeed you are safe in the universe and all of those who interact with you to whatever level they are able to consciously recognize, are aware and thus attracted to you and your point of view. The immensity of this gift is still unrecognized both by you and by those with whom you interact. Now take a moment, and review the past few days of your creation. You will see that there are moments of perfection throughout them. You will also see that the moments of self-imposed doubt, fear, or uncertainty are still visible though to a much lesser degree. Remind yourselves of the time when simply stepping out of these sessions, or out of each other's presence, seemed to require a bravery larger than what you could contain. The balance of the world has shifted and it has shifted in your favor. Now has it done this outside of you because you are lucky or has it done this as a direct result of your willingness to apply what you know to the deepest levels of yourselves?

We have said before that there is no turning back. And this was meant as a comfort to you although at times we're clear that it did not seem to be one. Take firm grasp of that which you want, of your choices in the moment, and turn them over with trust and a sense of ease to us, yourselves.

It would seem that there are now two worlds operating within your experience and in some ways, that is an accurate assessment. Understand that this is the verging on the point of intersection so that it is as if there are two roads, each moving, each propelled by the creative forces of their own creation. And from your vantage point, it is now possible to observe them both. But the task is not nearly so arduous as you might think, for really all that is required is for you to choose which road, which you, which world. These questions should be familiar to you by now. Perhaps the arduousness of the task comes from a place of fear within you that perceives that the choice is not yours to make. But we tell you that it is, and that in truth you have already made it.

Group 14: Validity of Self-Exploration, Creative Structure of the Self, Natural Emergence, Acceptance Based on Intuitive Knowing

Validity of Self-Exploration, Creative Structure of the Self

To the extent that you have traveled along this path, you have loosened the bonds around yourselves and your perception of self so that even when confronted directly with ideas you yourselves once held, regarding the "indulgent" nature of self-exploration and the concepts which surround and obscure and obstruct the idea or validity of extended inner exploration. You are not only no longer convinced but you see directly and clearly the absurdity of such a viewpoint. For you now know from experience that the only way to actually impact the experienced reality of physical life is through this kind of intensive, inner exploration. So that actually, our telling you that there is no turning back is simply a mirror reflection of something you already know through your own experience. For as you have said, where would you go, what would you do? Knowing what you know now, how could you possibly return to a life of bondage to the outer experience? And to the extent that you continue to reinforce in yourselves the truth of your path and to the extent to which you continue to move with faith and trust in your own creations, to that extent now, do you expand the awareness and the conscious realization that such a life is possible. You do this not only for yourselves, but for each consciousness in your plane of existence.

It is also true that as you now move beyond the reaches of previous experience, both yours and others, and demand that your own outer physical experience conform to your own chosen and inner directed choices, you expand all of consciousness, providing a new and powerful prerequisite for idea construction. It is through your choice you will see, perhaps you have seen, that as you do this the level of trust required to maintain those tasks or experiences which you have already firmly established within your framework of experience but which are also directly tied to this expansion of awareness seem, at times, to waver so that the expansion itself forces you to come to new levels of trust and awareness within these processes.

Today you have given yourselves a powerful focus and you have also received specific and important information. Remember that this information is all a matter of choice and creation. And so you are playing an interesting game of choice, allowance, creation, choice, allowance, creation. In this game, you make conscious choices. You allow those choices to be known to your whole selves. Your whole selves move forward in creation and then provide you with the clues and context to make new choices as you move further into the creation. It is like a great cycle of experience. It is the event of self-ness. Are you beginning to see, consciously, the creative structure of the self? This cycle is the same cycle which operates in your own perception in the realms of physical reality. You project

outward that which you perceive, and yet your senses tell you that you receive input of that which is out there. It is a beautiful and subtle game.

Natural Emergence, Acceptance Based on Intuitive Knowing

By abandoning outmoded, unproductive, and basically dysfunctional patterns of interaction, and simply leaving room in the space between individuals, the new patterns naturally emerge. There is a great deal going on in other states/dreams/realities where interaction and growth is happening in a highly accelerated and cooperative manner, between all of you. You can accept this and allow the knowledge of this to carry you in moments where you are unclear as to the "proper" course of action. Rest in your intuition. It will indeed be interesting to observe yourselves and experience yourselves in the new creation.

You have correctly noted that you tend to accept where you are as a natural thing so that even though you have moved through profound changes, they do not seem so large or so obvious to you from your present perspective. Rather, the present perspective has a naturalness to it which you accept at face value. This in its own way, is a direct result of the high focus of your conscious mind. So it does not occur to you that you are indeed a new person and that over these last months of direct interaction with yourselves you have been through a multitude of such persons. For in each moment, you naturally accepted the person you were. However, to an outside observer, it would seem perhaps that intersecting with you over this period of time, you were in fact, many different people. It is this loosening of the identity or of the need to identify with certain beliefs and ideas which has freed you to accept the naturalness of your being in each moment.

This has also allowed you the greater freedom of movement into that which you choose to be. For indeed, the persons you began as were quite unable to live the choices you were making. And the persons now have no difficulty with this. It is also interesting to note that the changes seem to be less important or obvious at this particular point in time, or in the progression or process, then they will appear to be in the months ahead. When actually, the most dramatic change has already occurred. It is only the completion or filling in of the details of what has already been set into place that is yet to come.

And yet, so much of your experience is perceived and acknowledged through this outer perspective that until these details have fleshed out and the various pieces have

completed and set into place physically, you do not comprehend or appreciate the great changes which have already occurred.

This is important because many of you have spent lifetimes failing at this point to acknowledge that the creation is already in place and without the outer ramifications, which will come, have fallen back into the old way of being, thinking you had failed. When it was not until that moment where you changed your mind, and determined that this reality did NOT exist, that you actually "failed." For you, there is a clear and defined message in the preceding statements. There is also an understanding and acceptance within you, combined with a determined sense of where you are going, which steers you easily through this. It is not, and this is largely because of your having each other to work with, a great risk for you at this time. Others following this path, however, should acknowledge in themselves and in their process, that just such a period does exist in the claiming of the new world you choose for yourself. Therefore, it is wiser at this point to throw yourselves wholeheartedly into your choice for the new creation than to contemplate any ideas of self doubt.

Again, we stress that these events, these experiences which you bring to yourself, which seem to be opportunities for doubt, are always and adamantly, opportunities for choice as well. It is only by perceiving them in this way that you give yourselves the opportunity to bring into actuality that which you have chosen. We also suggest that you keep in mind, during this time, that it is precisely through these actions toward choice that choice is realized. There is no other path. There is no other way toward creation. When the experiences thus encountered are perceived in this way, it should become immediately clear to you that each experience contains within it the blueprint for success.

Group 15: The Commitment to Conscious Creation, Physical Body as a Perfect Reflection

The Commitment to Conscious Creation

Now let us consider the idea of conscious creation. Conscious creation springs from direct intention and choice. Therefore, it is not possible to choose this process and avoid the experiences along the way which are capable of inspiring either doubt or confidence.

For example, you cannot choose to learn to ride a bicycle without also choosing to actually climb up upon the bicycle and risk failure. On the other hand, any failure along the path of learning to ride a bicycle can be seen as a step in the direction of success, only so long as you maintain your focus and commitment to learning to ride the bicycle. If, on the other hand, you were to state your intention as learning to ride a bicycle and after one attempt, you and the bicycle fell over, and you decided you had failed, you would not say you were unable to learn to ride a bicycle. Or perhaps you would say this but the underlying truth would be you were unwilling to maintain your connection to the vision of riding a bicycle. Or you lacked commitment. Do you see the difference?

There are no great mysteries to unravel here on the path of conscious creation. Conscious creation is as natural as your nose.

Physical Body as a Perfect Reflection

Just as when you begin to explore the idea that your physical body is a direct manifestation of your consciousness in time and space with any kind of intention or attention to detail, you will perceive right away that your physical body reflects directly and accurately your inner vision or knowing of yourself. This is not to say that there are not stages where the physical body reflects unconscious fears, etc. for the body is an accurate mirror of things known and unknown to the conscious mind. It is to say that as you explore yourself and your knowing of yourself, you will come to appreciate the perfection of the physical body's reflection.

Where you may find yourselves led astray is in comparison between your physical model and any given model of the current culture which you deem to be superior. This is because models of the current culture tend to be worked out in extremes and archetypes

which are not accurate reflections of any given individual. In your particular culture, this also is highly connected to your ideas of commerce, value, and the need for perfection in the physical form, all of which ideas distort and misdirect you away from the natural perfection of what is. Recognize that a great deal of this distortion is created through misapplied judgment, self-stricture, and unresolved fear. When we look at the individual, a completely different pattern emerges. For example, this one (Becky) carries many of the attributes of her elven self into this expression precisely to remind her of the magical and creative and the flamboyant, all of which are joyous portions of her truest self-expression.

And yet, a comparison with outer cultural, physical perfection would not show you any of these details and would, in fact, blind you to the individual perfection that resides in this physical body. In this way, the culture often serves as a way to distract you from inner truths which are perfectly available to you should you take the time to observe them. You will notice here, another direct parallel between the ideas of inner and outer, reception and projection, fantasy and reality, or should we say imagination and "truth", these are themes which are all parallel lines or pathways available for you to find your way back to the truth about creation and reality in general. Whether you walk these pathways along their outer expression so as to eventually perceive their inner perfection or go directly to your own inner perspective, the end result is hopefully the same. A conscious understanding that everything perceived by you in your world is a part of your own larger creation.

Group 16: Levels of Actualization and Awareness, Transformation, Mounting Evidence, Choosing, Seeing without Judgment, Personal Power

Levels of Actualization and Awareness, Transformation

It has been argued that the purpose of this life is to explore roles and characters and idea constructs and that it is not necessary to become consciously aware of the creation process. And to some degree, as with all things, this is true. However, there is also a point as you move through these "levels of actualization" where the game for all intents and purposes must begin to become apparent. Again this is a natural process and not something to fear or to mourn or to rebel against. Indeed, there have been thousands, millions, infinite numbers of multiple probable selves moving through this experience of role playing for some time now. And there have always been those along the way who have understood and moved into a new level of understanding.

These individuals have become the focus of great movements of consciousness - religion, new understandings of science, etc. Each time, a new level of awareness was attained and introduced to the whole. Each time those who were ready or willing or desired to, allowed themselves to perceive this awareness to whatever degree. Each time the whole of consciousness, in your reality - clarification, "reality" will confuse because "reality" can be construed as meaning your individual, private reality or creation, let us say PLANE here - has had the opportunity for a probable shift to embrace the new awareness completely.

Now take a moment and consider that a conscious awareness resides within a room. In this sense, we are suggesting an imaginary conscious awareness made up of a group of beings and an imaginary room. And consider the idea that some within the group begin to perceive that the room exists only so long as they believe in it. And so these individuals begin to move much more freely in the larger arena of All That Is. The other individuals comprising the group of awarenesses, in the beginning, may or may not perceive these changes in the individuals who are no longer contained by the room. Over time, as more and more individuals see beyond this imaginary boundary, the boundary becomes less "real" so that eventually those individuals who have not yet explored or perceived the nonexistence of the room, find themselves looking out and seeing beyond the boundaries of the room, quite accidentally. Some of them will argue that it is their natural state to remain within the room. This argument is akin to those ideas which say it is your natural place to

unconsciously play out roles in this human drama without comprehension of your own creative will and power.

Now, in your experience, we would say that by virtue of the number of individuals exploring not only the nature of the boundary of the room itself, but also all that is outside of the room, in the larger arena, that you are presently in a situation with a large number of beings standing in a room which they agree exists despite mounting evidence in their own perception to the contrary.

In some ways, this is why the idea of total reorientation seems large and yet small. It is huge from the perspective of outer perception powerlessness, beings as victims, and yet the distance one travels as you have witnessed yourself, to arrive in the new territory, is not so great. This is because the new territory is rising to meet you. It is also interesting to note that at some point the territory is here so that from the perspective of the beings in the room, the room has suddenly dissolved and the only way to retain the illusion is to actively create it yourself. This is your future.

Mounting Evidence

Now we also suggest that in contemplating these ideas, you consider constructing material from your own direct experience which will illustrate for you how all of this works. When you begin to look for such material, you will be astounded at just how much is available. Consider events over the recent months and make a list. This will help you to discern and illustrate the point.

Choosing, Seeing without Judgment, Personal Power

And so it seems again we come to which you, which world. We remind you, these are the questions of a conscious creator and are good questions, indeed. We further remind you that the questions themselves are designed to evoke that which you need to consider as naturally as opening your eyes provides you with a view of your own creation. If you find yourself feeling fearful at the thought of such questions, you may actively remind yourself that the fearfulness is but a guide to some information which it is worth your time to know.

Allow fearfulness. Release fearfulness. And ask yourself, what is the basis of this fear. Answering this question will lead you down a journey of your own thoughts which you still believe have the power to control the outcome of the question. As you go along this journey, take the consideration and power of choice along as your companion and ask yourself, at each available moment, is this what I want? What you will discover are the places where you have invested your power in such a way as to believe that it is outside of your own direct control.

We suggest to you that there is no such place and there is no such thing. However the choice to believe this is still yours.

Take a willingness to see without judgment, honestly, just what it is you must let go of, in order to give up the label of victim. And be sure to bring along your largest understanding of trusting yourself. And when you have covered this new, exciting, sometimes precarious and dangerous terrain, go back to the original question and be sure to notice how differently it feels. And from there we will suggest that over time you will discover that you are safe, that you are free.

Group 17: All Things Known Despite Doubt, Trying to Predict Form, the Need to "DO", Advice for What to "Do", Levels of Freedom

First of all, this one (Becky) is feeling a limitation in her ability to effectively transmit information. This limitation is a representation of a new layer of doubt within the ego. As we move deeper into information which objectively seems to reside outside of the knowing of self, we would remind you that all things are known to the self. Even though making this reminder can sometimes be a catalyst for more fear, we tell you there is nothing to fear. And so, we offer the advice to relax, and allow it to happen. Your intellects as well as your intuition have been working overtime trying to determine just how this creation of yours will manifest itself.

This has been good to the degree that it has expanded your awareness of what is possible, for you now consider the ideas of probabilities shifting and simultaneous time as well as spontaneous creation to be equally valid from an intellectual perspective as any other ideas about how things actually happen in your physical space-time. On the other hand, your preoccupation with these ideas sometimes leaves you exhausted. For indeed it is a great deal of work to constantly reassess.

We suggest to you that these activities be viewed as another way that your mind, and in this we mean your conscious mind, attempts to tackle "problems" and find solutions. And while it is a good thing to line up the evidence in your favor, it is also not necessary other than at times when it makes you feel better. You have asked yourselves to live in a different world and it seems to you that that world has not really appeared yet. And we are telling you that you have always been in that world. It is only now you are beginning to recognize it. When you find yourselves pushing, recognize that this pushing is yet another exertion of rational mind in an experience of finding itself needing to DO something.

We have told you before that creation does not occur by the direct application of the rational mind. Your intellect cannot create in this fashion. The confusion arises when you decide that this means the conscious mind cannot choose its creations. That is not what we are saying. The conscious mind DOES choose its creations. It is simply that the conscious mind does not actually do the work of creating them.

Think of it this way. In a factory which builds cars there are people whose job it is to create the design to determine how many doors, what materials, and various features. You could say these people are the rational mind or conscious awareness. These same people do NOT, however, actually put the cars together. That is the job of others. They do not order materials. They do not assemble parts. They simply create the design. Now, naturally, they must make the design known to others in the factory, and so it is with the

conscious mind. In your case, what you are experiencing now is similar to the design team, rushing in and out of all the other areas of the factory, while the assembly is in process, looking for the completed car.

Now, on a practical level, the design team knows where the completed car will be found and when, or they have some good idea. But in your case, it is as if they have forgotten this and are rushing around, trying to influence how the rest of the workers do their job. Now this could be seen as encouraging, it is not necessarily counterproductive by any means. Although it may momentarily distract the workers from what they are doing. The point is, either way, the completed car will end up in the showroom. You catch our meaning here, we assume.

Now in your case, this can be a little bit more difficult to trust as there is no factory for you to run through, constantly checking. But if you look into your lives, and your experiences in each moment, you will see that the evidence of the creation is already in place. Ask yourselves, if there has been some misstep or some occurrence in your lives which runs counter to the idea of the creation and you will see that there hasn't been. On other levels, you will also see that you have been reviewing and reassessing certain beliefs and areas of thinking within your own minds regarding the issues of abundance, material possessions, having what you want, judgments, etc. And you have rightly determined that these are all processes which you are involved with as preparation for that which you are creating. There is no set course, nor predetermined plan, nor even any point at which you must arrive prior to the experience of the creation. It is simply a matter of the natural progression of things, that you consider these issues.

All in all, you are doing quite well. And there is really nothing to be concerned about. Although sometimes it seems the more we tell you this, the harder it is for you to believe. We suggest that you direct your focus back to the present and employ a good game or two. Practice your skills in knowing, telepathy, and such other areas. This is not simply a good distraction, but also serves to prepare you in other ways for those events you have created in your future. We also suggest you maintain those relationships which have recently begun to take significance. Spend more time with others. In this same way, we advise that you also continue to expand your awareness of the present moment. Give yourselves conscious suggestions that you will be able to perceive beyond and outside of the official line of consciousness. In this way, you can begin to expand your awareness in other ways. Use the exercises, all of them, that is to say, simultaneous time, visualization, core transformation, and dreamwork. Reintroduce a new element of play in your

experience and your experimentation. This will help to reduce the level of tension and remind you that the significance of your experience is in the freedom and not the restriction.

At this time, you are asking yourselves on deeper and deeper levels what it is that brings you fulfillment, joy, happiness and a sense of ease and excitement in your lives. These are important questions and they form the foundation of the new life you are creating. We suggest to you, that it is not necessary to feel boredom or restlessness. That these are only cues which provide the impetus to seek further for what you truly want. We also remind you that in your culture, while many people would profess a great desire and jealousy to have the opportunity to do what you are doing, the truth is, they would never actually accept the opportunity. The reason being that the exploration itself requires a kind of dedication, which most of them lack. It is far easier to stay in the world of distraction, so don't be too hard on yourselves.

You will also discover that this energy of distraction sometimes creates a false longing within you - the longing is itself an urging for rest, for diversion from the self. It could be said you have been relentless and we caution you that in some ways, this relentlessness can become the building of a new box. The alternative, as we have constantly reminded you, is to find your ease and follow it, no matter what it looks like. The drive for action, the drive for production, the drive for doingness, can sometimes seem overwhelming. And there are going to be times when the best way back to your ease is to allow those drives and to do something. Remember, judgment is not a requirement, and most certainly, judgment of yourselves is high on that list.

As you move through this path, you will continually discover that the level of your freedom is deceptive. You believe yourselves free and move further, and the process reveals to you ways in which you are still not free and so you move more, and this process repeats itself. Ask yourselves, is there an objective here. What is it I am seeking? What do I wish to experience? What do I wish to know? In the answers to these questions, you will find your own vitality. Now we suggest that when you are operating from the assumption that everything is taken care of then you naturally move into considering how to entertain yourselves. It is this spontaneous move toward play that will take you in the direction you want to go.

If you go back to our analogy, think of the design team, and if you wish, choose a new project to begin. Remind yourselves of those other areas which you have already explored and expand on them. The rest will take care of itself.

Be in your ease and follow your impulses.

Group 18: Ease and Magic, Separation, Details, Perspectives, Labels, Value Fulfillment, Extending Trust, and Self-Leadership

Ease and Magic

It's interesting to note that when you no longer require the complications of mental entanglements, things just drop naturally into place. Everything happens with a kind of ease. The ease itself is the nature of the new creation. Stepping into the natural flow, understanding how Framework 2 (Potentiality) surrounds and encompasses Framework 1 (Physical Manifestation/Reality), and allowing your knowingness to move easily within the larger framework. This is the realm of true magic.

Separations, Details, and Perspectives, Knowing, Labels, Value Fulfillment, Extending Trust, and Self-Leadership

When you really understand that your entire existence is a direct experience of spirit then your need for separation and the idea of separation is resolved, becomes less important. After all, separation is merely a way of choosing focus. And when you become aware of the wholeness of your being, then the separation is no longer separate, but is merely a part of the larger whole. This wholeness of being is much closer to your natural state. It is the absolute recognition that all of the so-called lines or boundaries you establish are merely representations of ideas.

It is sort of like the idea of using a magnifying glass to look at some small detail. You would not then decide that the perspective seen through the magnifying glass was real and other perspectives were not. And yet, to a large extent, this has been the evolutionary path of your culture, so that all things that fall outside of the ring of glass are considered to be other than real. When taken from this perspective, it seems a ludicrous way of doing things. But when you are engrossed in the study of the detail, somehow the larger vision escapes you.

This brings us to the whole question of which you, the ego-self or the whole self and we tell you that the only way you can understand and determine the answer to this question is to spend time exploring the conscious mind, which, when you do, will illustrate

to you directly that there is no separation. The conscious mind can know everything known to the whole self. It is simply a matter of choosing. When you make the assumption that the ego or conscious mind is less than, is somehow limited or cannot know, then miraculously, you don't know. And once again the question becomes, what ideas or thoughts of identity are you willing to give up for the larger knowing?

Now this has been a natural process for the two of you. Consider, for example, applying some of the old labels of your past to yourselves at the present. You will discover that right away the labels seem confining, inaccurate, and generally unnecessary. They also have a heaviness or density of feeling which you naturally reject. You are no longer feminist, environmentalists, activists, of any particular generation, of any particular trade, or in any particular subgroup or vocational group. Instead, all of the ideas around these areas move freely as you explore yourself. There is no sense of loss in the attachment to any of these labels, rather there is a sense of expansion and freedom as you let them go. But, if you were to observe yourselves in retrospect you would see that at each moment or point, when you let go of a particular label, a certain resistance was present. This resistance made you uncomfortable in that moment. But since you had already dedicated yourselves to the new path, you tolerated this resistance and discomfort, and chose to dive into looking honestly at how the label affected your thinking. In each case, the label was discarded.

This is one of the reasons that active discussion and conversation is so necessary to the process. It is one thing to consider ideas in a vacuum, it is quite another to confront yourself through others in discussion where you actually see the biases and strictures of these ideas as they apply to your thinking. Essentially, the process is one of becoming defenseless. When you are no longer attached to any particular label or point of view within the cultural system, you no longer have to defend any particular position. This relaxation of perspective allows you to move more easily within the greater self.

The cultural fears and biases around this movement suggest to you that without the labels, without the self-definitions, you will lapse into a kind of apathy which will be reflected in the larger culture in some form of destruction, decay, or even de-evolution. That is to say, without your ardent nature pushing forward in these definitions, "who will fight the bad guys," "who will save the starving masses," "who will save the planet." The truth is, once you begin to move within your larger nature you will accomplish all of these things simply by your being as you go out and create that which brings you value fulfillment.

Additionally, all of those beings in contact with you through daily life will be inspired by your freedom to begin to choose their own. And ultimately, in the larger scheme of things, as more and more of you operate from the larger self, within your own trust and freedom, the positive results in your environment, among your peoples, and

generally throughout your plane of existence, cannot be avoided. This is because it is the overcoming of your own fears which allows for the possibility of the overcoming of fear within the larger structure. It is also worthwhile to note that the further you go along this road, the better you feel. And the exuberant joy which overflows from your being ripples out into your creation into your landscape, in all directions. In this way you actually arrive at the place where your creations evolve naturally and you naturally and spontaneously gift them to yourselves and others with the full knowing and an integrated experience of the sacredness of all things. A terrible fate indeed.

We state these things in this way to stress to you the actual nature of reality as opposed to the cultural viewpoint regarding what is required of each of you. It seems natural enough in this presentation and yet it is a complete reversal of all of the rules of your society. Ultimately, it is a complete disregard for, and understanding of, the unnecessariness and uselessness of the whole concept of protecting the self. Protecting the self can only lead to restriction and limitation. And the only way to escape this fate is through total trust and absolute freedom, which you have claimed for yourselves here. It is the safe universe which your larger self knows and lives in, and when you claim it with your conscious mind, then you actually expand the framework within which you have your experience.

The excitement you have been feeling comes from the new knowing, the new experiencing of choice as the only directive. This experience is allowed and comes about in direct relationship to, and in correlation with, your level of trust.

This is why that path you have followed has been one of extending trust outward and moving into it. And naturally, you have arrived at your destination, the expanded self. One of the benefits of moving into this kind of an experience in your life, is that all of the previous issues of 'need to know,' responsibility, karma, rightness of being, worthiness, etc. ad nauseum, are no longer issues with which you have to deal. By moving into the larger self, all of these are brought into their proper perspective. That is to say, the larger trusting and knowing overwhelms their narrow points of view so that they are no longer an issue. The expansive good humor and joy that you feel carries you effortlessly through your experiences, precisely because you now understand that there is nothing from which you need protection. This is not something that can be achieved in any other way. It is only through direct experience of the self that you may come to reside within the larger self, for it is only through the process of gently setting aside each of the self-imposed restrictions that you may enter the larger arena.

Again, in discussion, this seems such a simple task. And in its way it is profoundly simple. However, it also requires that complete leap of faith, that total reorientation of beingness. It is not something one may do half-heartedly. It is not something someone may achieve on a part-time basis. To the degree it is achieved it is achieved completely and to the degree that it is not, it is not. Therefore, each person must find their own way. Each person must follow their own inner process. And each person's inner process will be a natural one. This is why the weaning of self from outside points of view and separate perspectives has been such an obvious part of the process for you, because there truly is no outside source which can take you on this journey. No matter how holy or how advanced or how eloquent any discarnate being, teacher, guru, spiritual master, or leader may be, the only one they can lead truly out of the darkness is themselves.

This will be true for you as well. You provide inspiration. You touch others through your own experience. But ultimately, each person must shoulder the responsibility of their own evolutionary process if they wish to reside in the larger being of themselves. If you were able to perceive directly the teachings of all of these great masters who have come before you, you would understand that they have all told you this in their own way. And while their teachings may have been manipulated to serve other purposes and structure, the original message was always the same. There is no separation from that which is divine except the separation which you yourself impose. And no one can remove the separation but the one who imposes it. This is the basis for free will and choice and it is the basis of your experience of consciousness in this physical realm.

As you move more completely into this new experience, you will perceive the difficulty each of these masters has encountered in making this truth obvious without becoming the object of others' deification. We are quite clear that you would not consider yourselves to be deities in this sense and the idea of others making you into deities is quite repugnant. And we suggest to any who are serious about choosing this path, that they consider the idea from the perspective of themselves becoming holy objects to others. For this will give them a sense of the illusion of an external source to any creative power.

Group 19: Power, Fear, the Rational Mind, What Are You Focusing On, Fear of Consequences, Deliberate Choice from Knowing, Looking Outside for "Proof"

Power

Power, another interesting concept. In your culture, power is seen as dangerous, corrupting, and at the same time highly desirable. Something which everyone seeks to attain and yet which ultimately is capable of destroying even the purest and highest. The dichotomy of this thinking itself leads you to the understanding of the nature of power if you allow it to. The truth is, you ARE all powerful, spiritual beings. The deception is in thinking that the power you seek is outside of yourselves. Is this beginning to sound familiar? The further deception is that the power you seek is over others outside of yourself. When the only power you have ever needed, you have always contained, which is the power of creation in your own reality. And this power, when understood, when appreciated, and accepted as a natural component of the event of your beingness, moves easily and perfectly and displays itself in the joy and ease of your creation. It is not corrupting; it is not corruptible.

Instead it is the opposite. It is all encompassing, and it is totally freeing. And the beauty of this power is that the source or shall we say the path, to unlocking it is directly, unequivocally, and perfectly aligned with your own self-trust and understanding of the larger self. You cannot move into or operate from this powerful place of your beingness without integrating the understanding of the larger self. To put it another way, it is actually impossible to use this power in any way other than for goodness and creation.

We can hear the arguments already. But understand that which you term as misuse of power in the outer perspective, that is to say, one using "power" to oppress, restrict, or subjugate another, is never the use of true power and is wholly dependent upon the willingness and cooperation of the subjugated to deliver themselves powerless to their oppressor.

This is not another case of 'blame the victim,' it is only an accurate description of what occurs in these events. And we want to point out here that these events are only possible when those operating within these events are functioning under the self-imposed strictures and limitations of the separated self. This should be obvious enough as the

separated self is the only way to experience powerlessness. Keep in mind as you consider these ideas that the perfection of your creation IS. And that all of these self-imposed limitations have allowed you to experience the knowingness of self in a wholly new way, which has brought about the possibilities of integration of a conscious mind with the larger self. When you consider this, then perhaps the experience seems worthwhile.

Fear, the Rational Mind, and What Are You Focusing On?

Beneath the fear is the knowing. But of course you already knew that. It is not a question of whether or not the rational mind impedes the process, it is a question of connecting to the knowing, placing your investment or your energy where it goes naturally as opposed to rising above it and into the chatter of fear. The chatter is always available and when you are experiencing your knowing it's just that you are not tuned into the chatter. Your unfortunate propensity to test yourselves on all things creates a sense of challenge, the possibility of failure, fear, etc. While at the same time your knowingness would tell you that you cannot avoid your own creation. Watch how you immediately shift out of the knowing, back into questions - which creation can you not avoid? More misapplication of the rational mind. Remember it is not your job to control with the rational mind. It is merely your job to observe and choose.

When you follow your impulses from your place of knowing, the results will lead you to your true choices. When you follow the rational mind's doubt, the results will lead you into fear, a sense of powerlessness, the urge to take some action. In your knowing of perfection, and your knowing of trust, allow the fear to dissolve into the nothingness that it is. When you overlook or ignore the choice to go to your knowingness, when you prefer the drama to the calm sense of what is, and to the knowing of your perfect safety, then you set up in yourself, all of those things which you continually protest you are trying to avoid. You cannot move toward something and avoid it at the same time. Therefore, suggest to yourself that this is merely an old pattern which it is quite simple for you to let go of by turning in a new direction. As you do this, the fear will make itself evident and you can release it. Remind yourself in these moments that you DO create your own reality. And ask yourself specifically, what you choose to experience.

Remember to be gentle with yourself and to acknowledge yourself for moving in a new and opposite direction from the standard party line. It would be quite simple to follow the old patterns - to buy the beliefs of fear and powerlessness, but that is not your choice. And since it is not your choice, you have made a great leap into the unknown and you do this based primarily, solely on your own internal knowing. Commend yourself.

Fear of Consequences, Deliberate Choice from Knowing, Looking Outside for "Proof"

Remind yourself that the consequences, although they seem to be dire, are actually quite minor indeed. They do not cut your head off, no matter the infraction when we are talking about electric bills. And so in one sense you can comfort yourself with the idea that the experiment you are running, while it has consequences, is not life-threatening.

This is also a good time to remember that linear time is composed of moments, pieced together, and not consecutive. So the question is, what moments do you choose, what result do you want, what experience do you want to extend into your future, what experience do you want to keep in your present? When you ask yourself these questions, do not ask them from the background of what is possible from the rational point of view, ask the questions from your point of knowing. From your position of standing in absolute freedom. From a place of trusting yourself completely, to be able to have whatever it is you choose. For to do anything else places you outside of your power and entrenches you firmly in the outer perspective of powerlessness.

Recognize that these choices place you nicely within the realm of the heretic. We suggest to you that this is not a bad place to be at all. And the more firmly you anchor yourself in your own knowing and truth, the more true this becomes. But you know, based on your own understanding, that choosing anything less is choosing powerlessness, is choosing arbitrary rules of physical time and space as your keepers. You know better. We remind you of this and suggest that you continue to remind yourselves. Your experience in interactions with others tends to support old beliefs so long as you are looking outside of yourself for what is going on.

Group 20: Uniqueness and Cooperation, Fear as Communication, Knowing, Rest and Molecular Changes, Gentleness

Uniqueness and Cooperation

Recognizing that each individual stands in their own creative power and creates according to their own specific and unique design with their own specific and unique reasons and ramifications, helps you to remember the cooperative nature of interactions with others. It should also point out to you your willingness to allow these others room for free expression and exploration of their beliefs. However, this is not to say that you are then their victim, for at any moment, you are also free to make your own choices. And so the cooperative interaction proceeds. Your choices will impact the interactions, just as surely as theirs will. This applies in all interactions and so it is useless to say that you must give up your power of choice when interacting with others. It also is just not true.

Fear as Communication

At times it may seem to you as if you are standing still, as if your choices have been made and yet there is no evidence of that in your experience. We say to you that the evidence is there. Continue to make the choices and allow the evidence to reveal itself. We suggest to you that you continue in your process. One way to do this is to recognize and identify where in your physical body the fear resides and do your transformation work based on knowing this information. Remember, the fear is simply your interpretation of an energy. An energy which attempts to communicate with you. And so, it might be wise to go in and allow the communication to take place. You might be surprised at what you discover. It is only another part of you seeking for you to have that which you have chosen already. There is no separation.

The challenge, if there is one, from your point of view, is that the fear SEEMS to have power. The fear SEEMS scary. The fear SEEMS to be saying that there is something you need to avoid. We would suggest that you reinterpret the message of fear and use it as a signpost for a place that needs discovery. The more you can do this, the freer you become. The freer you become, the more surely you stand in your own creation. Remind yourself that you are always standing in your own creation and that your goal here is to do so consciously. To bring the power of your own creation into your conscious awareness. To bring the whole of yourself into your experience of space and time.

Your entire experience is built around the exploration of your creative power. So it seems reasonable to expect to have to face your fears here. After all it is not so far fetched to assume that those areas you came to explore will be the same areas that require your

focused attention in order to obtain expanded understanding. If this were not so, you would already have explored these areas. You cannot change that which you cannot see. Therefore, we suggest to you to go bravely into these areas of fear, for these are the areas that will reap the greatest reward. Ask yourself, what it is you came here to achieve. Ask yourself, why you have chosen this experience. Ask yourself, what experience is it that you are seeking. The answers will carry you. The answers are magnificent. The answers reveal the true nature of your being. And that is certainly worth the price of overcoming a small amount of fear. And it is certainly a cause more worthy, a goal more esteemed and more highly valued than any circumstance along the way. Remember as you move through your creation that it is your creation and ultimately there is nothing to fear.

Conscious Knowing, Rest and Molecular Changes, and Gentleness

The rational mind will know whatever it is you allow the rational mind to know. And you have done an excellent job of integrating the processes in all parts of your being. How do you know this? For one thing, paying attention to yourselves, you have watched energy movement. As you integrate various aspects of the self: rational mind, conscious mind, unconscious or knowing of the larger whole, there is a natural balancing of energy which you have perceived.

You find yourself in periods where it seems as if there is nothing you FEEL like doing and you feel a little bit, shall we say, uninspired. Recognize that during these times, if you will follow the impulse, as mundane as it may seem, to rest, and to relax and to just be with yourself, you will be accomplishing a great deal. For it is at these times that you are integrating the denser energies. These are actually changes to your molecular structure which seem to slow you down. Actually they are doing just the opposite but you are forced to perceive from that slower perspective while you are in the process. Remember when there was so much fear in you that this would have been impossible? Remember when the balance of trust was so small that you couldn't go for a minute, much less a day, a week, or several weeks?

Once again you are in the process where there is more room in the spacious present, and as you learn to adjust to having more room, you will have new impulses and creative ideas. This does not mean that you need to fill each moment with doingness. Quite the contrary. It simply means that the space you perceive within the self is larger. This is a natural consequence of letting go of all of those emotional energies which used to crowd around inside you. And now, as you move into the process of integrating all parts of

yourself with this new experience, we remind you that perfection is, and even in those moments when you are feeling uncertain, or unsure as to exactly what you are feeling or why, that simple allowance will give the process room to unfold naturally.

Do not assume that because you are not feeling excited, joyous, energized or any of those "positive" emotions at any given moment that this is cause for alarm. There is such a thing as resting. There is such a thing as being in the midst of integration. And so we come back again to being in your ease, following your impulses. Be gentle with yourselves. For even in these moments, if you are paying attention, you will see that there is a part of you that feels the need to make a judgment upon you. We tell you there is no need for this. Acceptance of what is, trust of what is, these are the only requirements. And of course all of this is based upon a knowing that what is, is built on the foundation of your choices and thoughts, of which you have perfect trust. In some ways it may seem all rather circular to you. And indeed, springing from the self as it does, it is.

Group 21: Aggression, Moments of Integration, the Calm Before Creation, Psychological Impact on Physical Reality

[We had both been feeling a gathering or presence of great energy.] On the larger scale, you have perceived correctly the coalescing of energy into form. And this should be a cause for excitement, as you are, little by little, allowing yourselves to perceive in the larger frame of reference. And so a part of your understanding now contains the idea of the explosion of energy that is creation. And an understanding that transforms your ideas about violence or aggression as they relate to creation. For indeed it is a joyous aggressive violence in one manner of speaking. It is a cauldron of swift moving and highly excited energy, boiling into existence.

This is no passive act. And so, in some ways, you are now reordering all of your thinking regarding all of your ideas of passive, active, aggressive, etc. For on the one hand, you perceive this coalescing energy; you perceive its incredible power. And on the other, you perceive yourself in a state which seems almost torpid and we say to you that both of these perceptions are yourself.

Again it is a separation from the outer perspective which assigns all physical results, physical cause and action. That is to say, no physical result is "allowed" within the outer perspective one-line consciousness, without some correlating physical cause or action. While you on the other hand perceive directly the inner creation and creative force while perceiving a lack of movement in the physical. It is precisely in these moments, in these pauses, in these calms, that the greatest power is released because the self is integrating in new ways and creation is taking form. If you look back over your life or any life, you will see that there are always these moments of calm before the emergence of new creation. Creation of events, creation of new experience, or creation of new physical objects, etc.

This is clearly evident when you look at the pattern of how This One (Becky) came into the house where you now sit. There was a great period of stillness, of retreat, sleeping, reading, and general "hanging out" as you call it, just prior to the events which lead to the first introduction to the idea of this house and the relocation. And while it seemed at the time to be a frustrating and somewhat unpleasant experience, there was also a subconscious awareness of the creation taking place. The difficulty in moving through this kind of period with confidence and ease comes when you rely solely on the physical expression and experience for the evidence of what is going on. For in the physical at these times the activity is very low. But if you look back now at this particular segment of time

during the months prior, what you will see is that the momentum was building to a particular point and at that point, the energy was released. Even during the time that the energy was being released, the house became known, the other planned trip took place, and then the money was created. It was not clear to This One that the pattern was already completed and created. There was a sense that energy needed to be expended to bring it into creation. And that sense was actually the attractive force of the completed creation pulling itself into the new place, the new experience.

And so it is now in this same way, that the creation is formed and completed. And yet at the same time it is evolving and emerging into the physical world. And so there is the calm, which allows for the great focus of energy in the creation itself, the explosive force which brings it into your physical realm, but this explosive force is not directly perceivable in the physical realm. It is only through your own development of perception and abilities to open to your whole selves and the larger framework that you are capable of seeing and perceiving this process.

Stop for a moment and ask yourselves what the process looks like from the physical realm point of view in your current moment. It will make you laugh because you understand it is completely invisible. It looks as though the two of you have decided to pretend that you can do what you like and "so far" the real world has not caught up with you. From the outer physical realm perspective, it is only a matter of time. And yet from your perspective, this idea is beyond amusing. How is this so? How do you know better? You know better through your connection to the inner experience and those realms which create the physical. In the moments before creation emerges into physical, the evidence in the physical does not exist. And this is why you can say that creation requires no precedent. It is not that there is not a precedent, for indeed there is, the energy comes together, the creation is born, it does not step out of nothingness. It is simply that it steps out of nothingness from the point of view of physical reality.

It is sort of like the idea of giving birth. If you think of the baby in the womb as being outside of the physical perception, then the birth would indeed be quite a shock. But to the mother who carries the child and who knows intimately from the moment of conception and before, the relationship with the child, there is no surprise. It is an expected event. This is also one of the reasons that so many of the teachings in your time are focused on the psychological and perception of inner self. For it is through this pathway that you come to be able to perceive that which is in physical terms, formless, and yet is responsible for all of your physical reality. It is only from the physical perspective that any line could possibly be drawn which would say that these are psychological understandings and not relevant to physical creation. For the truth is, physical creation is dependent upon them in every sense of the word. Without the psychological, without the basis in consciousness, the physical ceases to exist. So it is quite an irony indeed to decide that any of these teachings

can change your perspective, your point of view, your psychological outlook, how you "FEEL" about yourself, but have no great impact, no impact on, the greater reality of your physical being.

Again, it is your ability to perceive that allows you the opportunity to create more freely, because it is your installation of boundaries around the psychological self which limit your own understanding and expression of physical creation. If you believe that changing your psychological outlook cannot impact your physical realm directly, than it cannot. This is why the exploration of the inner self, the integration of all parts of the being, the releasing of fears, doubts, and old habits of thinking actually bring you to a new level and power of direct creation. It is not that creation ever operated any differently, it is that you operate differently within it. Imagine that you are looking down at the ground and you see a beautiful stone. And you believe that this stone is so connected to the earth that you cannot pick it up. Your belief in that moment not only conveys itself to the physical reality you create, but also actually inhibits your own action. That is to say, you don't even try to pick it up. In many ways what the two of you are doing is creating a new set of rules for creation or letting go of the old rules in such a way that the new rules emerge naturally. You are standing on your knowingness of the lack of boundaries between the inner and the outer physical experience. You are proving to yourselves that creation actually follows the form of your thoughts and beliefs in every regard. You are removing any barriers between yourself and your larger experience.

This has been your path from the beginning. And as you take it gladly upon yourselves and bring it into your conscious awareness, it takes on a whole new life. It also allows you the opportunity to observe the old ways in which you put up limitations around yourself, between yourself and your experience. And it makes these ways evident to you in the lives of those around you.

You will find as you move along this path, the more subtle ways and evidences of how you have limited yourselves. And as you step more and more completely into the larger knowing, you observe less and less doubt, less and less fear, more and more spacious present room to maneuver in. We will suggest to you now that where you go from here is a great leap of expansion in your ability to perceive beyond the barriers of physical space and time. What we mean by this is, that you will begin to be able to expand your perception in ways that correlate more directly with the larger framework than with the ideas of how physical space and time operate. This gives you a great opportunity to expand your own awareness and to move all awareness on your plane to a larger understanding.

You are also going to find yourselves able to perceive and direct in a more direct fashion, your creations of your experience. This will give you the opportunity to use discernment in new ways, to make a different set and kind of choices, than has previously been available to you -- not only in regards to yourselves in your own lives and what you consider to be fun or not fun, but also in regards to the lives of others with whom you interact, as regards their willingness to know more and your ability to open up doorways for them to new perceptions and awarenesses of themselves. There will be times when open doorways will be ignored by those around you and these will be opportunities for you to use your discernment and choose absolute freedom, not just for yourselves but for everyone concerned. You will find it much simpler to leave judgment behind when you remember in these moments that absolute freedom IS, and is the highest course of action.

Group 22: Mystery and Frustration with the Process

The rational mind, the conscious waking self, does not appreciate mystery. And certainly your creation, as you call it, has all the trappings of a mystery. At some point the rational mind gets tired of the game. Instead, all we can offer you are the reminders of a few of the basic tenets of reality. You know the ones... Creation is. Time is an illusion. You are safe.

We realize these, at the moment, tend to make you angrier. So there's not much point in our repeating them. But they are still true. It is also true that you cannot look in linear time and physical space for the answers or solutions you are seeking. Our placating words do not mean much to you at this point. However, we suggest to you that you take it to heart when we tell you all is well. Perhaps you can relate this to, in a religious experience, what would be called a crisis in faith. The straw that broke the camel's back. It is as if you have been pushing on many doorways at once from the dream state to conscious awareness, seeking for some evidence, some proof of this understanding. And it does us no good to remind you that the proof is in each and every one of your moments of experience. And so you drag yourself back again and again to the outer perspective question - wanting to know how all of these things will be dealt with - what is your plan - the rational mind is hoarse from screaming. And it seems to you that we are like dumb robots or worse, mimicking the same endless response, "Be in your ease and be in the moment." If we were physical in this moment, we are quite certain you would throw something at us. We would also remind you, at this point, to delve into and perceive your inner feelings. For in some ways, this little drama is laid on top of a sense of knowing and relaxed calm. So that it is not supported on a deeper level by panic or some great fear.

We recommend to you, if you are going to act it out, that you determine how to obtain some joy from this process. Assume this is joyous anger. This seems quite a contradiction in your terms. And yet it is highly possible. If you focus the energy as a means to accomplishing that which it is you have chosen, it is your way of telling the rational mind and conscious self that you will no longer tolerate their unbelief and so they are pushed aside in a moment of creation. After all, they will deal with the results well enough, and it is not their job to bring the creation into form. It is only their job to perceive what is here. And they are reminding you of their perception. It is certainly preferable to give them voice than to put them in a box of good behavior. We do not take offense, after all, they are acting in good conscience.

The rational mind is pointing out to you that as far as it's concerned, there are some issues that need to be dealt with here. As it would say, "How do you plan to pay the electric bill?" And it is not a healthy form of integration to squelch the rational mind any more than it is to cut off the intuitive, or the perceptions from the larger framework. The trick is to allow for the expression while remaining in the larger trust. So go ahead and have a good rant. And then come back to yourself. Making your choices from a place which says I am serious about this, as opposed to, this is hopeless. And then focus the energy elsewhere.

Group 23: Trying to Explain, Being the Child, Expanding the Focus

Trying to Explain, Being the Child

It is not explainable. As soon as we begin to explain, you move back into analytical thought. Explanations, even the word tells you it's not the right direction. So, how to convey this, this unbearable lightness of being. This child in you knows; it is very good to reconnect in this way, through the child. It also presents the challenge that most of you have so disconnected from your child that your attempts at child-like behavior are maudlin caricatures, sad caricatures indeed. Adults TRYING to be children.

From where you stand, you can see that TRY does not enter the vocabulary of the natural child. BE is the word which describes the experience. You understand through previous experience that all a child ever really does is play along with. There are no hard fast rules in childhood. At least none that the child recognizes. Everything is exciting. Everything is adventure. Everything, every moment, is new opportunity. This is because the child knows the magical essence of physical experience. The self within the child is still excited about the idea of being here. YIPPEE!!! And the overwhelming fascination with the raw experience of each moment completely outweighs any set of rules the rational mind might try to come up with.

And so the child is free to experience and does so. This is precisely your new connection. The immediacy of the moment has won the day, has become more primary than any knowing the rational mind might seek to impose. And of course, from the outer perspective, this is an outrageous and dangerous thing..... For it requires the complete and utter disregard of fear.

There is nothing to fear, it says. And most of you adults could fill volumes with all the lists of things there are to fear. And so a linear path through these fears would take more lifetimes than you have, if you were to try to dissect each one and set it aside. The only way is to dive in and step across and over, past the land of fear, and back into the land of magic. You have done this by reminding yourselves over and over of the nature of reality and the nature of your being, while at the same time placing yourself in the midst of the outer perspective where everything in you screamed that this was not the way. And indeed, it is not. You can see the road behind you now that led you here. And yet the subtle textures and shades are already changing. Because without the fear in your vision, the

vision is altered. The road is still there however, and it is this gift that you bring, for you have travelled it, which means that others may travel it too.

But you see immediately as you start talking about the passageway, the journey, the culture you are in will begin to see words like lesson, teaching, understanding, and you will be back in school and nobody can find this road if they are in school. You have to get back out of school, get into the woods, get into the sky, get into the smell of grass in the summertime. That is where your child lives. In the feeling of cool sheets and the smell of fresh linen. In those places where each of you were at once present and magical and thrilled to be there. We suggest that if others are to try to comprehend or if you are to try to communicate what this is, that you do so in the context of humor. For truthfully, the idea of teaching people...adult people... to remember how to play is in itself a ridiculous picture.

And yet somehow it is also what is required. This is why you have had to travel through your own vocabulary. This is why you had to become in new relationship with ideas of responsibility, creation, and the nature of reality. Your spontaneous creative nature is perfect, once you remember it. And remembering it requires that you recreate yourself in a new context. You can see from here, that your ideas of responsibility and adult behavior are part of the box that holds you in fear. And once you are free of it, there is no enticement great enough to convince you to pick it up again.

From this new place, you will be designing a life, that will be completely different from the life you have led. For every moment will be a new opportunity. Everything will change. Every relationship. Every experience. This is the new world you have entered. This is the new world of your creation. As you step into it, remain aware. As you step into it, notice how it is different. And take the time to appreciate it. For that is a part of the new experience. You have grasped the whole of it and now can claim it and live in it. All you need do is remain open. You have rightly perceived a change. You have rightly perceived that you are now within the magical. We encourage you to stay there.

You will perceive opportunities to move in and out of this new world as you move along and become more familiar and reacquainted with your natural self. Remember, in those moments of discomfort, to ask yourself where you are. If you will do this and if you will remind yourself of the new world you may inhabit at choice, then it will be simple to build your experience solidly in this new world.

Do exactly as you please, follow each impulse, do not use fear as a guidepost for anything other than a way to change direction. If there is fear, change direction, and do the thing that feels okay, that feels good, that brings you back to your ease. No matter how ridiculous or ill-conceived it may seem. You cannot use the judgments of the outer perspective any longer. They will consistently and irrevocably take you in the wrong

direction and so when they poke up their little heads, simply smile at them and remind yourself that you are no longer interested in their opinion.

Ask the magical self what it would like to do instead. And your answers will always lead you back to yourself, back to this new place. And being here, how could you ever choose anything but this? So run along and play. Play, play, play! We suggest to you that seriousness is a disease you have just been cured of.

Expanding the Focus

It is by letting go of the tight focus that the larger focus can sustain you. And in the places where the fear once lived, in the places which you have recently emptied, a new joy now begins to erupt. This is the vitality of being and it carries you, like a swiftly moving river. Joyously plunging over rocks in the pools and eddies along the way without any thought whatsoever, to its safety. Why? Because it knows safety as a part of its being. It has the same relationship to safety that you have to the skin that contains your body. It has never occurred to you or to it, once, to attend to the task of holding the safety or the skin in place, it simply is. And from this place all of your natural spontaneous creation streams out into the physical. So, now that there is nothing serious left to discuss what shall we do?

Group 24: Impulses and Doubting the Self, No Shortcuts to Absolute Freedom, A Pattern of Self-Worth, No Conditions

Impulses and Doubting the Self

The instant you step out of yourself you disconnect from your impulses. Impulses that will lead you to exactly what you want. It seems fantastic. It seems irrational. And it is. Absolute freedom has no rational basis. If you believe that you have to do something, then you may have to do something. But if you ask yourself on a deeper level, for the impulse, then you will see that you don't have to do anything. What frightens you is the idea that somehow you will not make the right choice or you will go on believing that you have to do something, even when you don't want to. We say if you don't want to, you don't have to. So don't. Allow what you want to be.

Who's approval do you need to have what you want? Who outside of you can give you what you want? Their approval will not do what you want. Besides which it won't last. And you can't count on it. So all in all it's a rather pointless direction to go in, but you have been trained well - a whole lifetime of seeking someone else's approval.

And what happens when you simply stop seeking it, when you decide it no longer matters? Freedom happens. So ask yourself, if you're willing to do whatever it takes, what are you willing to let go of, who's approval can you dispense with.

No Shortcuts to Absolute Freedom

How would you like to proceed? You should gather by now that there are no shortcuts because shortcuts would not be beneficial in the long run. Absolute freedom means ABSOLUTE freedom. Shortcuts imply incompleteness in areas not yet free. Absolute freedom means you will pick and choose, based on impulses rather than outer perspective, rather than responsibility, who you will give what and why. It also means that the reason for doing so begins and ends with your choice. You choose it therefore you do it. You do not choose it therefore you do NOT do it. And perfection is absolute and attained perfectly in this manner. This is why discernment is necessary - because you will not be doing things out of a sense of guilt. You will not be doing things out of a sense, out of the old use of the idea of responsibility. You will be doing things purely and spontaneously from your point of choice. And you will be asking yourself, in each moment: What do I choose? How does that feel? What do I want?

Sometimes the answer will surprise you. Remember to play along with the idea that you can have what you want. A compromise is not the answer. Is it any wonder all your

family rules and childhood strictures come up now? How could you be so irresponsible? How could you be so irrational? You are living in a fantasy. Don't tell them, but so are they. It is just a matter of which fantasy, which fantasy do you choose?

A Pattern of Self-Worth

This is not a case of starting over, it is removing the final pieces of ideas inside you that stand between you and what you want. Because like it or not, the fact is you are enough and you know it. The fact is, your way does work. You are real. You do create. And everything is fine. What a burden.

So the choice is yours. If the choice was to stay unconscious, there would be no need to look at this last little pattern of yours. But the choice is to be conscious, and to be conscious, you get to be okay.

You do not have to explain yourself or be understood. Do you see? When you try to explain or be understood it is because you are seeking approval and unfortunately, your idea of approval is that the other person must come around to your way of thinking. Instead, simply communicate what is and leave it at that.

This simplification here is a big part of the larger lesson. The idea that human nature requires complexity is false. Complexity is often enough, simply more camouflage, more ways of not seeing what you don't want to see. Oh, it's all so complicated, you say, how will I ever understand it. But it's not complicated. You give your power away when you ask others to tell you that you are okay. For those of you who didn't get that it's called seeking approval. No only is approval outside of the self, pointless, but it distracts you from your real purpose, which is self-acceptance.

No Conditions

We'd like to point out a small item - are you ready? We have no conditions. So, it stands to reason, that if we have no conditions, the conditions must be yours! Imagine that. So, what conditions would you like us to put on this? None, you say? Hmmmm, are you sure? Shouldn't there be just a few? (chuckling) We suggest to you at this time that you release ALL conditions, ALL rules, everything you know. And be totally in the moment. And from that place, move through the rest of your day. One more thing. Look at the places

where you accept the magic matter of factly and ask yourself, what is the difference between those places and the places where it seems "hard". If you can answer that question, then you are done. We'll give you a hint. It has nothing to do with the outer perspective, it has everything to do with you. And your power. Now, before we give it all away, we wish you a fond good day.

Group 25: Completion is the Process, New Questions in Absolute Freedom, Being Bound to Fear

Completion is the Process

Now as to your other question regarding your own completion of the process. We remind you that the completion is the process. Therefore, expression of doubt as to whether or not you have or will soon achieve your goal simply lengthens the experience of that part of the process. For certainly within you is the complete knowing. Remind yourself of the process of fear and trust, for even as you discuss it rationally for the book, you seem to overlook its immediate implications.

We have told you before that the process is complete. And that we have no conditions. We ask you now to remember this. You are continually evolving into higher and higher levels of acceptance, integration and understanding. This is the process. And without it, none of this would have been possible. Ask yourself what you are looking for proof of. When you stand in the center of your knowing, you're simply there. There is nothing to fear, and there is nothing to do. Continue to remind yourself of this.

It is not a chance event which brings about that which you seek. It is your creative power, which, as you have seen, and you continue to see, is all that you need to deal with. It is time to be at peace with the power of your own creation. We have told you from the beginning that there was nothing to fear. And you have learned to believe us. Not because we continue to tell you, but because you prove it to yourselves. If you will continue to operate from this knowing, then the place where you will arrive is certain. After all, it is the place of your own creation.

It seems to you, still, that there is some possibility or chance for some other outcome. We remind you that this is also your creation. And so you must decide. And this is, in the end, why the challenge you have accepted is so important. For you have chosen to confront yourselves on every level of your being and you have chosen to confront yourselves in the areas which seem so tightly connected and rooted in your own survival. Whatever it is that you would choose, it is chosen. So whatever it is that you experience is chosen. You are learning to live with this as a matter of course, as a matter of the fabric of each moment. It is also possible for you to remember, as you do this, that in each moment of choice, it is choice that you are making.

If you will remember this, and remember to, quite naturally and effortlessly, insert your highest desire whenever the thoughts come up of questions, of wondering, of outcome, of choice, then it will be a simple process for you to move beyond this completion. We challenge you to let go of everything you know and choose instead those things which are of your desire.

New Questions in Absolute Freedom, Being Bound to Fear

You have stepped into the new country. Perhaps you recognize it by its lack of struggle, by the ease with which perfection just seems to happen, by the things that you know, appearing in the road ahead of you. By the lack of doubt. The absence of fear. And the opportunity for choice. It is indeed a new world. And so how would you proceed? What is it that you seek? What connections do you want to make? How do you wish to express yourself in the moment? These are the new questions, born of a new understanding. Born of absolute freedom. Absolute freedom to choose, to be, to experience. Whatever path you step upon from this moment forward, you can be certain of one thing. It is a path of choice.

The old ideas that such a path, that such a life could be boring take on a new level of hilarity. "It is so boring out here in the larger landscape of ATL, where as, it was so interesting inside our box." It is not boredom that you fear, but uncertainty. But you cannot know this until you stop hiding from yourself. The attachment to known things, whether they be patterns of behavior or physical objects, or even repetitious events, is strong. It is even more powerful when the being is in fear. The unrecognized fear holds you in the old patterns and limits your choices to such a degree that you do not understand the profound nature of the limitation. It is only by moving through your fears to freedom that you can experience choice in a meaningful way. When there is nothing left to fear, life gets exciting. As long as you are held in fear's grip, then fear calls the shots. And fear itself is too exciting or overstimulating to your system to allow you to even properly contemplate freedom. So you tell yourselves that you do not want to be free, because what would be the challenge?

When the truth is, you cannot contemplate freedom because you're bound to your fear. However you go about extracting yourself from this dilemma, ultimately it is worth the price. And listing all of the obstacles that you created along the way is rather irrelevant. For without the obstacles, you could not have seen what it is you are doing and remove them to get free. All pieces of the puzzle are required for the puzzle solution. This is why having reached absolute freedom, there is no need for blame or guilt over the past. All of these judgmental types of reasoning fall away when they are understood as a part of the road you travel to come to where you are. In fact, each of these "obstacles" or "challenges" offers you the jewel of its unraveling and fulfillment, and points you firmly in

the direction of your own highest value fulfillment. That is, choosing struggles in relationship and love is designed to lead you to powerfully loving relationships. Choosing struggles in self-acceptance, abundance, and self-worth, is designed to lead you to powerful abundance and self-worth. This is the blessing, or the gift, inherent in each challenge you face.

Group 26: Honesty and Clarity in Relating, Release of Manipulation, Getting the Hang of It, How Many Times?

Honesty and Clarity in Relating, Release of Manipulation

You are now ready to look without judgment, to perceive without guilt or illusion. And to allow yourselves to know those things which you need to know in order to be free. By looking at these items and issues with open eyes, you are able to see vast distances. You are able to comprehend new levels of awareness within yourself as well as the places where the old boundaries used to exist. You have released yourselves and so now you take the time to look back and see what it is you have been freed of.

The clearer you become, the clearer those around you become. The more honestly and openly you interact, the more honest and open the interactions with you. There is no longer a need for the old games or manipulations. And so you are free to let go of them. Your choices in this matter are now clearly evident to you. And as they are clear to you, so do they become clear to those around you. So clear, in fact, that even if you should momentarily step into or act out of an old pattern, the pattern itself will be powerless except as a demonstration of itself which will be evident to all of you. By removing the patterns and stepping into freedom, their heaviness is dissolved. And as it is dissolved there is a new lightness about all interaction. This makes it much easier, not only for you to move about psychologically, but also for you to maintain your focus in the present and for others to join you there.

You have made it quite simple for those around you, for your basic honesty now diffuses old patterns as they are acted out. In its way, this is your inheritance. That is, this is the gift that you bestow on those who come after you. By moving to a new level of relatedness and interrelationship, you alter the basic dynamics of all relationships. Consider this process as the higher road, particularly when compared to the old road of acting out all the scenarios and struggling to understand and interpret them and hoping that others in relationship with you can work with you to overcome the patterns. It is like the difference between flying and walking. And for those who see you now, flying becomes an option.

Getting the Hang of It

Now your natural inclination is to move with ease and grace, for now rather than struggling to find ease and grace amidst the obstacles, you move easily out of the obstacles and back into ease and grace. You will see the universe around you provide what you need, take care of the moment, even when you "forget." (laugh) And we ask you a

question. Have you noticed how the space, which was only recently filled with a mild agitation and boredom, has suddenly expanded to allow you to be in your creative ease? Do you see how your natural spontaneous order emerges effortlessly? This is your gift. The gift you have given yourselves. Trust it. And follow where it leads. For now you are in a space of knowing which is larger than any you have encountered so far. We encourage you to play along with it. To experiment. And try it out. We are quite certain that you would not trade this new understanding for a hundred million days of the old way. Your exploration is just beginning. Remind yourself of this often. And seek, expand, play with each moment.

How Many Times?

So. The resistance is thick, but we will speak. There is nothing to be afraid of. Maybe you should put that on a tape recording for yourself. That way you could just press the button and just listen to it. How many times do you suppose you would have to hear it before you believed it? There is a dynamic here, a final letting go - it is heavy with fear. It moves directly into the body. You must start being more discerning about that which you allow direct access into your being. Unless you want to choose the fear, we recommend that you leave it where it was. Unless of course, you would like to go back over the old territory.

Let's see - what is it we need to be afraid of? Ohhhh, my. So much to fear. It is really quite pointless. May we suggest another alternative? Allow what you want to happen. I know it seems to you that we are so capricious, uncaring, not understanding the severity of your predicament. But this is not true. Rather, we ask YOU to understand, for the severity is yours. YOU bring it. You carry it along with you. If you don't like it, don't choose it.

Group 27: Shifting Away, Only Through Integrity, Old Traps and New Reminders: The Discomfort of Others

Shifting Away

Now. The energy patterns you are perceiving are no longer comfortable. And therefore, because you have gained some distance, they are acutely obvious. You would not miss them when they appear in your experience. But we think you would not miss them either, if they stopped appearing. (chuckle)

So, why now? Why this? Anytime this sort of experience occurs it provides ample opportunity for understanding and new choices, clarity about what works and what doesn't, and the room to love yourself. The restriction that you feel is the disconnection with yourself, the "out of alignment with yourself" that makes you uncomfortable. Ultimately the questions never change. Which you, which world. And by making choices, based on the idea that you will fail or have failed, you find yourself in a place which is most uncomfortable. What do you want? This situation also serves another purpose. Allowing you to, on a more dramatic level, make choices for yourself. Observe the energy patterns that are no longer yours. For they ARE no longer yours. When we tell you that all you need to do is choose, we are not being flip. All you need to do is choose. This means following your impulses. It also will mean, to whatever degree you are willing, choose freedom. Or, if you feel unable to choose it at this time, choose something else. It seems to you that this heaviness attaches itself but it cannot attach until and unless you choose the attachment. The past cannot take you, only the present can take you. The past cannot hurt you either, but that is for you to choose. That is for you to decide. It is not such a difficult choice. It does not require that you DO something. In some ways you are like a person who has healed their whole body and yet remains with a splinter in their toe. Now, do you look at the splinter to the exclusion of the body? Does the splinter determine that you have failed? No. The splinter reminds you of what you have accomplished. And the rest of the body gives you the courage to go forward and remove the splinter. Focusing only on the splinter, to the exclusion of the rest, leaves you feeling drained, disempowered, less than well. So widen your focus. And for a moment, ignore the splinter. When you do this, you come back to yourself. And suddenly in the larger scheme of things the splinter is not so important. It is important to the extent that you use it for what it was given to you. It is an opportunity to see again, clearly, what you no longer choose. To make it certain in your mind, to leave no questions. We would say it has served its purpose. It seems you are no longer interested in feeling this way.

The objective of the new world is not to never experience anything but ease and joy. The objective of the new world is to know exactly where you are, so that you may make the choices that serve you best.

Only Through Integrity

You cannot resolve any issue using the old methods. It simply will not work. We gather you noticed this. (laugh) It is a matter of your own alignment and integrity. Ask yourself honestly, how can the solution lie outside of your integrity at this point in time? It cannot. The solution lies solidly in the other direction. By the way, in case you hadn't noticed, this is good news.

Old Traps and New Reminders, The Discomfort of Others

And now, it is time for you to let go. Let the new world solve your problems. Let your new choices bring you what you want. Why struggle? Didn't you give up struggle? The trap is laid. It is always available. And you have done well to recognize it. Be very clear. The old road is not your road. And your road makes anyone on the old road highly uncomfortable.

This is not a problem. (Laughing) Indeed, it is a solution.

Sometimes discomfort leads to action, one can only hope. In any event, it is not YOUR discomfort. It is not YOUR problem. Let the discomfort fall where it will. It is a part of the perfection of creation. It will find its way home to exactly those who have chosen it. We will offer you this advice: When dealing with this, in those situations where you are generating discomfort in another, simply by knowing and saying what is, you do not need to go to discomfort yourself. In fact, it would be highly helpful if you would instead, maintain your sense of humor. After all, it is not YOUR discomfort. And to the extent that you remember this, you can be free of it. And to the extent that you are free of it, it will find its way home to those who are not yet free. It also relieves you of the burden of being the bad guy. Bad guys don't spend all their time laughing. So you can say, "ha ha ha ha, this is not true!" and leave it at that.

Remember to be gentle with yourself and also remember that you are extricating yourself from an old pattern. An old pattern which takes you no where, because you cannot save anyone but yourself. And you're doing very well. And the better you do, the more the discomfort for those who are not with you. This is natural, don't fight it. For now you are letting them FEEL what is theirs to feel. We would say this is an excellent thing. We recommend it. It is not simply that you cannot resolve anyone else's problems or issues, it is that in trying to, in moving into those old directions, you prevent movement, for yourself and for them.

That is why it is so uncomfortable. That is why you feel so "YUCK". So unless you like "yuck", we suggest, let them stew. Let them protest. Let them holler! It is none of your concern. We also point out to you to notice how the more you move into your ease, the harder it is to move back to discomfort. And the more obvious the discomfort is to those who are still in it. So you see, you set the perfect example, provide the perfect teaching, become the perfect lesson, simply by being where you are. Perhaps this will give you some clues about changing the world. What else do you need to know? We suggest you notice how the answer to this question has changed for you. The change tells you everything you need to know. And so the riddle, the question contains the answer, begins to unwind in front of you.

Group 28: Working Through the Process, Changing Assumptions, Releasing Old Conditioning, No Compromises

Working Through the Process

Once more you are moving through, choosing, and discarding. Keep this, let go of that. And at this level, it seems to you it is different than trust, but it is not. It is perhaps that those things now being let go of reside closer to the core sense of who you are, and so the letting go is a little bit more tricky, but there is nothing to fear, and nothing to worry about.

Continue to remind yourself of the process of choice and it will be easier. We recommend diversion. While at the same time, we suggest to you that it is perfectly all right to feel whatever you are feeling in the moment and move through the process of feeling it. Remember that all of it is your creation and whatever you're doing in the moment has its own spontaneous perfection. And this is riding largely on the work you have already done, so that you are naturally moving along with your impulses. Even when it seems that you are wondering what the hell is going on or feeling mildly disconcerted or even feeling as if somehow you are on a side path, which you may be, working through minor details of belief, bringing things to the surface, and letting them go, naturally and easily.

The process itself contains its solution.

There is nothing more you need to know or do. Your earlier choices and your reconfirming of these choices has already set the path. Now you are merely on it, which is in itself a large accomplishment. And while there may be thoughts or ideas connected to others which seem to be less than ideal, recognize that these have their own perfection and simply allow yourself to be with them. This is new and is a different experience, where in the past, rushing to change or fix or connect would have been your standard response. Now you simply be with what is, and in some ways this is what brings your discomfort but you see rightly that there is nothing else to be done. Let the moments fall as they will. Let your life unfold as it will. You have nothing to fear. In the end, this is what you are learning.

Continue to allow yourself to see the larger picture. Not only where you are, but the larger picture within which you are moving. This makes it easier for you, both to go on and to be where you are. The more you center in worry or doubt about where you are, the more difficult it becomes, so choose to go along with where you are - you know that it is all working out perfectly. You do not need to know the future before it happens. You simply have to be open to the possibilities of what you want. Remember that by feeling what you are feeling and being where you are, you do not forfeit choice. Choice is. And by allowing yourself to see your moment points and feel your experience, you discern more easily and more naturally what you want and where you are. The intersections of all probabilities are in your now. This is all you need to remember. Making your choices from this place, with ease and a sense of acceptance, reinforces your creation, and revitalizes your connection to that probability.

But we would suggest that you not be so serious this time. Gently insert your choices, no adamance is required, just a quiet and simple acceptance. We remind you to rely on your inner knowing for guidance as to the nature of this place. Do not be asking the world outside of you to show you what you know. Instead, allow the world outside you to reflect back to you your own inner knowing and choose this as your experience. Whatever reflections do not fit your new choices, accept them as the dwindling remains of an old point of view and simply let them go. It is at this time, that the challenge to stay in your now point, focused in the present, becomes more real to you, as the old patterns reveal themselves for release.

Again we stress to you, there is nothing you need do, other than what you already know. Play with it. Be easy with it. And this will allow it to be easy with you. All of the smaller details over which you have been concerned, have now been released and illuminated and so naturally, lacking their distraction, your attention is turned to your larger focus and goal. Be aware that the new focus of attention is not a requirement for you to conquer or worry over. Notice how lacking the smaller elements over which to fuss, that your old instinctual patterns turn you to fussing over the larger. Let us tell you again - this is okay. This is not a flaw. It is simply an opportunity for you to observe, choose, release.

Changing Assumptions

Take the time to look out at the scenery going by from a perspective of knowing that you are on the path you have chosen, rather than from a perspective of wondering if this is the right path. Allow yourselves the freedom, the freedom to rest, the freedom to be exactly as you are in each moment. Again this is a shifting, similar to the earlier shifting and releasing of mental entanglements. Recall that at that time, time and space seemed somehow different to you, less crowded, less strident. This new shifting is more subtle in its nature, connects you more directly to your body, connects you more directly to your

immediate physical environment. This new shifting makes room within your physical experience for a larger perception. The details become more clear and it may seem to you that your focus is drawn to those things you still desire to change. We suggest to you that at those times you honor this desire for change, see it changed, accept it, and let go. Then at the appropriate moment, for the action to take place, follow the impulse and the change occurs. In this way, you release the tension around these areas and send your energy into the new creation.

Releasing Old Conditioning, No Compromises

Understand that a part of the new creation is a required shift in emotional relationships and attitudes, such that, behaviors no longer acceptable to you provoke a response of unacceptance, in you. There is nothing wrong with this. Follow the impulse, release the energy. Recognize where your past training in these areas of politeness, suppression, and going along with were against your own inner desires.

You may find yourself putting your foot down, rather forcefully, and of course, recognize that any time you do this, those who have, in the past, thoughtlessly and relentlessly taken advantage will be startled, perhaps unpleasantly. This too, is perfectly all right. Retraining is retraining, and is not to be feared. The agitation that you feel in these moments comes from the conflict between the new desire being honored and the old pattern seeking to enforce itself. The energy produced, a sense of frustration, resentment, irritation, is simply the friction of the release. The best use of this energy is movement honoring the new desire and destroying the old pattern.

Make no apologies. None are necessary. Not to yourself, or to others. Apologies are counterproductive at this time because they provide the message that the new desire needs apology. It does not. This reordering of more of the inner space goes on, on all levels.

You have rightly sensed that much of your dreamwork at this time is also allowing you to release this old energy. Continue on this path of directness, on this straightforward

and honest approach. The more directly you proceed, the more directly you arrive. This is a reclaiming of your own ground. This is a reclaiming of what is yours to own and the respect that is yours to demand. You are setting out new fenceposts. And this is a good thing. Set them where you want them the first time, and you won't have to set them again.

In a sense, you are overcoming the old art of compromise in those areas where it never could serve you. Compromise is not a requirement and you know this instinctively. The discomfort also arises because it is easier to carry the picture of yourself that is agreeable and compromising than it is to carry the picture of yourself that is not. We would suggest that the uncompromising self is in better alignment, more able to be honest, and ultimately is the self which requires total acceptance. Do not be swayed by momentary discomfort. So have it your way and remember clarity and directness. These are the tools to take you where you seek to go in all things. It may seem to you at times, that the new desires and impulses are capricious, or insupportable. They will clash directly with old patterns of rescuing, conciliation, putting OTHERS in front of self. We insist, adamantly, that this is not so and that if you will follow the course you will see this clearly.

Instead, the opposite is true. And the new impulses and desires, the course which seeks first and above all else to highly honor the self, ultimately, leads all of those in contact with you, to this same place. In time, you will learn a smoothness and gentleness to this approach. At present it may seem to you that you are being abrupt or short tempered. This is partly because old patterns depended upon the force of anger in order to establish the most minor of boundaries. As you realize, recognize, and honor the new integrity with the self, the stridence will gradually dissipate. In any event, it is nothing to be concerned over, merely something to be aware of.

You have been letting people step on your feet, and now you have decided that it is time to stop. Please understand that on the path of your choosing, this is not an idle whim, but a basic requirement. We hope this has restored, to some degree, your confidence in yourself and your confidence in the process. We offer this understanding as our rose for your valentine, with a reminder that the first valentine is you, and until everyone who knows you knows this, you will still have a lot of kicking to do.

Group 29: Sacred Cows, Limiting Beliefs, the Appeal of Dreamland; Self-Alignment, New Level of Ease, Process of Awakening

Sacred Cows, Limiting Beliefs, Action, the Appeal of Dreamland

You are pushing against new boundaries, or should we say old boundaries, sacred cows of the rational mind. And now your definitions and your reforming of basic ideas and concepts, integrating into yourself in new ways, creates a different dynamic.

It is as if the rational mind makes a last ditch effort to suppress knowing, to drag you back so that you find yourself wondering where the ease went, while at the same time, in a subtle way, ignoring impulses. Impulses to rest, and to relax. It is a new twist on the old game where the rational mind, knowing it cannot coerce you into thinking there is some action necessary, now uses a new approach, wherein, it simply brings you a vague sense of the idea of action. This is a clever plot when you think of it. For without the specific call to action, you have nothing to refute. And the rational mind holds you in a sort of state of suspense.

The key here is the attempts to distract you into non-belief or away from impulse. But either way it is a ploy which cannot long succeed, so long as you remain aware of what is going on within you, where your thoughts are, what you are feeling, what your impulses lead you to. You can recognize its presence, that is, this distractive pattern, by a sense of vagueness, a sense of something unformed and yet oh, so mildly troubling. In these moments, stretch, take a look around, and ask yourself where you choose to be, and where your impulses are leading you. This should do fine at bringing you right back home to yourself.

And indeed, you grow stronger and stand more solidly in your own new selves each day. Each moment. Do not make the mistake of overlooking the smooth flow of events, the ease with which things happen, the ease of your own communications with each other, whether physical or telepathic. Again it is a trick of the mind that in each new place from which you stand and look out, you are somehow endowed with a sense of the familiar. This can lead you to overlook the significance of your own accomplishments, particularly when these accomplishments are so closely aligned to your mental outlook, your beliefs, your thought processes, your creation.

It is one thing for the mind to attempt to interfere with accomplishments which are centered outside of the self or which involve the physical body, that is, climbing a mountain, for example, as opposed to altering a thought process. When you climb the mountain, there is physical evidence to support the accomplishment, although it is not to say that the moment the accomplishment is completed, it does not return to the realm of the mental, for it does, as a memory. However, the physical act itself serves as a benchmark to the rational mind, which it, out of habit, respects. So in this case, perhaps it is a good idea to create a few such physical benchmarks within your daily experience. In this way you can give the rational mind tangible results of the mental work going on.

Allow yourself to pay close attention to and follow easily and without debate the impulses that come up. This gives you the energy and the room to integrate so many new things. The place where your journey now takes you truly outside of familiar territory. This is a good thing. It is also a stretch. In some ways this is why the dreamworld seems more appealing at this time. Because it seems closer to and more relevant to your process than the rules and structures of outer perspective physical reality. And so it is easier for you to understand, integrate, and communicate through your dreamwork on this level. It is also why you are longing for more rest periods. For these allow you the more frequent connection to your dreaming self and it is there that you are receiving the confirmation and encouragement for your creation and your path.

It may help you to remember that the waking state is also a dream state, although a bit of a different style and with a decidedly more direct feel. Nonetheless, it is a dream state. It is made up of the same criteria as your dreams, simply manifest in a way which seems to you to make it "real". Keep this in mind when your rational mind wants to feel perplexed, concerned, or worry about your own creation projects. Remind the rational mind of the dream condition. For the mechanics of creation do operate in exactly the same way both in your "real physical world" and in your dream world. Remind the rational mind that it has no problems accepting situations, events or instant materializations in the dream world and through its knowing and understanding of the nature of reality, it should have no problem with any such events in the "real world".

Also remember in your waking state, as you move through your conscious awareness of the "real world," that it IS a dream. And allow yourself to marvel at how intricately and perfectly you put all the pieces together to provide yourself with a seamless experience.

There is no part of the experience that is not subjective, that is not generated by the self, regardless of appearances. As to those who require to know what is going on, remember that these too are your creations, this too is your own rational mind requiring

understanding, seeking illumination, requesting aid in acknowledging and accepting that which you have created.

Self-Alignment, New Level of Ease, Process of Awakening

Each step, at this time, brings larger and larger portions of the whole self into alignment and sometimes these are portions of the self which have been excluded or kept outside for long periods of time, either simply by "accidental" experience according to the ego, or because they are actually areas of unconscious patterning now being undone. Quite often in this process the unconscious repatterning will be done in perfect harmony with the larger self without even any reference or relationship to the old patterns. It is as if a new self is created and the old is simply left behind, no longer needed. In the building of a new self, there are new components as well as some old ones.

You do not need to concern yourself with the rules for how this is accomplished, rather, simply concern yourself with observing how the rules of your thinking seem to apply, how the rules seem to reveal themselves around your patterns of thought and in those moments, make choices. A simple enough process yet it requires awareness, for without awareness it is impossible. You will find that the new level of ease is much broader and more relaxed than the old. It allows you a sense of expanded absolute freedom in the present if you will tune in and allow yourself to be aware. In doing this, you again automatically release the old patterns.

Continue to ask yourselves what it is you are seeking, what the value fulfillment is for you, and how you want to experience it in the moment. Then give yourselves that experience. Pay attention to those moments when you step out of your ease and make a conscious choice to step back in. Do not worry yourselves about the old thoughts, rules or ideas which seem to separate you from your ease, rather, simply observe them and allow yourself to have a new ease and see how they change. You are learning a new sense of alignment, a new, larger acceptability of self. It is all inclusive and it speaks to you from a deeper place in your being. A place you are not used to connecting to in your conscious waking state.

The process is unfolding naturally and perfectly and so again, frequent reminders in your waking conscious state, to trust, may be helpful. The visibility of patterns and modes of behavior which you are outgrowing, not as options available to you at any time, but as patterns and modes of behavior which come from unconsciousness, are simply more

evidence of the perfection of the process. At times, the rational mind is fearful of all that it sees, wrongly thinking that if it sees the patterns, this must mean something is wrong. It does not. These are vestiges of old, old fear, of pervasive fear in your culture, which keeps unconsciousness as the primary mode. For when one fears to see then the only safe place to go is unconscious. The layers and multiplicity of these patterns in your culture play an enormous role in keeping all of the players in line with the common belief systems.

The further you remove yourself from them, the more uncomfortable you may find others in your presence and the more little ploys your own rational mind will contrive to try to convince you that this is not a good idea. We remind you all is well. Perfection is.

Group 30: Friends & Family, Being Awake, Freedom to Feel; Discovering Perfection, Self-Judgment, Rules & Roles

Friends and Family, Being Awake, Freedom to Feel

You have come a great distance, not only with yourselves but also in your relationships with others. For it is through these reconnections with friends and family that you begin to see how much you have changed, how far you have come, and suddenly new feelings of unwillingness to cooperate or corroborate old belief systems stir in you a sense of something being different. Insert rational mind, different = wrong. And you do not go into either the old pattern or the rational mind's detour. Instead, you walk through the experience, feeling, observing, and choosing. We ask you, what is wrong with this? How could it be better? What improvement do you seek? Perhaps it is the rational mind longing for its own unconsciousness, after all, it is not as easy to feel, observe and choose your way through each moment as it is to sleepwalk. Well, that belief in itself is one you have already begun to leave behind you. Indeed, not only is it easier, it is entirely more vigorous and exciting.

We would say, it is living. So allow yourselves the freedom to live. Allow ourselves the freedom to be awake. Allow yourselves the freedom to feel. And through it all, trust and accept the self. This is the greatest victory. Do not confuse it for a failure. No matter what anyone may say to you. Be joyous in your achievements. Be gentle with yourselves. Be in your ease. Follow your impulses.

Discovering Perfection, Self-Judgment, Rules and Roles

So. You begin to unravel the threads of this complexity of your experience. It is pointless for us to continue to tell you of the perfection in each moment. On the other hand, it is through your own experience and discovery of this perfection directly, it is through the integration of this perfection as a knowing that you achieve what you seek. And you are beginning to comprehend this. It is by walking awake in the dream that you are able to allow and accept the self. It is through this allowance and acceptance that your creations are born.

The most difficult task is always the dropping of self-judgment. Oh, it is fine and another thing entirely to drop the judgment of others, but dropping judgment of self is a

deeper and far more highly discerning task. The reason is simple for it is the self's discernment reflecting back into the self. As you understand this and achieve it more and more, you will be able to observe yourself at any moment without rancor, without disappointment, without impatience, without any sense of all that there is something to DO about it, and simply accept what you observe, hear what it tells you and take in the information.

It is the final level of defenselessness.

And to be sure, if you look back now, you will notice that the days that flow easily and smoothly are the days in which your acceptance of self is high and your mood is generally effortless. The effortlessness is directly related to the ease and room you give the self to maneuver in. The more watchful and tightly you attempt to control or set conditions upon the self, the narrower your movement, the more restricted you feel, the less joy can enter in. So make this your practice.

When you feel the heaviness of judgment thoughts which you are leveling upon yourself, gently pause and say to yourself, "I am perfectly acceptable exactly as I am in this moment. And nothing I do, think, say, or feel can alter this." Then allow yourself to move through whatever it is that you have stopped to judge in yourself and see it flow easily and smoothly into wherever it is leading you.

The great secret about all of these areas of self-judgment is that by releasing the judgment and moving into acceptance of the self you are able to clearly see whatever it is that you need to see in the moment. You are also suddenly free to move in whatever direction you choose. Judgment prohibits choice. Acceptance releases choice. Again it may seem that these are simply esoteric notions, psychological ideas or extraneous thoughts relative or relevant only to moods and psychological being or well-being. But we remind you that these issues and ideas are the basis of your physical reality.

Your entire experience in the physical springs directly from your relationship to the self. Every restriction you feel and experience in the physical is a restriction you have placed psychologically upon the self. We do not think it can be more clearly stated than this. And each person chooses the vehicles, the methods, the ways in which they will interact with the world. That is, how they will achieve the results they are seeking. What forms are acceptable or not acceptable. The mechanics of how their own personal reality functions.

This is why it is pointless to assign rules and roles and expect everyone to fit into them. The reason that this total reorientation is a personal inside job, is that the only way to create change or to better manipulate and function within your own creation is to

understand the very individual and personal psychological structures which form and maintain it in the first place. While it may be interesting to understand somebody else's form and structure, it does not necessarily enlighten you about your own. We are not taking into consideration, in this last statement, all of the multiple ramifications of interaction with others, etc. That is, counterparts, aspects, etc., you know. In other words, the WHY we are connected to any individual in the first place. Rather, we are stating as a general rule that the tasks inherent in the process are individual and specific to the individual in nature. And this is a good thing. It is an absolute requirement, for without this requirement there could be no individual creation.

Group 31: Impatience as Struggle, Connecting with the Goal; Feeling "Strange", Shiftings, Opening to & Discerning Information for Ourselves

Impatience as Struggle, Connecting with the Goal

As to the notion of impatience or pushing things in the direction you wish to go... Every moment spent in the ease and acceptance of your goal brings you closer to it and every moment spent in conflict, doubt, or a sense that the goal is somehow not attainable or not being attained in its proper manner, binds you. That is to say, it does not move you further away, it simply stops your motion. We tell you this to reassure you and remind you of the certainty of your goal. Remember the outcome is already chosen. In the moments when you feel the doubt or uncertainty, the frustration or impatience, and a sense of a need to move forward to MAKE things happen, in these moments remember: the outcome is already chosen. When you remind yourself of this, it allows you to come back into the acceptance. This is the best use of your moment points in regards to your goal. Nothing else is required.

And again, we remind you that the way that you know this, the simplest clue about each moment point, for your discernment, is that the most powerful moment point towards achievement of your goal is the moment point where the goal is already accepted. It may seem to you that these are ideas or thoughts that you have heard before, perhaps ad nauseum, but you find as you move through this process, that the clarity of understanding of these ideas is shifting. You are now in a place of knowing the truth of these statements. You are now in a place where it is possible for you to experience these expanded moment points in full awareness of what it is you are experiencing. This greatly accelerates the process itself. It allows you to reconnect to the completed goal.

The energy patterns themselves are experienced as the essence of those feelings. The energy patterns themselves are the basis of creation. Do you comprehend our meaning here? What we are saying to you is that by bringing yourself into the energy pattern, you and the creation come together. We would also suggest to you at this time that you allow yourself to be more highly discerning of the areas of self-judgment. That is to say, what has been happening most recently in your experience is a new level of awareness of the judgments themselves.

Now you may begin to allow yourself to insert the level of observer directly upon the judgment experience. In this way, you may "nip it in the bud" rather than having to follow and move through the entire unhappy experience of self-judgment before you move out of it. This will greatly decrease the amount of time in any given day that you spend

outside of self-acceptance and ease. It will also smooth out those days where you seem to habitually be prone to discomfort with the self.

The most powerful thing you can learn here is complete acceptance of the self. In fact, we would say that this is the one and only significant goal of total reorientation. What is interesting to us is that in your minds this would reduce the significance of the idea of total reorientation, while in our minds, it increases it. Understand that this is because of your powerful focus on the physical time-space continuum in which you are currently having your experience. For even though we have explained all of this to you clearly, the rational mind, which categorizes all experience, still tends to think of physical time-space as real and psychological experience as secondary.

Allow yourself to relax with the knowing of this information. That is the first step in moving into more direct acceptance of the self. Do not fall into the trap of judging the self based on any experience with ideas about this being a less than perfect creation. There is no such thing. You have had many great revelations in the last days. Each revelation has been, in fact, a new understanding of a psychological way of being, a new uncovering of an idea of how things work within the self. None of these revelations have been directly related to any external or outer physical experience. That is to say, they did not cause any physical experience to the best of your knowledge. However, what we are saying to you is that they cause ALL physical experience and that the revelations themselves were created by you, for you, using physical experience to demonstrate the ideas.

You have done excellent work. Not only by acknowledging and perceiving the new information about the self, but also by using the information in your larger process. Fitting the pieces of the puzzle together, as it were, as gradually the larger picture comes into your focus and point of view. How you proceed from here is totally a matter of choice. We would suggest that you use the ideas in this session actively in your process. Remind yourselves often. Be gentle with yourselves. Self-acceptance is a gentle and loving experience.

Feeling "Strange". Shiftings, Opening to and Discerning Information for Ourselves

There is a great deal of activity now. You are noticing the changes as they intersect more directly to your physical being. This is not something to be concerned about. It is, after all, a natural progression. It allows you to pay attention in new ways. As you begin to

manipulate different levels of energy in your physical body, it is quite clear to you that there is more information available, there is more you want to know, and you are ready.

Pay attention to the ways in which you tell yourself that you do not know, or that you do not understand and allow yourself to shift from this old pattern into a new pattern which is allowing you to be open to awareness. To be open to say, "Here is something I want to know." And allow yourself to have the knowing. This is quite different than your earlier or past approach and it brings different results. In either case, the knowing is always available. And you bring it to yourself through whatever methods or means are most in line with your ability to comprehend at any given time. So that different sources of information are brought into your awareness at just the right moment.

There is no coincidence here. You are meant to follow where you lead yourself and having achieved a certain level of discernment is a part of the process. For you will not blindly accept information that is given to you by others, but rather will contemplate it and take what makes sense to you. Apply what works for you, and leave the rest. A part of this discernment has to do with the sheer quantity of information and determining relevance or usefulness at this time. For while it's all good fun to find out about things, to pursue various interests simply as a sort of idle pastime, there is a more direct purpose which guides and brings you to that information which you seek.

As to the physical symptoms, recognize that once again you are leading yourself to a path of feeling and any information that you require is available. Follow your impulses in this regard. Assume that your intuitions are correct. And use the information accordingly. There is no point at this time in resistance. When you find yourself in resistance, simply relax, let go, and choose acceptance. This will make the process much smoother. For the resistance merely represents doubting yourself, doubting your ability to accomplish, and old attachments which no longer serve you.

These are not things or patterns to be feared. This is your emancipation. So rather than indulge the resistance, indulge the self, accept what you know. Understand that it is your nature to always question. And at the same time to not overindulge the tendency at the expense of your knowing. That is, when you know, the questioning is the surface chatter born of habit and does not need your indulgence. Also recognize that it is no longer necessary, if you accept the knowing, to give yourself such uncomfortable or strident messages, either in physical or emotional form.

Group 32: Centering Ourselves & Our Energy Fields, Making Conscious Decisions; Act of Creation, Utilizing Feeling, "Hard Work"

Centering Ourselves and our Energy Fields, Making Conscious Decisions

It is also useful for you, at this time, to recognize, center, and contain your own energy fields, particularly when you are in the presence of others. You are learning to recognize when these energy fields, which are not yours, begin to intrude upon, or move into, your own. It does not require forcefulness on the part of your behavior to set this right. Indeed, you can be gentle, both with yourself and with others. But it does require that you close your own energy field to their intrusion. Again, levels of boundary, energetic and physical, emotional and tangible.

You were able to observe quite clearly competitive patterns and energy events at your Saturday gathering. Now we ask you to be aware of your own interaction with these. To make conscious decisions about your own energy and your own behavior. While moving through the process you have been able to observe how the various interactions work. Now you will allow yourself the next step of making choices rather than simply being swept up in the event. Now you become the active participant as well as the observer, making definitive choices, both in how and with whom you exchange energy.

Be more clear within yourself in those moments when you observe patterns in others which no longer interest you or which you find distracting or counterproductive. Withhold your energy at these times. Simply gather it back to yourself, and remain still. Then you may choose whether or not to engage or remark directly regarding the process and patterns you see before you to those involved in them. Frankly, often it will not be worth your time. For people attached to energy patterns, played out in personality dramas, are no less powerful than you. They are simply making different choices. And it has never been your job or your role to change their choices. Your role is simply to be the example of your own choices. And in their way, they provide you with insights as to where these choices still operate in your own lives. And you will notice, if you look on the events of the last 48 hours, that not only did you receive the information regarding where these energies were operating in your lives, but you have already begun to take the actions necessary to make changes.

So we remind you that it is not about judgment of others, it is always about discernment for the self. Use the information you are given and you can't go wrong. The trust that you have developed in yourself is sufficient at this time to guide you. All you must do is ask yourself the relevant questions and apply the information given. And while it may be more exciting or adventurous to pretend that there are great mysteries, it is more practical to allow that there are not and simply use the information you have. Remember, after all, that it has been your choice to learn, to know, to access the information in the first place. Stand by your choice; it is a good one.

And in those places where you are uncertain or unclear as to the details of how, for example, you affect changes in physical reality, extend your knowing and explore new information, explore new ideas, and extend an acceptance that you do know intuitively the way in which the processes work and this intuitive knowing will lead you not only to successful creation and manipulation of physical matter but to conscious awareness in a more direct fashion of how it is achieved.

It is not so difficult a process to ask yourself where you are headed and to discern the implications. Ask yourself where you are in the moment and acknowledge the implications. For where you wish to go is in direct relationship to where you are and so it is not hidden from you, just as the nature of where you are is not hidden from you.

Take the opportunity to observe the evidence of your own experience and use the information to your advantage. Remembering in the process to be gentle with yourself and that self-acceptance is the higher order. It does you no good to condemn yourself. This is simply another form of resistance. So allow all experience with the understanding that the information contained within the experience provides you more and more of what is needed for absolute freedom. Not through judging the self, but through acceptance and observation which makes room for new choices.

Again we tell you to scale the wall and walk the narrow path of perception and discernment without slipping to the broader road of judgment. Discernment and acceptance, a willingness, an eagerness to learn and change, a direct seeking of your own evolution. These will always lead you where you want to go. And the further you progress along this path, the more easeful your experience of it. Each time you accept a challenge closer or a pattern older or more firmly established, you seem to move through a period of relative discomfort, dis-ease, in comparison to where you have been it seems just moments before. But in each moment in which you accept the challenge and move through it with discernment and self-acceptance, you lighten your load. And so the returning ease is larger, broader, more closely aligned with your moment experience.

Act of Creation, Utilizing Feeling, "Hard Work"

Today we will speak about the act of creation. From your understanding, this is caused by the bringing together of form and energy. It is a simple process, really, but one which has been crowded by impediments in your culture: the impediments of rational mind and backward thinking. Therefore our best advice to you is to remember simplicity of feeling, strive less, be more.

For it is your tendency to look for solutions for problems, your tendency to take apart into smaller and smaller pieces, your tendency to analyze and dissect which causes you your greatest difficulties. In the larger scheme of things, by remaining in your acceptance and ease, you bring forth with simplicity and directness the natural elements of your own creation. In some ways you could say that the purest creation, the simplest form of it, is observable in the mind of a child. For a child has not been taught the obstacles which are considered as facts by the rational mind. And to the extent that the child still dwells in the realm of magical thinking, the ability to move into acceptance is significantly higher.

In the meantime, having a fully equipped rational mind, what do you do? The first thing, of course, is to continue at all levels to remind yourself of the acceptability of whatever it is you are choosing to create. By acceptability, it is meant, a basic acceptance that what you seek to create is possible, in fact likely, or probable. This has nothing to do with laws of physical reality as you know them. In fact it has nothing to do with anything other than the inner perception of the creation. It is not an 'in relation to' type of event. So what we are saying is, when you simply accept the creation as a part of the larger picture of what is, regardless of whether or not it has actually appeared yet, you substantially reduce the impediments. The next step, is to hold, gently in your mind, the idea of the completed creation. The easiest way to learn to do this is to think of something that already exists in your creation, observe how it feels to you, and bring that same feeling to the new creation. Again, this is a psychological perspective.

The next thing you must do is disarm the rational mind's objections. This can be accomplished in a number of ways. By reminding the rational mind or ego of its role as observer you reduce the power of any objections it may have. By reminding the rational mind or ego of past events which have demonstrated your creative ability you give the rational mind evidence and ammunition for acceptance. And finally, by relinquishing any need to control HOW or WHEN your creation arrives, other than to know it arrives in its own perfection, you free the creation itself from the restrictions of rational mind.

It is quite right to understand that between the moment of idea conception and the moment of manifestation, which you are experiencing, is a collapsing envelope of time. You are within that spacious, evolving experience. If you pay close attention to your experience of linear time, within this process, you will see opportunities to divest the rational mind of old habits and empower the magical self.

It is your steadfastness to an idea and simultaneously your ability to release which brings the creation into being. By examining those areas where the magic appears to move easily and freely, you give yourself the opportunity to experience the psychological standpoint and feeling essences of your own creative power.

Above all, it is a process of ease. It is a process of relaxed though highly focused and charged feeling. While this seems to be a paradox, it is also not a paradox. For you will notice in your beingness, when you are so joined with what is in front of you, that you achieve this state, in some cases, with significant regularity. For some of you, you can easily connect with these ideas through observing how you interact in your chosen field of recreation. From physical sport to artistic endeavor. It is like the movement of finely tuned and beautifully crafted music, which has the ability to transport you and which is perceived as full of ease and grace.

It is wise to remember when you enter into this process of conscious creation that it is not a process of work, in the terms of your culture. The process of work, according to your culture, is much more highly aligned with the rational thinking, effortful, ego-mind. This is not about sweat. And for some of you, this will be the greatest obstacle, for you have trained yourselves and been trained by your culture to believe in the idea of hard work. And in the process of moving to living more spontaneously, to living more impulsively, to living more naturally out of your own beingness, you will find your attachment to hard work to be persistent. This is not in itself a difficulty, particularly if you derived pleasure or joy from the direct application of yourself in this manner. The difficulty arises when the impetus for the hard work is a drivenness, when the impetus is a lack of trust, lack of FAITH, or sense of doubt. Unfortunately, most of you have precisely these connections in your psychological structures so that hard work becomes the antidote.

Hard work is your ace in the hole. If all else fails, you can work hard and accomplish your goals anyway. But this position maintains a belief that you cannot accomplish without hard work.

Ultimately, it is not enjoyment of hard work but fear of rejecting hard work that creates your difficulty. You have only to look at some of your cultural sayings to have a clear understanding of this problem. "Laziness", "Slothfulness", "Impulsiveness", "Spontaneousness", "Lack of Reliability" - all of these are the cardinal sins of the hard work

culture and yet it is only through exploring these and the trust of yourself in the process that you can become free. Recognize that movement into more spontaneous living, that dedication to the principle of following your impulses is a highly creative act in itself. For it recreates your life experience and in doing so, gives you the opportunity to make significant changes in your belief systems, your attitudes, particularly about the self, and your thought processes. By allowing yourself the opportunity to experience the self, in these larger and larger unrestricted ways, you develop a repertoire, a knowingness, which has previously been unavailable to you. It is out of this knowing that the new creations can be born.

By relaxing your grip on reality as you know it you provide room for new and expanded experiences. Ultimately the steps that you take will provide you with everything you need and all you must do is acknowledge your observations along the way. It is by changing your reference or point of focus, by giving more credence to your intuitive and impulsive events that you empower the self, to bolder and bolder creations. Remember in this process that the antithesis of hard work in the old culturally acceptable sense is gentleness with the self. And it is this gentleness that you seek. Hard work and highly focused motivated action are not necessarily the same thing. Highly focused motivated thought, for that matter.

The further you travel along this path of self-exploration, self-acceptance, and expanded awareness, the more these distinctions will become clear to you. And the easier it will be to set about intentionally, consciously creating your experience. Remember as you move through the process that all of your experience is your creation, so that any event, moment, experience, etc., can be a tool to your greater understanding, when you begin to unlock the puzzle of the psychological structure behind the creation.

Group 33: Green Men in the Kitchen, Expanding Awareness, Rationalizing and Crazyness

[Event: At 10 a.m., Becky turns around in her kitchen and sees a green man completely filling the doorway in her kitchen. She is startled and the green man disappears. At 11:30 a.m., Becky tells Kristen of this story and Kristen relays her own story from that morning. Kristen was standing in her bathroom and happened to look in her mirror and behind her. She has the impression of there being a large "plant" man by the refrigerator, so much so that she turns to look directly. The image is gone, but there is a regular houseplant there (much too small, however). Neither Kristen nor Becky were wearing their corrective lenses at the time.]

So where would you like to begin? Okay, we shall begin with the green man. The green man represents an aspect of reality of which you are generally not aware. What you might call one of your probabilities. And of course, to him, you seem the same. He is brought into your awareness through mutual desire to expand your experience of what is possible and to inspire you and him. He is an excellent symbol for you, being both man and plant. In a way it seems at once familiar and foreign. He strikes chords of remembrance in you which when seen from your own perspective, seem too fantastic or strange to be real. And yet, real he is. And also, your sense of deep familiarity.

In some ways it is an opportunity for you to experience creation, that is, what you desire becoming manifest, as you were seeking some form of alternate experience, which you can now say, you have experienced. In other ways, of course, his reality exists separate and distinct from your own and you have glimpsed or peeked into his world as he has glimpsed yours. Quite a shock for both of you.

His existence reminds you of a flexibility of reality and detaches you, somewhat, from your own perspective. And this again, provides you with an opportunity to observe your own reactions to things which seem quite outside the norm or average experience in your culture. For it is one thing to manifest parking spaces and green signal lights. It is another thing to see large green men in your kitchen. It also provides you with the opportunity to see the rational mind at its best, or perhaps, worst, as it moves in, so discreetly, so quickly, and so adeptly, to plant its seeds of doubt and leave you with a comfortable experience of something which may or may not have occurred. After all, if it were only your imagination, it would be quite simple and reasonable to accept. You see, there was really no green man, you just thought you saw something. It was a trick of the mind, it was a trick of the eye. Never mind that it had never happened before, or at least not in this particular way. The rational mind is always prepared to rationalize these experiences out of reality and back into imagination where they belong. When you can accept the role of the rational mind in this instance, and suspend judgment, simply allowing for all of the

counterparts of the experience, that is, the experience itself, your perception of it, the rational mind's response to it, and your own sense of a longing for the experience. When you accept all of these, then it becomes easier to allow the experience to be what it is. Simply an experience.

It is in the judgment, the placing of values, right or wrong, real or unreal, substantial or imaginary, that you lose the experience. And it becomes just so much fodder to be chewed up by the machines of analysis and spit out in meaningless pieces. By allowing yourself to simply be with the experience, you allow yourself to explore the symbols and meanings of your own inner communication. And they emerge naturally. This also opens the doorway for more experiences of this nature, providing you with the opportunity to expand your own repertoire, to increase that which is known to you.

In some ways this comes back to the difference between understanding and analysis/explanation. Through acceptance and relaxation of judgment, larger pieces can be revealed. By refusing to catalog, rationalize, or analyze the experience, you leave room for understanding to emerge. You leave room for the experience itself. Notice again how the psychological structure, that is, the way in which you interpret the event, either expands or limits your own ability to perceive and experience. Within narrow confines of what is and is not real, what is or is not physical, the experience does not exist as part of reality. And yet the experience, by virtue of its being, has some validity. And so, it is relegated to the world of the imaginary. In its own way, this is the rational mind's attempt to make the experience powerless or to take the power back from the experience and place it with the rational mind.

By refusing to make such judgments, the system remains open and the energy is free to move where it will. The intensity and meaning of the experience are free to reveal themselves. Again, the experience is a demonstration of the concept of real vs. imaginary. It is there to show you the choices available. Acceptance without judgment opens new doorways. Rejection closes them. Yet none of these doorways are outside of you. None of these doorways exist separately from you. It is only a matter of your willingness to expand into the self - this is not some fantastic voyage of great distance. This is a fantastic voyage right here. Traveling inward.

The green man represents a territory or a new terrain, so it could be said, that you have begun a journey into a new landscape and yet this landscape is not distant in ways which your current system of reality recognizes. In fact, it is very close at hand. But the

psychological journey required to perceive it is not undertaken or understood by most of you. Indeed, the experience itself also represents a breakthrough by its very nature because of the strict and strictly enforced codified rules in your own system regarding reality.

You are now stepping into the borderlands where you run the risk of being assessed outside of the normal parameters of what is called sane in your culture. You should recognize, based on your own experiences of the past week, that these can be frightening and treacherous areas, particularly for the psyche which fears the "crazy" label. So we congratulate you and assure you that crazy would not be an accurate definition at this time. Crazy more accurately represents, particularly in your system, a running away from overwhelming fear and a need to hide from the self. You on the other hand are most assuredly running toward, unwilling to hide and expansively embracing the self. So you see, there is no need for fear of this "disorder."

Again it is a question of disfunction vs. function and so we will give you this little test for yourselves. This little way for you to reassure yourselves when you find yourselves in the borderland and questioning your "sanity." Simply ask yourself, "Is this a form of disfunction? Is this, in some way a pattern of fear, denial, or self-deception? Or, is this simply an experience for which I have no rational explanation?" Now, before the rational mind jumps in and begins its elegant job of proving disfunction, let us say this. Feel first. Feel and discern. If there is fear, is the fear a response as in surprise or is the fear the base or root of the experience. Next, ask yourself if this is a way that you are separating from the self, dividing, or is this unity. Your green man, while appearing to be physically separate from you, sang with the energy of union - you could feel it. There was wholeness and the base of the experience was not fear but joy. In those instances or those cases where persons are separating from aspects of themselves of which they are fearful, the tenor and root feeling of the experience is quite literally, terror. This is because the separated part or parts of the self are becoming visible and even though they are becoming visible as separate entities, or experiences, separate from the self, it is their invisibility which is required by the fearful self to remain calm. In other words, it is the need NOT to see which these experiences violate.

So now that we have assured you and you do not have to think of yourselves as crazy, we encourage you to expand and be willing to perceive more. To explore these borderlands and definitely to enjoy the experience. Do not feel that you need to analyze or comprehend distinct and specific meanings for yourself, rather allow the meanings to emerge. Allow yourself to encompass the larger idea of what the self is and of what reality is. For it is not necessary to perceive or understand how all of this works. All that is required is in allowance and experiencing of the experience.

Group 34: Poignant Reminders to Trust in the Self; Ideas about Telekinesis & Stones, Conscious Energy, Paradox; Taking Time to Expand; Relaying Expansive Concepts, Sense of Inner Safety

Poignant Reminders to Trust in the Self

We are telling you it is time to believe in the self. What does that mean? Stand in your own creation. See it complete. Trust that it is done and that it requires nothing, no action, from you, other than this. Refuse to beat yourself up. You do not need to ask yourself hard questions, you need to give yourself gentle answers. Reassure yourself.

Be kind to yourself. Imagine that you are someone else, imagine that you are your best friend. And behave in this way towards yourself. Would you accuse your best friend of being stupid? Of overlooking the obvious? Or would you love her and support her in trusting herself?

Now, above all else, do what feels good. What REALLY feels good. Comfort yourself. And tell yourself the truth. The truth is, you CAN have what you want. The truth is, you ARE worthy. The truth is, you are lovable and loved. The truth is, you are trustworthy. The truth is, the best thing to do with doubt is turn away from it and replace it with love.

We know you would like us to tell you the outcome, all the answers, what is going to happen, but this robs you of your opportunity to trust. You do not need to know any of the HOW, you only need to know the choice. And trust it. We did not abandon you, and we are not about to. This is not the discovery you are making. We encourage you not to insist upon what you don't want.

Ideas About Telekinesis and Stones, Conscious Energy, Paradox

We have word that some of you want to learn telekinesis, and have played with the idea of moving stones. There is an entire total freedom of consciousness within the solidity of stone that you do not understand yet. Stone itself is a rather dramatic example because of its density and weight. A concentration of consciousness within time as you perceive it. This also means stone can be extremely receptive to movement when approached from a

consciousness to consciousness point of view. This should be a hint about the nature of linear reality.

The obvious - stones are hard to move with your physical bodies and yet perhaps the most easily moved with conscious energy. Do you understand our meaning. [Kristen - "Density and weight in relation to freedom of consciousness. A paradox of the densest or thickest being the easiest to 'move' because of the high concentration or level of focus in physical reality."]

Paradox reveals part of the secret of your whole world. It is a mirror as all of your world is of the larger paradox of illusion and reality. When you understand completely which is illusion and which is reality, then all of these little reflections will be obvious to you as teaching tools along the way.

Taking Time to Expand

There are concepts that you don't understand at this time which can be represented to you symbolically but not in their pure form. Because of this it is not possible for us to relay the information directly until you expand your understanding. On an experiential level there is also a similar, correlating expansion required for us to proceed with what we have started. Therefore it is crucial at this time for you to be patient and allowing. Your willingness and trust make the process possible. Now you must extend your willingness and trust to allow the process even though you may not understand all of it. Even though it may seem to you that you are not making progress, we assure you that you are. Accept the fact or the idea that everything is proceeding exactly as it needs to, while keeping your willingness and trust uppermost.

Relaying Expansive Concepts, Sense of Inner Safety

You have chosen this path in order to expand your awareness. And it is true that even the words themselves to some extent create obstacles, however, it is also true that the words provide a means for a more direct form of communication and so we accept the obstacles inherent in the system. For at least in this way, a system is provided.

What you are seeking to understand lies at the heart of the human experience, the mechanisms which bring about that experience and which in their own way shape and form the experience according to their own dynamics. Now the journey itself would be a mass of jumbled events with little meaning were it not for the distinct and carefully manipulated mechanisms of the human experience. By expanding your awareness and use of these mechanisms you open yourself to alternate levels of experience where the strict

guidelines of linear progression, the appearance of matter, and other rules of your accepted experience begin to be subtly undermined.

This allows you to perceive beyond the normal range of what is acceptable. Which in itself can generate a type of fear or sense of dislocation such that you question your own perceptions. You might say because of this you are left open to the potentiality of considering yourselves crazy, or less than sane. This is why you are admonished to remain and to consciously return to that place of inner safety. It is only through maintaining such a strong connection to your own safety that you are able to make these explorations at all. For without this, you would quickly be overwhelmed by doubt and fear, as it is quite easy for you to observe how the doubt and fear present themselves with each new apparently out of phase or sequence event. It is this stretching of the boundary of what you consider safe which you can observe as a pattern throughout your lifetime which now allows you to proceed. For while you have looked on others and observed their strength and seeming safety, you would see looking on yourself in the same manner that you have continually placed yourself outside of safety and then brought the safety in.

Those around you, unaware of what it is you are doing, can generally be said to be fearful for you. For without understanding the motivation for this practice, it can seem to others that you are simply, unwittingly foolhardy, but this is not the case. You have each been unwilling to accept a level of safety, fully understanding that in order to accept this level of safety you must give up the adventure of exploration, which you could not do. It is interesting to note that even as you make progress now, in ways that to others would seem remarkable, you are impatient and striving to be onto the next step. This is not a criticism, it is merely an observation. There is no point in demanding the experience be more than what it is for it moves perfectly and unfolds naturally. It is not meant to frustrate or to rush you but to show you how simple allowance will bring it to you naturally. Be patient with the unfolding, unfoldment of events. Understanding, from your position of safety, that everything moves in its own perfection.

Group 35: A Good Look at "Spreading the Word"; No New Boundaries, Rational Mind Without a Box

A Good Look at "Spreading the Word"

It's up to each person to choose their own expression. This is the absolute basis of absolute freedom. We would suggest to you that if you wish to make changes, that is, you wish to have some mass effect or larger impact based on your own use and interpretation of the ideas, that you are absolutely free to do so in whatever manner you choose. And we would also suggest that you would make much greater progress and certainly more rapid progress if you were to approach these "problems" ..."challenges" from within the dream state.

If indeed it is your goal to bring this work into some sort of "legitimate" forefront or stance within the culture, then use the ideas and information given to you. There are several reasons for this, not the least of which is that it's much more highly effective. And also not the least of which is that you run much lesser risk of distortion of the basic concepts when they are allowed to move freely within the creative structure of the inner landscape.

The fact is, you cannot avoid the creative spontaneous eruption of these ideas throughout your culture. It is already happening. And to turn it into some sort of cause while on the surface seems to be a gallant notion, is truly using the old methods of the rational mind, the methods understood before this material was available. It is sort of like trying to use a steam locomotive instead of a space shuttle when you already have a space shuttle. So the question is not so much, is it a good idea, but WHY WOULD YOU DO IT. (laughter)

In a sense, you are correct in understanding or thinking that the limitations in the thought which created this idea [making these ideas into a supportable "cause"] are directly tied to old limiting thoughts which surround your ideas of commerce, value for money received, and the like. In other words, the concept itself is born out of a pure idea, but becomes mired in the organizational structure which is seeking a grander vision for itself. None of which is necessary. But you see, again, it's a mismatch as the engines of commerce and the engines of creative ideas are attempting to find new systems within which to function.

The old structure does not adequately contain the creativity that is coming forth. For in the truly creative structure, there is not a price tag, there is not a demand for sustenance or support. Sustenance or support are assumed and created spontaneously.

Again, AS ALWAYS, the only place to look is within belief systems. And there is nothing dishonorable about the idea of encouraging the process in whatever fashion. But we would challenge you, again, to use what you have learned in your approach to this task. The depth and breadth of the inner belief system is a glorious and wonderful thing, so long as you continue to explore it. The question you must always be asking yourself is what is my creation teaching me right now. Not what did I learn last year.....the idea that somehow you will "arrive" and be finished and may then sit on your laurels is a fantasy. Although it is a fantasy that is acted out often enough in your world. But no short amount of sitting will find you in a new box. And if you are paying attention, you will naturally begin to work your way out of it. Or if no new box is available then you can be sure that your highly creative self will invent one to give you something to do. Boredom is highly inspiring to the inner self.

No New Boundaries, Rational Mind Without a Box

It's about extending the boundaries, not setting them in place. If you insist on setting the boundaries in place around the work we have already accomplished then you have missed the point entirely. For the work has just begun. You have chosen the job of expanding the work, not conforming to it. So naturally you use all of the tools available to you within the work. Believing despite any physical reality as evidence, etc. etc.

But you know instinctively and intuitively that it's your job to go beyond, otherwise you become lowly apostles, followers, and essentially, blind sheep. Blind sheep. Leading more blind sheep. And what is the good of this? It accomplishes nothing. For it is one thing entirely to begin to understand the nuances of your own creation, the coloration of your psyche, the subtle textures and hues with which you color your own world. Think carefully about your journey today along the country road which symbolizes so much of your own desire and the physical manifestation of nature in balance with humanity. Every detail and your every response to it tells you something about the inner workings of your own psyche. And this is perfection. And this is the perfect understanding of yourself and it's wonderful. And you recognize it and thrill to it.

But you know instinctively that this is not all there is. It is about claiming your place within this picture. With a freedom and abandon that states clearly who you are without any ramification or connection to any of the rules or mores or qualifiers of the outer perspective. Do you understand our meaning here? This is the expansion. You know where you are at home and you create yourselves there. Your only difficulty lies in rectifying the

rational mind's position - the rational mind at this point really doesn't have a clue. And in case you hadn't become aware of this, the rational mind has decided that both of you are nuts and yet somehow you are functioning within all of this.

Now the danger or the precipice if you will lies in not paying attention enough to a rational mind which may choose to act on its own belief, i.e. you are crazy, in such a way as to hope to protect you. In this case, we do not feel that you have much danger here as the rational mind has accepted that fact that there isn't much it can do about it. In a way, it is as if you have forced the rational mind outside of its own comfortable box where it is reluctantly but still assuredly affirming the fact that it has no answer here. That there is nothing it knows to do to "save you." And so the magical takes precedent. And this is healthy for the rational mind to the extent that it recognizes the dream it creates...to the extent that it embraces the symbols it sees in the outside landscape that correlate with its own knowing.

So, to the extent that you follow your intuition and impulses and give yourselves adequate signs along the way, the rational mind is upheld. And to the extent that you do not, the rational mind feels abandoned. So if you will understand this, the symbols, that is, the outer appearance, perspective, experience, of the places you travel speaking directly to this traveling you have done within these certain areas of physical location, to the extent that these themselves correlative with the inner symbols of the rational mind you strengthen your position. To the extent that they do not correlate, you feel weakened. Lost and confused.

When you think about this in retrospect you will understand it perfectly. There is no place where the impulses and spontaneous experience, being allowed to move forward, will not guide you exactly and perfectly. It is only to the extent that you stifle this information within yourself or in communication, as in one to the other, or what you feel in this moment, that you lose your way. For as long as you allow the impulse to guide and to lead, then the spontaneous nature of your being, which is directly connected to that which you seek, and to its own inner comprehension and understanding of its rightful place within this discrete framework of ATL..... you cannot help but arrive within the perfect surroundings.

In this sense, the understanding of doubt should become very clear to you for doubt is the opposing force which leads you away from that which you seek. Trust is the force which brings you to your perfect expression and value fulfillment. Ultimately it seems from this perspective, to be a simple matter and yet you must comprehend that in the terms of your culture, the structure which you have chosen to work all of this out in, and the larger perspective of the creative environment in which you operate at this time, this is the heart of the matter. For were you capable of moving from the very moment of your birth in

complete trust forward through your expression, there would never be any sense of resistance, doubt, fear, or struggle. Ultimately these are the things you have come to resolve and this is the task before you. So it is rather pointless to beat yourself up or negate your efforts with thoughts that you should have been more trusting. If you should have been more trusting, you would have been. And ultimately since the goal of this expression is to be more trusting, it seems ridiculous to demand the goal at the outset.

Group 36: Accepting the Chosen Goal, Belief Spotting; Recreating the Self, New Freedom, Achievement & Failure, Loving the Self

Accepting the Chosen Goal, Belief Spotting

Whatever you focus on, whatever you choose for your goal will come to pass. The greatest task in this is staying clearly aligned with the goal, the acceptance of the goal without any of the attached ideas from the rational mind about how this will happen, because at this time they are still learning the discernment between the information that comes to you through the channels of higher self, and the information generated by the conscious mind and its need for answers.

While you are still in this process of learning the discernment of building the trust, which allows you to drop the reactive mental workings of the conscious mind, it is easier to simply avoid this whole area of thought. This is not to say that your beliefs are not directly tied to outcome because of course they have to be, but if you will focus on the beliefs themselves, and do the process work there, then your progress is much easier, steadier, and faster.

As much as possible use your practice of observing your thoughts so that whenever thoughts arise having to do with how or what mechanism will be used for this money goal to be delivered, rather than focusing on the thought about the goal, follow those thoughts one step backward and seek to identify the belief from which they come. Once you have done this, you can deal directly with the belief, either changing it or affirming it, depending on what you find. This will occupy your conscious mind and strengthen your position as it relates to your new point of view regarding the reality you operate within. Each time you are able to catch these thoughts, and proceed with this exercise, you can also affirm to yourself that through this process your goal is assured. You can, in this case, produce more efficient results as well as clearing old beliefs much more rapidly.

Do this in all areas where you have goals. This is a process of bringing all of your conscious aware activity into the realm of examination. In each moment, as much as possible, stay in the observer role with yourself, watch the thoughts that come up around daily activities, such as eating, resting, working, dealing with the children - in each case, there are beliefs operating. You have accomplished enough now that you should observe a good proportion of the thoughts as positive and affirming of life which you are creating. In each place and in each case where these beliefs are uncovered, reaffirm the power of the belief which is now in place, recognizing that each belief so set in place is a major contribution to the new foundation.

You will find this practice will naturally begin to shift not only your perception but also your behavior if you are diligent with yourselves in such a way as to commit as much as possible to no longer tolerating beliefs which work against your best interests.

Follow the impulses brought up as regards diet, activity level and daily routines with the understanding that by following these impulses you also, again, strengthen the foundation which brings the new life and the finished creation into your present experience. Be clear with yourselves that you do not do this as a reaction to fear of failure. Be clear with yourselves that this is the final step to actualizing all of these chosen goals into physical experience. This is the weaving of the desire into the present.

From the observers point of view, it is not only a reasonable approach, it is also highly sensible. That is to say, understanding the flow of impulses without action taken on the impulse itself is not likely to produce the desired result, whereas diligence applied to the carrying through on the physical level of just these impulses and changes in belief which you seek to achieve performs the function of manifesting the impulse or idea into physical expression.

In many ways, this is the final stumbling block, where those without commitment will find their progress blocked. It is not a question of work ethic. It is not a question of self-discipline in the ways that your old belief systems think of these things. And yet it is a matter of commitment to the self, diligence, alignment with integrity and discipline in its new form as it aligns with the intuitive. You are propelled much farther along by the work already accomplished in the areas of trust and expansion of personal ideas of freedom and choice. It is through this process that you have arrived at this point where it is now possible for you to simply shift the energy into physical expression.

Do not be sidetracked by attempting to analyze or understand the beliefs you uncover that work against you other than to see their relationship to other tangential beliefs which may yet need to be uncovered. Rather, simply identify the belief, choose to remove it and replace it with the belief you choose. The other function that this piece of the process serves for you is the occupying of the conscious mind with achievable tasks in the moment. Recognize the great progress that has already been made so that you are now able to examine these thoughts and their underlying beliefs without an emotional charge or fear attached to the process.

Recreating the Self, New Freedom, Achievement and Failure, Loving the Self

The difference here between what you are accomplishing and any other goal achieved within the physical system within which you operate, by simple manipulation or effort over linear time, is that through the achievement itself, you accomplish the larger goal of having literally recreated the self in the process. So that rather than having the single goal and still having all of the underlying issues to deal with, you have brought yourself to this completely new level of experience. This allows you a much greater freedom in your choices and actions in the future because you have freed yourselves from the tyranny and bondage of the old life not only in terms of the physical manifestation but in this entire other arena of the inner and outer self.

So while others may achieve spectacular goals in the area of finance for instance, their position in the new achievement is much more tenuous. This is why there are so many cycles of achievement and failure in your culture. Because unless the issues of the self are addressed, explored, and altered, through examination understanding and choice, the old patterns of the old life remain intact beneath the surface, only waiting to re-emerge either in this same area, for example finances, or in another, say, relationships.

We would advise that rather than spending time in discussion about whether or why you believe this project to be complete that you spend time in discussion affirming the recognition and completion of these processes and affirming the actual new beliefs themselves.

Share your understanding and experience in the moment to moment process of recognizing and following impulses, of recognizing and following thoughts back to underlying beliefs, and of the beliefs themselves, the new ones you are inserting and the ones you discover which are already in place, as well as briefly identifying those which you are discarding with the thought that perhaps the other person can benefit through identifying and discarding this belief as well. Make it into a game - think of it as hide and seek, think of it as a wonderful and exciting puzzle or a mystery which you are unraveling with great success rather than a chore, a requirement or a duty. For the desire to move deeper in this process springs directly from the sure connection to value fulfillment within yourselves. This makes the adventure not only highly intriguing and of particular interest to you, but also emotionally rewarding and joyful.

Exploit the understanding you have of this to its fullest potential. That is to say, enjoy the process itself, understanding that this is part of the experiencing of the process. For if you attempt the process in seriousness, self-judgment, or with a feeling of "necessary work," then you defeat your own purpose. We give you every opportunity to follow this line of thinking to its bountiful, logical, and self-fulfilling conclusions. For seriously, what is the point if you are going to undertake this new way of living, of undertaking it from the

old rational mind perspective. Indeed if you are going to do this, then never mind the whole job, skip it, forget about it, for it would be better for you not to do it at all, than for you to do it out of some sense of obligation.

The emotional timbre that you apply here is critical in the sense that it is a primary element of the entire experience. So if you would beat yourselves over the head with it, then we suggest you throw it away - do not even attempt to go down this road. But if this road is for you, then take it joyfully, with exuberance, excitement and anticipation of what will come, not a need to predict, but an excited anticipation to SEE, to DISCOVER what will turn up. If you will do this thing and do it whole heartedly and willingly, you will see your reward in very short order. Now, in the same way that your Emmanuel tells you to love the unloveableness of the self, you will set about the task of loving and affirming everything you find while making the choices and changes within the exquisite and discrete belief systems which operate your reality creation system. This is a task worthy of your attention. This is a task worthy of joyful application.

We suggest that you consider these ideas throughout all of the aspects of your experience. Apply them to your dreamwork. Look for the subtle clues which you are now giving yourselves. Make note of those things which you have already observed ourselves to be knowing. Perhaps keep a daily notebook. In this process of observing the thoughts, if you observe the thought that tells you of some action of later in the day, or some other event which you become aware of outside of the normal relationship to it in linear time that is your experience, make a note of it. You will begin to compile a large reference library of these events. You will begin to be able to see patterns, again, this is not a serious and heavy task to undertake but a light, playful, and joyful task. Look for the connections. You will begin to see the way in which your psychic constructs are formed. You will begin to see the relationship between objects, colors, emotions, sounds, and other sense information and the formation of events.

See if you can catch the sense trigger which begins the experience of the new information. If you suddenly know that you are going to be eating out on a particular evening while it is still 10 in the morning and there has been no discussion of dinner, make a note and travel back through the experience at that moment, looking for a trigger. Perhaps it was your cup of coffee, the color of your pen, the sound of a car going by, the look of a dish, or the smell of food. These are the gateways, these are the clues which lead you to greater comprehension of the larger consciousness within which you operate at all times. Through this practice you will begin to expand not only those things you know

about what is going to be happening in your lives but also your understanding of how the events themselves are formed.

And now we remind you again, that your progress is excellent and that you may trust in a safe universe which is bringing you each experience you desire in the perfect moment and the perfect order. You should be well pleased with yourselves and we suggest that you take the time to cultivate this feeling within yourself and allow it to expand. This will bring you back to your sense of joy and play and adventure. So now we have given you a great game to play. Play it well.

Group 37: Why Bother With Physical Reality At All; Death Throes of Transformation, Pointlessness of Justification, Defenselessness

Why Bother With Physical Reality At All

[A participant at the session wondered why he should bother creating in physical reality the inventions he's already created completely in his mind.] You were asking what is the point of completing these projects and inventions, why not just change your reality in your sleep. We will take it to it's logical absurd conclusion to show you the demonstration of your thinking. Why not just kill yourself right now? After all you will not die, and then you will not have to bother with any of the limitations of physical experience. You can simply have your inventions. As soon as you think of them, they will appear.

And so the question becomes, what is the challenge. Think of it this way. Perhaps the reason to pursue the inventions on this physical plane of experience is to discover the challenges inherent in that experience. From the larger perspective, this is the entire reason for physical experience. To discover the challenge that you have set for yourself and to seek to vanquish all obstacles in your pursuit to overcome the challenge.

For you, this challenge is an exciting adventure to expand the understanding and application of various forms of energy within the physical experience. If you will use your current experience within this creation project, and allow it to show you the validity of the challenge inherent in bringing understanding and conscious awareness into physical expression, that is, taking concepts and ideas and deliberately creating physical results based on those concepts and ideas then perhaps this challenge will seem more enticing to you again.

For were it simply a matter of waking up in a different world then we ask you, why are you still waking up in this one? And we set upon you this challenge - when you can understand this, then you will understand the answer to your question. For the pursuit of the expansion of the understanding of consciousness, awareness, and application within the physical experience is certainly a worthy challenge for anyone. We would say to you that once you begin on the direct application of these ideas into physical expression, that is to say, you are actually working on the inventions, not only in your mind, but with physical components in your hands, then you will find the excitement which you are seeking.

And indeed you will probably, in fact you will definitely find your fair share of frustration as well. But this will be a challenge worthy of your undertaking. There are many things coming into form based on work which has already been accomplished. But these things are the foundation place, they are not the ending. As the people and the ideas come together with the materials and begin the process of physically manufacturing the idea into form, then the excitement begins. For while the concepts and ideas are sound there are subtle nuances to be discovered about the nature of how they are experienced and expressed in the physical.

That is to say, while you believe you understand the workings of your gyroscope, yet your physical experience of the gyroscope in your experimentation will reveal things to you that are not yet known.

Finally, we ask you, is this not why you came? Were you not seeking some new adventure? Just as each moment that you are busy creating with physical tools in the physical experience you are happily discovering things, and so your experiences yet to come in the area of your own ideas and inventions will be. The difference is, in your current workings with physical experience, for the task you undertake in the moment, certain rules, systems of operations, that is to say the way things work within the physical devices you manipulate, are known. [The participant was working on the computer, in a graphics program, at this time.] Whereas in your inventive work, there is a great deal that is still unknown and so you will discover it and we would say to you that it is this excitement of discovery which has drawn you. Not to repeat or understand old systems but to discover the nature of things yet outside the realm of understanding within physical experience.

Now, for the rest of this group who are not so inclined to fiddle with gyroscopes and magnets, there are other equally exciting discoveries, though perhaps they might be viewed as less tangible from a scientific perspective. Nonetheless they are equally tangible and equally exciting and you are a part of these as well. So you have brought yourself to a place where not only are you excitedly going to explore your own ideas and concepts, but you are within a group of explorers, all with their own concepts and ideas, and all happily in pursuit of new understanding.

Death Throes of Transformation, Pointlessness of Justification, Defenselessness

What you have been experiencing are the final throes of the old point of view of the rational mind. You could think of them as the death throes. The involuntary movements of the body once consciousness has left. What should you do about it? It is your business. We suggest that there is nothing to be done about it. Think of these as the exit signposts. For now you are on your way out. You will no longer be discretely and uniquely connected to mass events or the cultural consciousness in the same way. For if you were not to make this

disconnection, this disassociation, it would be impossible for you to move forward in the way you have chosen.

So rather than collapsing into the emotional energy of these events, we suggest that more than ever now you play your belief game. And examine the motives, not only of yourselves, but also of those you have come in contact with, who have stirred up these emotions. This you have already begun to do, and it has become clear to you that these are the old pathways of guilt, fear, and repression. Seeking once more to grasp hold and keep you in place. There is nothing wrong with feeling the emotions that this brings up for you. But do not overindulge.

This is the time of breaking away. And it is precisely in these moments where the fear no longer within your own minds but now reflected outside of you in your greater experience can be allowed and let go. For really what does it concern you whether any of these people are frightened by you. It does not. It is not a question of allaying fears in those unwilling even to recognize that it is fear that is in operation. Your energy is wasted here. The sooner you drop it, the sooner you are disconnected from it. Notice also how it colors your experience in the events surrounding the moment point of these occurrences. If you examine the events that have occurred directly after this afternoon's, what shall we call it, fear festival, you will see that actually, your experience flowed as smoothly and easily as ever.

It was only that your perception was so colored by this event that you failed to notice the degree to which perfection continued to operate. If you make the assumption that perfection continues to operate then you see that this event as a part of the perfection allows you the opportunity to reject or resist this old way of thinking about yourself, very directly.

It is obvious; it is not subtle. And it is meant as a clear reminder to you that not only will you not fit into these old patterns of thought but quite honestly you have no desire to. Do not waste time attempting to justify your position in this matter. For no justification of yours will dissipate the fear that generated the event in the first place. And those beings having chosen their unconsciousness by virtue of their failure to even ATTEMPT any form of self examination truly are not your concern. We would suggest to you rather that your time could be better spent elsewhere. Most certainly it is better spent in the examination of your own beliefs which is taking place both through your conversations with each other. And discussions of those interactions.

You may choose to view this however you wish, of course, that is your right and your free will to do so. But if you will look at these interactions, we believe you will see that the active process of integration is going on as you shape your ideas and concepts in order to communicate them better, in order to more fully express your position in these tangible and intangible areas of unconditional love, commitment, absolute freedom, radical trust, and physical expression or reality creation from this new perspective. You are clarifying within your own beings your understanding of the process. We suggest that you take the time to review these ideas again, from the perspective of determining what they mean to you now. In this way, you are driving all of the elements of your new point of view into proper alignment around you.

Recognize that it is the position of the old rational mind point of view to judge the days events [The mother of one of Becky's childrens' friends blamed Becky for something that was not her responsibility.] in such a way as to consider that somehow you have failed. But that this is merely a perspective and not a very useful one. However you choose to view the event, understand that it is also a clear demonstration for you of those things within your current culture which no longer meet either the level of integrity to which to ascribe or your own internal ideas of how the experience has meaning. If you will allow yourselves to see it in this way, then it serves its purpose. For truly, when you are no longer willing to participate in this fashion, then the participation ceases.

If you will view this event in this way, you will see that you did not participate. Indeed, you were both later to describe your reactions as too stunned - this is because you are no longer participating at this level in the personality dramas. And so, in a quite wonderful and mystical way, you remained entirely defenseless throughout the entire event. You did not respond in kind, indeed, you did not respond at all. You did not respond at all to the drama itself, but rather in a most peculiar and polite way, gave thanks for opinions offered. In the moments immediately after the event, you found yourselves swirling in emotion as all of the energies attached to the old point of view of the rational mind, which had just been so perfectly demonstrated, swirled around you, attempting to find a foothold.

What found a foothold was a sense of hurt. And this is because the self which you carry throughout your experience at this time is open and therefore vulnerable but rather than decide that this is a bad thing, we would like to suggest that you acknowledge yourselves for walking so boldly and defenselessly about in your experience.

If you will look about you now, you will notice on every level, from the subtle energies, to the larger more obvious events, that something is happening. The ease of your experience, in dealing with the details of day to day life, and the sense of joy and playfulness which you allow as your overriding experience - consider these as signs for

you, signs of the road on the new life. Again notice the correlating energy essences between these signs and experiences and the essence of your goal. This is not the time to turn back on your path, or to re-examine where you have been in the process you have been through and with the eyes of one looking to find the failure or the error in your thinking or in your ways. And so we will guide you gently back AGAIN, to the affirmation of the self, and the choices which have brought you to this point. For truly there is nothing to fear. So that if you select something and determine that it is something to be fearful about, you are in that moment in the act of creating a new series of events for yourselves. A series of events we suggest you would rather not create. So, reassure yourselves, remove the fears, replace them with trust, and continue on your way.

Group 38: Individual Landscapes, Feeling Tones; Seeking Answers the Old Way, Uncharted Territory; Playing With Doubt Again, Essence of Oppression and Sentimentality

Individual Landscapes, Feeling Tones

Class has definitely been in session. Each of you has been in your own classroom. And yet in another way you have been all in the same room. This is where the work gets interesting. For while it is the same work for each of you it is distinctly different. And you begin to understand and relate more directly to your own personal psychic territory. And in many ways this is like beginning to recognize the landscape you have been walking in all along. For before you would see the landscape but take it for granted so in some ways it was not visible to you. Now the particular elements of the landscape are revealing themselves to your conscious awareness. Certain rocks. The way a hill looks. The shapes of things. The texture and feel of things.

As you become aware of the familiarity of these things, these features and you begin to acknowledge them and recognize what it is they represent psychologically to you, you begin to know the self in deeper ways. It's like following the center of a whirlpool. And each of the little details which you are able to observe with the conscious mind can give you clues. You do not have to assume that you are unable to know these things. You need only assume that you CAN know these things and they will begin to be clear to you. In the same way that you analyze or look at your dreams, your nighttime dreams or your dreams from sleep you can now look at the dream of your daily lives and see the symbols as projections of the self and begin to work with them more directly.

It is not so much the object for example, as the timbre or feeling surrounding the object. So again it is as if you are giving yourself the opportunity to observe the feeling tones at any given moment. And if you can observe the feeling tones while simultaneously observing the events in that moment in your physical reality, the objects, other people, other things which play into that event in the moment, and see all of these as the symbols, you will see very clearly where your beliefs are in the moment.

You are already doing this simply as a matter of course for it is a natural development of the processes you have been engaged in. Or beyond the processes you have been engaged in. So you can ask yourself what it is you are choosing to know or to accomplish and you can ask the symbols to give you clues and messages to directly answer your questions. How you proceed from here is simply up to you. Where you take this from here is simply up to you, for you have reached the place where there is more freedom than ever before. And ultimately the truth you know is that it is only a matter of choice and

adventure. There is no DANGER. Or any consequence that you do not choose or would not allow at this time showing up unexpectedly at this time. And the more you reinforce this knowledge and extend your thinking and expand your willingness to accept the things you truly want the more easily it all can fall into place. Again the natural process of expanding trust in the self is now moving into its own forward momentum based on progress already accomplished. It is no longer a question of clarity of focus or any other form of effort. Because all of the foundation work is complete. It is now a question of how willing you are to take yourselves to the next steps and how quickly you want to arrive there.

Seeking Answers The Old Way, Uncharted Territory

It is pointless to seek to find an answer based on the old understanding of the rational mind and this is your final hurdle. The old understanding of the rational mind cannot take you where you are going. And let me be clear in this by saying I am not saying the old "understanding of the rational mind" as in to understand the rational mind, I'm saying the way of understanding that the rational mind USED to apply no longer works for you. The longer you continue to try to use the old understanding, the longer you can sit here. This is your choice.

Now, you may say yes, but... but even before the words are out of your mouth, every other part of your being knows the answer. So let me remind you of the answer you already know.

Simply because the rest of the world in which you operate operates from this understanding, is no reason to place the same limitation upon yourself. And you already know this. Not only do you already know this, but you have made a point of explaining this to others. So it seems really pointless to use it as an argument against your own forward motion and creation.

It is sort of like the man who wants to tell Orville Wright that man was not meant to fly after he has just landed his successful flight. I don't think Orville was listening.

And so in this way, the completion is a past event. It is only that you don't have an airplane to show you this. Because you are operating outside of what is normally perceivable by the five senses in the outer physical world, the airplane is here but you have not yet seen it. You may take as long as you like with the understanding that your prolonging this event will not change it. Sit here for three years. Your choice. The

prolonging of the event will not change it! Let me see if I can be more clear. There is no way for anything to disrupt what is already set in motion. Delay yes, disrupt, no. So finish your work. And do not be afraid that tomorrow's challenges will not be as grand, as rewarding or as exciting as today's. For they will be.

Where you are headed from here is uncharted territory. For now you live the creation. You are living it even as we speak, though you fail to recognize it. And it will require exactly as much difficulty, challenge, obstacle, as you require it to hold. So decide what you want. You have shifted now into a level where the physical must reflect as you have chosen, because the choices you have made are anchored firmly in the larger reality.

Let us see if we can come up with a demonstration for you of this. Imagine you are a fish in a fish bowl. And the fish bowl is within a large tank of water. You as the creators have changed the color of the water in the tank. The water in the bowl will change, it has no choice. So in this sense, if you will recall long ago, you were given an analogy about a box. And you laughed heartily over the idea of those beings who would uphold the idea of the box long after the box had disappeared. Well, laugh heartily, my friends, because the box is no longer with us.

Playing with Doubt Again, Essence of Oppression and Sentimentality

This is your final round with doubt and then again your rounds with doubt will never end in one way or another as long as you are in physical form, but we say to you at this point, you have staged the last battle and won. So now it is not a question of whether or not you will jump. You have jumped and landed. And the ground is still solid beneath your feet. The only difference is now it's your ground, and you know it. If you will look back you will see a great deal has been accomplished. Simply by acknowledging and recognizing all of the aspects of your various selves which you have brought into this experience, you will expand your vision in ways that support your continued movement.

This has been a dear and wonderful picture. It is the end of your oppression and suddenly you understand that the oppression is dear to you. Oppression is dear to you because in the vastness of the universe and the vastness of knowingness, oppression is illusion. And as you step thorough the illusion it loses its power and never again will you know oppression in the way you have known it. Now, from your point of view, the whole idea of oppression being dear is ludicrous, but from the P.O.V. of the larger knowing, it is perfectly understandable. Remember why you came here and understand that this is a parting of the ways. You have crossed a new threshold and never again will you go back to repeat these lessons. It is a form of matriculation.

Do you remember when you found out that Santa Claus wasn't 'real'? Now, of course, Santa Claus did not oppress you, but the tender feelings are the same. And just as you have passed through the lessons and learnings into the rational world of the outer perspective, so now you pass out of them through these new thresholds, these new doorways. And they gleam brightly and fill you with joy while at the same time they separate you not only from the old experiences, and the old order of the rational mind's understanding but also from many others in your experience. Many others who are not yet at the threshold.

Many others who may not even see or perceive the threshold yet. And some of them will be lost to you. But you must remember that the loss is a temporary thing. For they will all come home to you in the end. So now we would recommend to you that you make your choices boldly without hesitation, that you move forward into those choices boldly. That you find each place where you are still using the old understanding in your thinking and you change your mind. Did you forget to mail some certain piece of paper? Mail it now and know it was done last week. Choose the outcomes you desire based on your desired outcome, rather than on the old understandings. For truly at this time there is nothing between what you desire and what you experience. Other than those things which you yourself place there. That should be fantastic enough for most people. But for you, it is a fact of your experience. So let us move on and get next ready for the new work which will begin. For the time of resting and waiting is over. And now it is time to move into the new world. We care not a whit who understands or believes in us. And we suggest that this is the proper attitude. You must ask yourself, do you believe in who you are or do you doubt it. And the answer to this question, you answer the whole of the matter and there is no longer a question of who you are. Or rather, we would say the questions of who you are do not come from you. For you are surrounded by a world that has no idea who you are.

And yet you must also remember that the world you are surrounded by knows you intimately even if all the people in it do not seem to recognize or remember you. Their forgetfulness will not touch you. It is only your forgetfulness which has any power, so do not forget! It is the integration of this process which has caused you to step into this feeling of "limbo". Because your rational understanding in the old way, must expand enough to let go of its concepts of time and in the process of developing its new relationship to time, you experience this period where you seem to be at a standstill, but you are not. And now it is about time for the whirlwind to begin. Make very good use of this. You are rested and you are ready. Call upon yourselves in each moment. And move ahead with boldness. There is nothing else to do.

Group 39: Alignment with Joy, Gifts, Allowing Joy, Following Impulses

Alignment with Joy, Gifts

You will notice now, as you tune into the centeredness of your being, a different quality to your experience. In the past within the center there has always been still doubt, some misapprehensions, some suggestion of the idea that perhaps you in yourself were not trustworthy. Now you find in this center, simple joy. This is the alignment. The simple joy is the force and power coming into form. For how can you create and be in your joy in a creation of joy if in your center there is still doubt. This is the doing without doing.

There is a lack of seriousness which now accompanies all of your endeavors and the final stripping away of your reservations, no matter how tenuous they were. These will appear in each area of your life - it was the most firmly rooted in your own disappointment and sense of self-defeat. So naturally you have shaped gifts for yourselves which bring new light, energy, and love to these areas.

Pay close attention now to the self you choose in each moment. It is your own identification which brings power and focus to the various aspects of being. This is not to say that there is anything wrong with allowing the free movement of emotions and feelings, for there is not. These changes are taking place naturally and spontaneously. We are asking you to be aware of them. Your focus and awareness will accelerate the process. You have seen, even in this day, multiple evidence of how this works. The dramas present themselves and in your natural and spontaneous way, you respond according to your own choices and perceptions.

Be aware of the monumental shift that has occurred. For though the old energies may indeed present themselves in minor feeling tones, "Fear, oh, I feel Fear," they will not be the directors of your actions nor will they hold any consistency in your focus. Rather, they appear as some minor occurrence of which you are aware but with which you do not interact directly. In this way it is as if they have moved to your peripheral vision instead of your frontal focus.

It is not that there is a lack of awareness of their existence it is rather that they lack importance, and they no longer dictate your responses. They no longer orchestrate your experience. During this process you will have noticed the movement. There was a time when these thoughts, fears and doubts of self, brought up by drama, distracted you from dealing with the drama itself. There was a time when they served the purpose of showing you patterns within yourself. Now they are like echoes. Faint imitations. While the strength of your focus rises directly out of what you choose in the moment.

This is also a key to opening your own discernment for when you find yourselves impatient, annoyed, or in some way outside of comfort and ease with yourself, it will get your attention. And in each of these moments, you need simply to allow yourself to know what is the source of this emotion. Follow it back, make a new choice. Allow yourself to see whatever it is without judgment, or defensiveness. This process is possible because fear has been removed. This opening that you have created, this connection that you have created between yourself and the larger self within the safe universe is literally like a huge funnel that is pouring all of the joy and love of the safe universe into your experience. You cannot avoid the good that comes to you. The good that you have chosen through your own willingness, honesty, diligence. Do NOT resist this. Do not allow yourselves to believe in any way that goodness is suspect, that joy, happiness, shared love, exuberance, and innocence are in any way to be denied the self.

Denial of the self CANNOT heal. If you would heal the earth, if you would heal yourselves, if you would heal those you love, you cannot deny the self. The limited ideas which have been proliferated upon your world which teach you that scarcity, lack, challenge, obstacle, trauma, and great personal sacrifice are holy, are inversely proportionate to the healing and joy in the world around you - if you would create a safe and joyous place, create it joyfully and freely, for is this not the domain of safety and joy. You cannot dominate your way to freedom. Freedom is not dominion. Freedom is the absence of dominion. These lessons have been so misconstrued through time precisely because there is nothing the human mind enjoys more than a good intellectual challenge. Solving a puzzle is a great triumph. But you must be willing to let go of the complication, to let go of every limitation to the self.

In this way you will come to understand that absolute freedom is not so much an action upon as an allowance of. When you think of it in these terms it will make sense to you. When you allow the natural and spontaneous actions of the animals, when you allow them their freedom, you cannot control in what ways they will interact. You cannot say to the beasts of the jungle, "You will not eat - become vegetarian." You must accept the grace and perfection of what presents itself before you and in this way, you will completely comprehend. There is no action presented to you which does not offer you this teaching in the natural world. No bird alights on a branch to sing to you without offering this wisdom, no flower blooms without whispering this secret.

And so when you touch this secret with the inner parts of your being and you begin to bring it out in your world, suddenly the quality of your entire experience is altered. The

life you once led suddenly makes no sense to you and the only life you may lead is the life of natural exuberance. Following spontaneous action upon spontaneous action.

You find this road by choosing, by giving yourself room, by being bold enough to say, "I will do what I want, and nothing else." How else could you find it? And here lies the greatest challenge of all in your culture, for in your culture this is absolute heresy. Imagine if the school children said to their teachers, "I will only do that which I choose to do." Imagine the soldiers in the field, "Ahh, today I will sit in meditation, for this is what I have been guided to do by my inner self." Absolute freedom is the polar opposite of tyranny. It is impossible to be both. Is it impossible to find your true calling, to be your whole fulfilled personhood and treat yourself as a tyrant treats his subjects. For who would guide you on this great journey to freedom if not yourself? The moment you look outside of yourself for the answer, you are speaking with the tyrant. You are assuming an authority outside of the self is more legitimate than the self.

Believe in the excellence of your being. Ignore all physical evidence of the contrary. This is your task. Regardless of what you are doing, what you are seeing, what you are believing about the physical body, at any time that you find yourself making a judgment upon any form or aspect of your own expression, stop yourself there. And choose to believe in the excellence of your being. This process weans you from all of those things that you find undesirable in yourself. But the process is first to allow the undesirability. Then you will love even those things which you now consider to be undesirable, and in that moment, transformation happens. Watch the process.

Allowing Joy, Trusting Our Impulses

Allow this joy to move into your beings completely. Do not fear it. Do not resist it. You may go slowly. You may go at your own pace. For what other pace would you go at? It is this quality of joy which now permeates your experience of beingness which you have been seeking, which is the foundation which carries you easily and gracefully into your own world. If you pay attention in this process you will literally be able to see and feel the unhinging and letting go of all of the old beliefs which counseled to beware of joy.

Allow yourselves to be "overwhelmed" by the intensity of emotions now. For you are now experiencing emotions without the filter of mistrust and so you will discover that these emotions, these feelings, these spontaneous events of joy, excitement, laughter, and fun, as well as deep compassion and love, will have an intensity that is new and unfamiliar to you. It is nothing to be afraid of, embrace it and allow it to move through your being. You are finally allowing yourselves to feel who you are. And the joy, the very pure joy of your divine nature. Let the tears flow. Let the laughter flow. Let the dancing begin. We could give you reams and reams more advice but as you are already spontaneously

following your impulses, all we need to tell you at this time is to keep paying attention and to commend you on your impulsive grocery shopping.

As much as possible, do not resist the natural impulses as they arise. In other words, if there is an impulse to eat ice cream, do so. Allow the body to experience what it calls for. And it will naturally retrain itself in a way that suits it. As much as possible, do not try to apply the rational mind to this process. From the outer perspective, all of the judgments are of little use here, for you see you could say to yourself, carrots are better than ice cream, and from the outer perspective this would be correct. But this is just another form of tyranny. Absolute freedom means allowing the body to make its own choices. Dismantling the beliefs that anything that the body chooses could possibly be wrong. Honoring the perfection that whatever should be let go of will be in its perfect time, and whatever should be consumed will be so in its perfect time. Allow yourself the knowing in each moment.

If the body calls for something, pause for a moment and allow the body to become clear. This is the retraining of you so that the body gets what it wants. This is not a retraining of the body, the body has always known what it wants, you just didn't listen. Do you understand? Accept the fact that in each moment your body knows exactly what perfection is. If you will accept this fact you will have gone a long way in achieving right relationship with the body, and greatly enhancing your physical experience.

Group 40: When Times Get Tough, Walking the Dream, The Lifelong Career of Observing Thoughts, Clarity of Intention, Trust the Knowing

When Times Get Tough, Walking the Dream, The LifeLong Career of Observing Thoughts

These are trying times. It seems to you that you are at the limits of your endurance. You are at the limits, but we would say it is not of your endurance. It is when you approach these limits, these peripheral edges of knowing, when you take the greatest risks and achieve the greatest expansion. It is also when your fear is the greatest. And when you find it the most difficult to trust. Is this not so? You are right in understanding the acceptance and the examination of the now moment and all that it contains, recognizing how in its way it is individual and different from all other now moments preceding it.

You can see if you look at these patterns that again the rational mind is up to the trick of convincing you that all this experience is the same. That each day is essentially the same day repeated and yet when you look at this with your full awareness it is clear to you that this idea is absolutely ludicrous. You have veritable lifetimes in a 12 hour span while other people have nothing but a repetition of death. It is no wonder it makes you tired to be around them, so don't be around them. You have made your choices - now accept them. It is not so terrible as you think.

Recognize how the energy which you project comes directly back to you. Do you not see this in the events of the day? You have given yourselves opportunities to validate the choices you have made. When you ignore the opportunity, then the self will repeat the question...is this the choice you made? And each time the question grows louder, but only in so much as you are clear about the fact that you desire to make the new choice, and then refuse to validate it. So you must ask yourself clearly and honestly, do I believe that it is as simple as "I can have what I choose. And if I do believe this, why are there things in my life that I say I do not choose?" It is a wonderful paradox.

For indeed the answer must be that whatever is in your life, is what you have chosen. We can see you do not like this answer. And yet we ask you to explain to us how you can make it different. Accept the belief. Within your framework of reference this is very much like saying, "I choose to walk on water and so I do." The rational mind has a warehouse full of all the reasons why this cannot be so. And yet you know quite clearly that it IS so.

We suggest you burn the warehouse. It is fairly simple to do. Simply remind yourselves again of the nature of creation. The nature of love. And the nature of reality.

And then you choose to allow the magical to operate in such a way as to free your rational mind from all of these unnecessary concerns. Remember that it is the illusion of cause and effect... it is the illusion of results based on the rational approach... Remember that these are not the bedrock of reality, but merely the rational mind's way of explaining what it does not understand. So long as you must enslave yourselves to this understanding you enslave yourselves to limitation.

Walk the dream. Use the processes we have given you. When you find yourself asking in your mind how will this happen or when you find yourself observing the part of you that believes it can't happen, use the processes we have given you. Uproot that which you do not want and replace it with your new choice. When we suggest to you to watch your thoughts we do not mean for a day. And yet we are also not saying to you do not live your lives. We are suggesting to you that with practice this becomes a new way of living. For are you not seeking to remain within the expanded state of your awareness through the present now moment that is your life? Now, we will caution you not to berate yourselves for those moments when you fail to achieve this new goal. For this is certainly counterproductive.

It is like meditation. If you argue with the mind for losing its focus aren't you leaving the focus even further behind? And so you breathe, recall the focus, retrain to the focus, and move on.

There is so much that you have recognized as unnecessary to your experience. To that extent, you can say to yourself that it was the purpose of the recognition that brought the event to your experience. As opposed to asking the question, "Why did I create this?" It is very simple to tell when you have brought forth such an experience for the purpose of recognition and release - it feels like shit. (laughter) You do not covet your shit (more laughter) you let it go. So when this feeling appears in your experience, rather than seeking out some cause within yourself, simply look at the experience which is producing this feeling, recognize it, it is very simple. This is shit! Do not attach it to the self. Let it go.

Think of it this way, within the larger world of your physical reality, there is a great deal of shit. Have you not seen it? In any place where, as your esteemed teacher Emmanuel has already pointed out to you, fear is the master, you can be expected to find great piles of shit. (laughter) This does not mean that it is your job to go around and own them all. It DOES mean it is your job to recognize when they walk into your experience and open the door wide and show them the exit.

We would like to be very clear here. We are not saying that there are not beliefs which you may choose to change, replace or let go of as you grow. We are saying that as you accomplish this task, those around you who are less willing to examine their own motivations will bring you their shit, quite happily, in great hope that you will take it from them, make them right and help them to continue to avoid the self that is their own. This is not open license - you will know. You have had very specific demonstrations - take them to heart. It does not require a judgement against the person, it requires discernment and a willingness to be done with shit. Again this is why the processes we have offered you are not for temporary use only.

Clarity of Intention, Trust the Knowing

We suggest to you that you consider your understanding of intention and allow yourselves to know the truth of this process. The intention is great. The intention is clear. And in those areas where it is not clear it becomes clear. And so the task before you now is to trust the intention, to trust the creative power of the intention. To replace ALL thoughts of doubt or uncertainty or rational explanation for what can or cannot be, with the knowing of the intention. Can you see this? Excellent. Do not be concerned about the details which are not yet relevant, but be clear in the clarity of the intention for it is true that in this way, all of your goals are accomplished.

And it is also true that in this time, you have come to this place through your own willingness to observe all of the self without fear of judgment. It is your lack of defensiveness, it is your lack of the need for pretense or to protect yourselves from knowing the self that brings you to this place. Do not attempt to look outside of the self, particularly at any others, for any kind of understanding in this process. For there are no others in your direct experience at this time who have been this willing. Do not filter your intent through the ideas of the rational mind.

That is to say, do not allow yourself to dilute the clarity of your intention with the false mechanisms and reasoning of the rational mind's approach. Go back to your understanding of creation and intention instead. If you will carry this process in the front of your mind throughout your experience of the now moment in your days, you will greatly accelerate all of your processes. We also wish to remind you that as you are doing this, you are to stand firmly and safely in your own trust. Do not make this the new task master but use it instead to allow yourself to be where you are and accept that intention is carrying you easily to your desired goal.

Group 41: Recognizing What is Yours, Integrity and Compromise, Necessity of Experiential Understanding

What you are seeing now is the clarity of your understanding of the situation of what it is to be in physical expression. Moving past the self-imposed dramas of acting in any way against what is yours or against what is you brings this clarity into focus. So that what is yours feels joyous and harmonious and that which is not feels more or less like death. Choices have become very clear and simple.

You should understand at this time that any doubt or sense of confusion within the self is only an illusion you have created on top of a truth that is plainly visible to you. That is to say, should you find yourselves questioning yourselves you are simply toying with yourselves. We do not recommend this. So stop toying. For truly you have had enough of toying. Honestly and truly. Your deep sense at this time of what is possible and your clear understanding of your power and position in this regard is your greatest strength. Do not capitulate this strength to any outside force, belief, idea, or persons.

Recognize that your opportunities to express these ideas to others can be used as a tool to clarify and strengthen your position, and use it this way. For now you truly are in a place where you CAN use all experience, thought, and evidence to your advantage. You CAN believe, you can KNOW that all is working together for your good. To the extent that you acknowledge this - walk within this experience and know this truth in your being. It will, out of necessity, be experienced. It is now a question of choice and focus both of which you have mastered fairly well at this time. It is not a question of doubting, wondering, patience, or any such diversionary or peripheral activity. Perhaps now for the first time you are standing in a place where your knowing supersedes your faith or your faith has been transformed through your experience of it, into knowing. This is the clarity of the teaching. This is the direct result of the experiential nature of your journey and your willingness to move into the experiential. Experiential expression of your beliefs.

You are acting now in your highest integrity because you have stripped away a substantial amount of the fear which undermines integrity's every move. But one in fear for his or her survival will necessarily compromise integrity almost without question, almost without notice. It is only by being willing to step outside of the game of survival through the loss of the fear of death and a loss of the fear of consequences according to the rational mind's perspective, that integrity can have room to expand to its fullest potential. So through this process, integrity grows, becomes stronger, more stable. It is this growth of the integrity, this expanded sense of the self within its rightness of being which allows you to access these higher levels of creative power.

Upon reviewing this idea, it should be quite clear and almost obvious to you that this is how it must operate. For without this natural correlation between the expansion of the integrity and the access to creative power, self destruction becomes far too predictable. Yes. It is only through this process of the expansion of the natural integrity of the self through the release of fear that true growth and understanding are possible. It is through this process that the self becomes aligned to its true nature. And without this process, the separation not only from the natural integrity but in all areas where the self is out of alignment with its true nature, quite literally, and directly, disconnects the self from its creative power.

Within your physical expression, however, it is possible to operate at lower levels of this alignment of self through the manipulation of physical time and space. That is to say, it is quite possible to survive, to live, so long as you live within the narrow confines and rules of the physical existence as understood through the rational mind and ego consciousness. However, it is not possible to step outside of this frame of operation without alignment of the self, to the self. If you will consider this entire session as one piece of understanding you will see that it is complete within itself and offers you a reflection of the understanding which you have come to, in your own way, at this point.

However, the understanding alone, that is the conceptual recognition of these ideas without the experiential process which is the realignment cannot and will not lead to power. And it is in this way that the intellect may guide you quite literally through lifetimes of esoteric understandings and trainings so that there are a multitude of understandings of these concepts stored in the various aspects of the self and yet there remains no practical experience upon which to build the foundation of the alignment.

This is one of the greatest "tricks of mind" of the ego/rational mind perspective of the physical experience. This is also why the understanding of the physical experience AS physical experience ... MUST be expressed experientially. Said another way, this is the reason for physical experience. And so it will do you no good to hear these words and understand them on any level of your being even the deepest and most profound understanding of these ideas cannot circumvent the need for the experiential expression of these understandings. We hope that is clear enough for you.

The challenge of using language, words, and tools of the intellect to express these concepts, is always that the concepts themselves and their expression will be taken as the answer. When it is quite clear that without the physical experience of the concepts the

answer cannot be obtained. We would say to you at this time this is why you have feelings, emotions, a physical body, and all of the various forms of expression that physical body is capable of. But you must step into the process yourself. Or not. Understanding that so long as you prolong the experience of the process, you prolong your intellectual understanding of the concepts with the correlating inability to experience the results the concepts promise.

It may seem to you that we have taken a circuitous route to the expression of this idea tonight. But we remind you that when you walk upon the earth, you do not always walk in a straight line and it is precisely the spontaneous haphazard meandering of your walk that is the experience. While the concepts may be presented in very neat and tidy and clean packages, the experiencing of the concepts through the process of realignment of the self to the self, is rarely straight, narrow, clean or tidy. For it **MUST**, by the nature of its being, encompass all of the various aspects of the self. We leave you with this thought, that up until now you would have considered it useful, helpful, even encouraging to hear from us, in fact you **YEARNED** to hear from us directly on the process and progress of your current path of creation. Tonight you understand through your own knowing that while our encouragement may be friendly, may be pleasant, may be any number of wonderful things, it is for the most part irrelevant to the process that is your creative path.

Group 42: Alliances Within a Desired Event, Creation Outside of Linear Time, Degrees of Awareness, Honoring Others Choices

While it is quite correct to say that these alliances are formed creatively, within these groups of consciousness, so as to be experienced within linear time as an event in your terms, the creation itself, that is, the movement of energy along the lines of intention, places this "event" outside of time. So it is then impossible to say that any of these connections were formed in a past or future or present, to your way of thinking. This is because the intention itself, forming the creation, and connection outside of your understanding of time brings forth the various connections of selves in ALL time. This is how you create in the past and the future from the present. It is not necessary to do so with specific intent towards the past or the future, it is simply a natural outgrowth of the nature of simultaneous time. In this way, whole lifetimes are created, whole experiences of self are brought into being.

And so while it is rightly understood that the potential for these experiences and events is ever present, the knowing of the experience, the experience and creation of events themselves will be unknown and unexperienced without the creative focus of intention. This is the operational basis of free will. This is the operational basis of your physical reality. In each moment, the potential is present. It is up to you what you do with it. And so, for all the moments you experience in which you, for whatever reason, ignore, deny, or simply remain unaware of, the potentiality of creative intention, you are said to be asleep. And in the moments when you recognize, choose, and activate your highest intentions, you are said to be waking up.

This is not to say that one is better or worse, for the purposes of sleep may be powerful and meaningful according to the intentions and directives of the self. Neither do we advocate remaining in this state of non-wakefulness once the ability to recognize creative potentiality has been achieved. In any event, the purposes of the self are served. And so you might simply consider that the individual purposes for any given lifetime are indeed individual and do not necessarily require conscious discernment on the part of the person living out that lifetime. We make these statements in order that you may properly understand that there is no place for judgment within this comprehension. You do not judge the pulse of your blood beating through your body. You do not compare your pulse to someone else's and call one worthy and one not worthy. It is the nature of consciousness to seek its own highest expression and so having this awareness you give yourself an advantage over your own previous position of non-awareness.

That is all.

If you will consider these concepts from the point of view of the larger arena of what is possible, within your physical reality, then you will see that there is vast potential as yet unrecognized. And you may choose to bring that potential to visible awareness within the larger group consciousness of your reality. The choice is yours. And the choice can, in no way, imply responsibility of others to join you. For in honoring your own choice, you MUST honor the choices of all others. You must recognize that it is the distinct differences, the specific individual traits, tendencies, and choices which create the larger context within which you operate.

So that it is NOT simply a question of you operating within a vacuum. But it is you, operating within the chosen reality, which is made up of all of these divergent and convergent energies. This is the essence of the nature of the creative process. For the denial of any one thing is the denial of the whole. And this is also why in your work to achieve this integration, and this larger experience of the awareness of conscious creation within your physical reality, you must accept and lovingly allow all of the parts of the self. For the same principle is operational. To deny the part is to deny the whole.

You can and should assume that every detail of your creation (that is to say, your experience) is precisely placed, chosen, and enacted for your highest understanding. So that denial, judgment, or separation from any of these details denies you the experience of the higher understanding. This is the perfection. In accepting the perfection you are accepting your power.

Whenever you reject the perfection you move to powerlessness. And while this explanation will seem quite simple in your terms, the experience of the concept can be profound indeed. This is why the ultimate task of making choices becomes intrinsically wedded to your experienced outcomes.

If you can allow yourselves to accept each moment, EACH moment, EACH thought, EACH event and experience in your life, no matter how minute, to be the messenger for you, then you can choose in each of these moments to claim the message and exalt it, to accept the message and change it, or simply to allow the message to reveal the deeper meanings of the self and the larger intentions which you seek to know and carry out.

The advantage of this approach is that it removes you entirely from the old rational mind set (which looks outside of the self for evidence) and brings the power of the rational mind to the inner self to apply the evidence and information toward the desired outcome. To some it could be considered that this is simply a new form of manipulation, or what your psychologists would call behavior modification. However, it is much deeper than this,

for it deals directly with integration of new understandings with the expansion of what is consciously known within the awareness of the physically focused self. So it is not merely rote, it is not merely following a new set of rules, rather it is the spontaneous allowing of discovery and exploration with a specific intention for a specific outcome, result, or experience.

Of course how you choose to use this information is totally up to you. If you simply use it as another way or means to reject the self you will not make much progress. If, on the other hand, you use it to unite the self under the joyful banner of self acceptance, then you can expect to reap significant rewards.

In most cases, among the peoples in your physical reality, the diligence required for this process is perceived as too dear a price to pay, too cumbersome, and too time consuming. However it is our observation that it is none of these. And that, in fact, just the opposite is true. The difficulty arises in the need for diligence, for within your culture at this time there is a huge and pervasive push towards distraction which can make it difficult for individuals to create for themselves the opportunity for this diligence.

But this does not mean it is not possible. Again it is a matter of desire and intention and the will to know the self. We would suggest to you that your own undertakings in this area represent a highly focused and rather unusual occurrence at this time in your physical reality. We would also say to you that there are others. That indeed, there **MUST** be others. Not only for the successful undertaking, but as a direct result of the creative intention of which you are a part. And to which you have joined together, as a group. We remind you that how you proceed from this point forward is your choice and we would encourage you by telling you that you are making better and better choices all the time.

Group 43: Rejecting That Which You DONT Choose, Healing Comes Through the Self, Honoring Your Path, Course Corrections

Rejecting That Which You DONT Choose, Healing Comes Through The Self

Again, it is necessary for you to be willing to reject that which you do not choose. And while this may be a painful lesson for some, any compromise is your undoing. For compromise suggests a lack of trust and faith in the self. And you are quite correct in assuming that all healing must come through the self. And while it may be reflected nicely in another, the healing must happen within YOU. For the healing of another, while it makes you "feel good" ultimately does nothing to serve your own higher purposes. That is, unless you take this healing to heart and so begin your own work.

It is highly distorted to think that you will heal through another person. For you cannot. Just as you cannot be born or die for another person. And yet through honoring the self and healing the self, you create the ingredients and the example of what is possible. This is the extent of the gift you are able to offer to each other. Do not be fooled into thinking that you can or that you SHOULD attempt to take on one another's burdens. For this is merely a rearrangement of what none of you want. When you own what is yours clearly, and definitely, and with a lovingness to the self, then there are no discrepancies. There is no guilt. There is no blame. And there are no veiled repartees.

Fear will tell you that you cannot do this alone. It will distort even the most holy of ideas to convince you that there is some savior, some lover, some perfect One outside of the self who is required for your redemption. This is a lie. It is the redemption of the self that is required. And you may take as long as you wish to come to this decision. But you will not truly be free until you meet this choice and choose for yourself. So you must choose. Are you evil? Are you sinful? Is fear your master? Are you its slave? Or are you Love? Are you Love in all its unpredictable, spontaneous, wholly original and outrageous glory. Love that allows, love that allows each of you to discover for yourselves who you are, what values you hold high, what is acceptable to you, and what is not.

Love is not a slave to fear. Love can look fear in the eye and call it what it is. And love leaves no room for blame or guilt or reasonable doubt. Love says, HERE I AM. And you say, you weren't supposed to look like that.

So who is incorrect? Who is uninformed? We would suggest to you that whenever there is a question in your mind about the motivations for your actions, or your words, that you are not in Love. Any act made in fear towards another will bring you what you send. This is not a reflection of love or love's weakness. This is a reflection of you. For love, no

matter how loving, cannot reach you and even in its most high and glorious way, you will distort it.

If you will follow this little circle which we have now shown you, you will see how the healing of the self, by the self, and through the self, is the only path which can bring you to that which you seek. There is nothing wrong with this. It is inherent in the design of who you are. For how can you, truly, go through life, knowing that you carry within you the essence of god and acting as if fear were your master and expect to experience the love you seek. You cannot.

Honoring Your Path, Course Corrections

There is a rightness and dedication to higher principles at work here. For each of you, there is a path, a path which will be honored and ring true within the self. In each moment, your challenge will be to honor that path which is yours. And to release and reject that which is not. In the days to come, if you will follow this as the guidance to bring you to the true joy of knowing and living a loving life, then you cannot fail. And in each moment, when you slip, when you honor what is less than the self, when you succumb to fear, when you believe in what is NOT true, and what brings you less than that which you seek, you will bring yourself again to the place of choice. We urge you that in these times, you reset your course promptly and faithfully. Do not waste time reviewing the fault, the error of your judgment, or the rational justifications for your actions away from the self's desire. Instead, correct your course. Review, forgive, move on. The more efficient at this you become, the easier your task will be.

Of course you are free to argue with us. You are free to hold fast to an opinion that does not serve you. You are free to lose love completely in order to remain "in the right", "in control", and "beyond reproach." But these will be hollow victories indeed. For having known love, you know better. And so we encourage you to be gentle with yourselves, and ruthless in your practices of self love, and diligence. If you are unclear on a thing, if you are uncertain of your feelings, stop. Take the time, for time is all you have. Get clear. Then move into action. We are quite sure that now we have quite upset the tea cart and given you all plenty to think about. Consider carefully, for the decisions you make now will carry forward into your lives and bring you precisely what you choose. The basic concepts, building blocks, are all about/around you.

Group 44: Widening the Focus

Up until now your attempts to expand the boundaries of your perception have been limited due to your extreme focus within this highly specifically defined probability range within space and time. As you have expanded your awareness you have allowed your focus to widen - to encompass other realities - other selves, other persons, other possibilities. And this has brought you to a new level of awareness within your everyday experience. So that now the spacious present within which you operate is enlarged. It will continue to expand so that you are able to perceive and choose probabilities more clearly and more directly. However you proceed through this coming expansion and into the more expanded perceptions of your future selves, know that it will occur. For this is the result of the highly focused intention which you have shared together as a group and each in your own way to better know and understand the nature of the self and the nature of the operating reality within which the self exists.

Recognize that you have achieved a level of mobility of motion aligned with or within a more direct access of the inner self. This allows you to move more gracefully because certain layers of obstacles or inner obstructions have been removed. It is the persistence and determination to trust, combined with the highly focused intention which has created this situation. The more you can allow yourselves to be within your ease in your present moment, the more naturally and easily and gracefully these movements will be experienced. And while it is true that you all to some degree or another enjoy a good drama or spontaneously created excitement, it is also true that you have achieved a level of willingness which allows the inner self more direct access and latitude in shaping your moment to moment experience.

This is not however a time to become lax or fall back into old outmoded patterns of thinking. It is a time to fully embrace the new thoughts, the openness of trust, and the willingness to be without judgment. All that you have sought to attain is now achieved. All of your goals are now in place. And so it is by your movement that they are experienced. Do not attempt to predetermine in any fashion, simply know the intention and stay in the moment. Pay attention to those ideas and inspirations which come to you and act upon them. For it is now, in this period of time, it is now, in this experiencing of the process, that you can literally observe the reformation of atoms and molecules which produces the aligned and conforming physical reality to your intentions.

Take heart in all of the small steps along the way. Take heart by recognizing the gentle and easeful pattern of your days which is a defining characteristic of your creation. And as much as possible acknowledge in each moment the form of the creation around you that is your experience. Do not assume or allow yourselves to become newly unconscious but rather remain conscious. Use your inner and outer senses to perceive the tone and

nature of your reality in each moment. You have already begun to notice how your energy and your feelings are naturally and newly aligned with your stated goals and intentions. You can experience directly the closing of any remaining gap between what you have chosen and stated as your intended goal and your experience of the self in any moment. That is to say, when you allow yourself to focus and consider the goal or any portion of the intention, you no longer feel yourself to be in any way stepping away from the present self. The goal is simply another facet of a self within which you are comfortable and operate easily. So it is no longer a stretch for you to step into the feeling tones and experience of the intended goal. Indeed, you are martialling all of the forces of the universe to advance yourself easily and steadily into the position where the goal has been achieved.

If you will pay attention to your now moments in physical space and time during this intersection, you will notice, quite easily, the fluidity and ease of motion within and out of physical space and time that not only you experience but also that the physical objects of your environment experience. As the expanded self moves into more direct contact with the conscious awareness, it is able to provide you with insight and knowledge previously unavailable to you. We encourage you to take advantage of this situation. To consider more playfully all of the ideas of your creative construct.

Do not be fearful but stride boldly and with confidence. Allow the inner self to be directly available to the conscious mind where it can provide you with a greater ease and understanding. The process as you currently experience it may in moments seem even less clear or predictable to the conscious aware mind. Yet only to the degree that the conscious aware mind attempts to know or control according to ITS dictates. And so you are experiencing a new level of ability to perceive with the expanded self so you must encourage and allow the conscious mind to accept and work with the inner self.

Group 45: Accepting Your Power As a Conscious Creator, Choose What You Want, Persistence, Letting Go of Letting Go, Choosing in the NOW, A Question of Time

Accepting Your Power as a Conscious Creator

How you choose to proceed is totally up to you. We would suggest and recommend to you at this time that you do not compromise or hold back yourselves or your desire in any way. For truly it is as you seek and as you choose, so shall you have. This is like the golden rule of the growing tree, which must seek and reach out with its branches and in so doing becomes the tree, and yet always was. How long will you travel along this road? How long will you ask yourselves? How long before you simply allow yourselves to be who you are when you are where you are? You have very nearly stepped completely into total allowance and acceptance. And so it is true, you will have what you want. For what else would you have? You will go where you want, you will be what you want.

The time has come for you to knowingly and fully accept your power. The time has come for you to knowingly and willingly let go of control with the ego and allow observation and spontaneous embodiment of that which you seek.

Choose What You Want, Persistence

You must choose in each moment where you will put your focus. Choose in the moment to continue the path or choose in the moment the new path. There is nothing in the way. Nothing - read our lips. NOTHING. You must begin to understand that the point of focus that you choose is your choice and until you honor and recognize that this is so you cannot change it. So perhaps you might ask yourself the question "Why do you choose this focus?" And you might further ask yourself, in this now moment, "Do I choose to continue in this focus or NOT?" This is a simple question. If you do not choose it, choose again. Continue to choose again until such time as you are no longer making the old choices. You may find that this, at first, seems difficult and tedious. PERSIST. The new choices will become evident.

Recognize that your point of focus in the now moment is a creation and that as a creation it has incredible power. It draws to it all those people with whom you interact and points the focus of THEIR creation. Do not burden yourself with responsibility or guilt over past choices, for this is futility in action. Rather, choose again. And again. And again. In these moments of new choice you create the new world. It is up to you.

Letting Go of Letting Go

When you say to those you know, to those you interact with, that you have seen and understood that the lesson is to let go, you need say it only once. If you continue to say it you are not letting go. Reinactment is reinactment. Make your choices. There is no place you are not totally free to move. There is no place, no matter how constricted by your own personal view of what is, that is not totally open to change in the now moment. That is all. You have heard us.

Choosing in the NOW, A Question of Time

We have laid out for you the perfection of All That Is. You live the life of ease in the moment exactly as you have chosen it. Why then do you question what is or what is to be? Each now moment has been perfectly provided for. And yet you strain your eyesight into the future and ask in plaintive voices... "What will happen then?" But then is not now. We suggest that you forget about then. All of our work has been to bring you to now. The moment we get you here, you leave. So where are you going in such a great hurry? Someplace totally important that does not exist yet! Will you pierce the veil and see the future? This is highly unlikely if you are not in the now moment to create the future. For the future does not spring from the past. The future, as all other things, springs from now.

From our perspective, the matter of time is irrelevant. What is relevant are the choices you make and your willingness to allow the events to unfold as they will. It is NEVER a question of TIME. It is always a question of the emergence of the creation. Recognize that in your stubbornness to address the issue of time, you place the energy of resistance around the energy of creation. It is our purpose and intent here to break down the rules around which you have structured your lives and according to which you consider things to be acceptable or unacceptable. It is not your job to make judgments upon what is. It is your job to be an active participant in the now moment of your life. Believing as you do that you have done major work in the retraining of the ego or rational mind, we say to you this is just the beginning of your work. For is not your rational mind still attached to some idea, some form or structure around the extent or length of your present circumstance? To the extent that it is, you are not finished with your retraining. The essence energies of this moment time for each of you provide you with all the information that is required for your right choices in each moment. So ask yourselves, sincerely, what do you

choose? And then, look carefully to see whether or not the choice is reflected in experience. You will find overwhelmingly that it is. You will find no discrepancy between what you have chosen and what you experience. And in light of this great revelation, if you continue to choose to question and conflict yourself over that which is your present experience, we have no sympathy.