

"The Fundamentals"

Bashar

We will take this opportunity, once again,
to thank, first of all, each and every one of you, individually,
and every one of you, collectively,
for allowing for the co-creation of this interaction
and this communication through this particular gate,
on this day...in this way...at this time.

Each and every time you allow our civilization
to communicate with your civilization in this manner,
it affords us an opportunity to experience
through each and every one of you
a different view of the Infinite
and this for us expands our understanding
of all the different ways Creation can express itself
and so we thank you for this great gift.

We would now like to begin this transmission
with the following ideas:

First and foremost, we understand
that many of you are now beginning to explore
notions of what you label us to be,
the concept of interactions with extraterrestrials.
We also recognize, however,
that your world is going through a great transformation of spirit,
a great transformation of consciousness.

To us, this is really the most important of the two ideas,
that you yourselves have more and more interaction
with your true selves...with your core being,
with your essential spirituality and consciousness,
more than the idea of desiring to interact with extraterrestrial
beings.

This will happen, as you say, as par for the course, in your
language,
but the idea is that the most likely way that this will come about,
the most likely way that you will allow such interactions to take
place
is, as we have said from time to time...to meet us half way.

We are not going to do it for you,
we are not going to take responsibility for your lives,
we have our own lives to live, thank you very much,
it keeps us very busy.
We do not have time to live your lives for you, as well as our own.

The idea, therefore, however, is that we do wish to play,
we do wish to interact...but as equals,
by reflecting to each and every one of you,
in all the ways that are possible to do so,
through this particular methodology,
that you yourselves are in fact equal to us,

and to any idea that you can conceive within your consciousness,
and that we simply will enjoy taking the time
to remind you of this fact,
to remind you of what you already know to be true within yourselves,
to put you, in that sense, in a state,
to help you put yourselves in a state,
that gets you back in touch with your true core, essential selves,
so that you can function in the way
that you were designed by Creation to function
and that is as a reflection of the Infinite.

When you learn...when you allow,
when you remember to do that for yourselves,
you will change the vibration of not only yourself, individually,
but, of course, of the entire reality that you occupy
and by changing that frequency in much the same way
that you change the channels on your television machine...
you will change the program that you get.

By changing that frequency, by accelerating it...by stepping it up
through the method of being more yourself,
getting closer in alignment to your true, core, vibration,
you will create a reality that makes it more likely
and more probable and more possible,
for any other being that operates on a similar level,
to be able to interact with each and every one of you,
individually and collectively,
but first and foremost, the people you must meet,
the "aliens" you must come into contact with
are those portions of your consciousness,
that have for thousands of years been suppressed within you
and have become disguised in the idea of fear,
in the idea of denial...in the idea of all of these fragmentations
that have occurred in your consciousness.

We are not in any way, shape or form,
judging you in a negative sense,
when we say this...believe us,
we love you unconditionally.

The idea really is that the reason we are doing this, in a sense,
aside from what we get out of interacting with you,
is because we know what you are capable of,
we can see more of you
then you allow yourselves to see of yourselves,
it is easy for us to see the idea of the totality
of what you can create in your reality,
we believe in you, utterly...absolutely and totally.

However, of course, our belief in you is not the point.
Your belief in yourselves is the only thing
that will make a difference and create an ability
for you to see for yourselves,
that you really are unlimited beings
in the way that you were fashioned to be.

So, while we may address from time to time
the concept of interaction,
and recognition of what you label us to be, as "extraterrestrial
beings",
we will certainly take time to focus on what we believe to be
the more critical and important point
and that is getting in touch with your true selves.

For if you do not allow yourselves to be who you really are,
there's no one for us to meet...you're not home!
We come knocking on the door and you're not there!
You're off somewhere looking
for who you think you're supposed to be
and there's no answer at the door!

So, in order for us to be capable, one day, of meeting,
not that that is the most important reason to do this,
we urge you to discover who you are
and live in the present...here and now,
because only in the here and now will we eventually meet.

So, the ideas that we will most likely be discussing
are notions of how to become more of yourself,
how to remember who you are
and not just on a philosophical level,
but on a pragmatic, practical physiological level of physics...
how to apply these principles into your day to day reality
to get an effect,
for we understand that just as we are...you are physiological beings
and you must understand how to connect the idea
of spirit and mind with body
in order to complete the circuit that allows you to have
the experience of spirituality in the physical plane
and not just relegate the concepts of spirituality
to higher philosophical and etheric realms
with no practical application in the realm you decided to experience.
For there is nothing unspiritual about physicality,
it all depends on how you use it...that's the point.

To a very great degree,
to put this in a very simplistic idea or foundational fashion:
"One of the greatest acts of spirituality that you can possibly
achieve
is to simply live your physical life to the fullest that you can".

And this brings us to the crux and critical point
of the things that we wish to reflect to each and every one of you.
The critical point is this:
How to discover the vibrational frequency of who you are.
How to allow yourself to continue to create that frequency
moment to moment...day to day...in your life,
as you desire to...as you choose to.

We will be in further conversations and further transmissions,
discussing in greater details
some of the fundamental elements of physical reality

so that you can get, as you say in your language,
a better handle on these principles.

But for now we will give you
an overview, an understanding,
so that you will at least from this encounter,
walk away with all the basics in place
and allow yourself the understanding to know
that it is up to you to put these things
into practical application in your lives.

The first principle, really, where this is all concerned,
comes down to the idea, and you have heard it many times,
we're not saying we're delivering this to you for the first time,
it has been around for thousands of your years..
"Follow your excitement".

Why is this so important?
Why do you hear about this all the time?
Why do you hear that follow your bliss...act on you joy
is such an important principle of life at this time?

Of course...of course,
all of this must be based in unconditional love,
connection of your alignment with the Infinite,
but in terms of the beginning of the tools
that you can use in your physiological reality,
following your excitement is of paramount importance
and I will tell you why.

The idea following is this:
What you typically call the sensation of excitement...
the physical sensation of joy...(and this doesn't mean
you have to be jumping up and down all the time),
it can be a peaceful...centered...relaxed sense of beingness,
that can be excitement too,
but that vibration of excitement is..
Aah...are you paying attention? Are you paying attention?
All right, just wanting to be sure there is someone receiving
on the other end of this transmission...

Excitement is the physical translation..
the physical translation of the vibrational resonance
that is your true, core, natural being.

So, whenever you act on any opportunity
that presents itself into you life synchronistically,
that contains the highest degree of excitement,
what you are saying is,
"Yes, I believe in who I was created to be,
I believe that this opportunity...this situation,
this circumstance...this condition,
whatever it may be that contains at this particular moment in my life,

the highest amount of excitement possible
out of all the things I have the option to do,
this, right now, is the most exciting one."

If you understand that excitement is your true frequency
then you will act on it without hesitation,
trusting that to do so will maintain the alignment with your core,
and that that situation,
no matter how you have been taught to define it on the surface,
will bring about all the elements necessary to support you
in whatever way, shape and form is the path of least resistance,
in allowing you to be:

- a) who you are,
- b) lead you to the next most exciting circumstance

this is an automatic function of acting on your joy without
hesitation,
without negative judgement...without over-analyzation.

By acting on your joy you are making a statement to the Universe:
"This is who I am...support me as you have always supported me
in whatever degree of belief I had".

The idea therefore, is that by making, what you call, the leap of
faith,
by acting on your joy as best as you can at every given moment,
you are showing by your behavior
that you believe this is who you are,
and it is that degree of conviction that is required
for the Universe to be able to reflect back to you
the same degree of support that you are willing to exhibit
in terms of your degree of conviction that this is who you are.

Are you all following along?
This is not philosophy...this is physics:
"What you put out is what you get back",
this is the Third Law of Creation..
by the way, there are only four.

Number One: "You Exist".
Can't do much about that!

Number Two: "The One is All and the All is One".
That is also a Law of Creation.

Number Three: (as we have just outlined)
"What you put out is what you get back".

Number Four: "Change is the only constant...except
for the first three laws, which never change".

That's it! Anything that you experience in your reality after that,

is a combination and a variation of these four principles.
Everything that you experience is a manifestation
of your understanding and your ability
to clearly and consciously align with these four principles.

In a euphemistic terminology, as you say in your language,
"To go with the flow".
The idea being that "going with the flow" is a full recognition
and a conscious awareness
and a willingness to act on these four principles
in every circumstance that comes up in your life:

Number One: "You Exist".

Number Two: "The One is All, the All is One".

Number Three: "What you put out is what you get back".

Number Four: "Change is the only constant, except
the first three Laws which never change".

Suffice to say...you can begin to recognize
that these carry within them the very seeds
of your ability to understand that
the experience that you call physical reality
is really nothing but a mirror...literally,
physical reality is nothing...it is no thing,
nothing...it is no thing.

Use the analogy on your planet
of the device that you have that is called a glass mirror..
you understand, if you think about it for a moment,
that the reflection that you see of your face in the mirror,
is not literally in the mirror...the glass has reflected
all the light of your face back to you,
that's why you see the reflection,
which means there is nothing in the mirror...no thing.

The mirror is actually blank...by being a perfect reflector
it holds on to none of the light
and gives it all back to you...that's why you see the reflection.

Physiological reality, take me literally...is a mirror,
it is just a more complex mirror,
a holographic mirror...a multi-dimensional mirror,
so that you don't always recognize all the reflections as you,
but believe me...they are...all the reflections are you,
and I mean literally every object, person, place and thing,
every situation...every circumstance,
every moment of time and space
is you being reflected back to yourself,
from the particular point of view you chose to express
at that particular moment.
Does that make sense to you?

When you can begin to understand this as a true physics principle,
you will begin to realize..
this doesn't always mean that what's going on in your physical reality
has to be an exact one to one reflection
in terms of what it might mean for one person,

as opposed to what it might mean for you, specifically,
but the fact that you are experiencing it
means it has something to do with you,
and you can always learn something from the reflection,
because there always is a reflection,
and if you begin to understand it as a reflection,
you will begin to understand that you are at cause of your life,
that you yourself have the opportunity,
if you treat reality as a reflection,
to examine it and see if you like the reflection you're getting,
so that if you do not prefer it,
and I don't mean judge it..."do not prefer it" means
just observe that it is not aligned with your frequency,
there's a difference between negative judgement and preference.
Pay attention to your definitions...we will get to that in a moment.

The idea, however, is that you can recognize
that if you do not prefer the reflection,
then you know that it is a matter of changing what you put out
in order to get back a different reflection,
and that allows you to know you are always capable
of making that choice...you have the free will to choose
on that level how you will experience yourself in the concept,
in the modality you call physical reality.

Again, use the mirror analogy...
if you see your face in the mirror with a frown,
do you stand there and say
"All right, I insist "mirror reflection"...I will smile...I will be happy...
but you smile first...otherwise I won't!" ?

Who do you think is going to win that battle?
Believe me...the mirror can out wait you.

The idea to understand therefore,
is that if you want to see a smile reflected in that mirror
you have to smile first...or there will be no reflection of a smile.

Therefore, by stretching this into
the physiological reality analogy even further,
you understand that many of you have been trained,
have been taught to insist
that you will only base your behavior
on the things that happen to you.

"I will be happy if...I will be happy when...
and not a second before...I'm putting my foot down!"
"I will be happy if this happens...
I will be happy when you do this for me...",
you all sound familiar in this, do you not, from time to time?

The idea to simply understand again, is this...
if you understand the principle we are discussing now,
you will realize it is more a matter of
"I will be happy because that's what I want to be!"

When you are happy because that's what you want to be,

and I mean truly the vibration of happiness,
not just pretending...not just covering it up..
"Oh, yes...I'm v-e-r-y happy",
not just in denial of things you need to feel...things you need to face,
fears that you need to experience in order to integrate them,
that's not what I'm talking about...I'm not talking about avoidance,
I am talking about the idea of true vibrations of joy and happiness.

When you choose to be that vibration, then again,
what's the Third Law?

"What you put out is what you get back."
The second...the instant...the moment you are that vibration,
the reflection in your physical reality has no choice
but to reflect a reality that corresponds
to the vibration of your ecstasy.

Because the universal reflecting mirror,
doesn't have a mind of it's own...it can't contradict you,
it's not going to argue with you..."Yes, I see that you're happy,
but I'm not going to give you a happy reflection, no!"

It doesn't have that capability.
It is only nothing...nothing at all.
It is only the reflection of what you put there...and that's it.

So, if you will be the vibration of happiness,
you will see, experientially, that you will get the reflection
in all the ways that are reflective of your happiness...

to the degree that your happiness vibration is turned on,
you will get that reality.

However...here's that clause...pay attention,
here's what you call in your language the fine print..
this is what we perceive in observing your society,
that trips many of you up and gets you into trouble:

Many of you will still place a condition on your happiness
even when you think you're doing it this way:

"Oh yes, all right, yes, I will be happy because I know
that if I am happy...then I'll get this happy reality,
then I'll get what I want...then I'll get what I desire."
If...then,
If...then.

You are still making it conditional on what happens outside you
and there is no outside,
so the idea to really bring it down to focus is understand this:

In order for the principle to really work,
in order for reality to reflect back to you
the true reflection of your happiness..
you have to be happy with no expectation
that you will get a reflection back.

That's how it works.
That's what makes it effortless.

That's what makes it flawless.
That's what makes it infinite.
That's what makes it pristine.
That's what makes it gracious.
That's what makes it beautiful.
That's what makes it awesome.

You don't even have to think about what will come back,
you simply can take it for granted...you can know,
you can simply, already have the gratitude to the Infinite,
to know that when you are happy,
nothing else can happen but happy reflections,
and you don't have to put a condition on your happiness,
that says, "Yes, I will be happy
because it will then get me what I want".

You have to be happy with no expectation whatsoever,
I mean zero...because what is zero?
The center.
The nil point.
This is where you exist...in the here and now,
in the true unknown.

Many of you, for thousands of years,
have been afraid of what you have labeled "the unknown".
I will tell you this in all honesty and earnestness...
make a friend of the unknown...the unknown is the only place,
and I mean this with all my heart,
the unknown is the only place you will ever actually discover
your true self.
Period. Take that to heart.

Leap into the unknown...don't be afraid of it
or if you are...be afraid of it and leap anyway!
Because in the unknown you're only going to discover,
I guarantee...I promise you,
you're only going to discover more of yourself
because that's all there is to discover in your experience.

You know why? I'll tell you, thank you.
Because of the wonderful happenstance
of your particular English language,
you can get a very strong reinforcement
of exactly why it works this way,
why you will only discover yourself in the unknown.

That is because, as your language so beautifully points out:
You are the "you" niverse...the "you" niverse is only made up of "you",
and that's all you'll ever find in your particular "you" niverse...is
you,
your expression of the Infinite,
if you wish to call it God,
if you wish to call it Goddess,
if you wish to call it All That Is, as we do, it does not matter,
because All That Is doesn't care what you call It,

because All That Is knows that anything you could think of
is a name that's already contained within All That Is
and it will accept it as its own name
because everything is within "all that is",
that's why it's called "All That Is"!

Because there's nothing outside,
if it were it would be: "All That Is Plus What's Outside",
but All That Is is exactly as it sounds...it is "all that is",
and there isn't anything else because, what is...simply is.

The idea therefore, is to understand,
that what you will always discover,
will simply be All That Is expressing itself
through the unique portion of All That Is you were created to be.
Remember the Second Law: "The One is All, the All are One"

Every component of the All That Is,
all of you...all of us,
every individuated being...every individuated concept,
is the whole expressing itself as a part.

Important point...I'll rewind that and repeat it,
because we understand
that you have been trained to think segregationally,
sometimes individuals on your planet may miss the point,
all of you are, yes...a part of the whole,
but as a part of the whole,
you are the Whole expressing Itself
as "a part of the whole".

Big difference than just thinking of yourself
as a part of the whole without the other side.
You have to understand yourself holigraphically,
it is this and that...not this or that.

Anything you can imagine is this and that,
it is all inclusive...you have to have both sides,
the heads and the tails, in order to have a coin,
without one side you don't have a coin.

So, you are the part...you are the whole,
you are both one and the same,
but expressing the whole as a part.

The idea, therefore, is to understand yourself this way,
and express yourself more holistically,
and you will understand how to experience more of the whole,
you will get, in a sense, more of an expanded experience
when you express yourself as if you are more of the whole.

The idea being that there is a whole picture
that you might liken unto a large puzzle that has a picture on it,
as we know many of you like to play with on your planet...
you understand that the puzzle is made up of
many small, individual, differently shaped pieces.

Now, we have observed on your planet,
that...oh, for the course of say...oh,
several thousand of your years of time,
you have been trained to try and be a shape that you are not,
to try and be this shape...to try and be that shape,
"fit here...fit there...come here...belong this way,
do this...do that...do not be yourself,
that won't work...stop dreaming...stop daydreaming,
stop being yourself...that doesn't fit in,
be who we say you need to be".

And so now you've become experts
at being someone other than yourself.

The idea being, therefore, is that when you do that,
you are no longer the shape that you were originally made in,
if you are no longer, as a puzzle piece,
the shape that fits in the whole you were originally made for,
then you cannot support the creation of the whole picture,
because you no longer fit.

Only by being your natural self will you be your natural shape
and only by being your natural shape
will you fit in the original space designed just for little...old...you,
and by fitting in that space
do you then act in service to every other piece,
because then you support the whole
which supports all the other pieces
who are willing to be their true natural shape...that's how it works.
Are you understanding?

All I am doing is reflecting back to you
what you already know but may have forgotten for a little while.

That's all there is to it...you have forgotten...you know all of this.
I am telling you nothing new at all, in fact,
I will tell you a deep...dark...secret:
it would be impossible for me to tell you what I am telling you
if you didn't already contain it. Why?
Because your reality is what?...A reflection.

And I am, in your reality,
a reflection of the portion of you that already knows all of this.
So, it could be said that right now you're talking to yourself!

So, thank you for being willing to be crazy enough to talk to
yourselves!
To talk to the portion of yourself that knows all of this
and is willing to believe all of this,
and is willing to incorporate all of this into the reality,
so you can get the effect.

Now, this idea of all these ways of being
that you have gotten used to over time,
what does that all, as you say in your language, "boil down to"?

Once again, I will tell you, thank you very much.

The idea really comes down to definition...definition...
what you believe...the blueprint of your reality,
what you believe...how you define what is possible,
that's what creates the experience you have called "physical reality".

Because there is no physical reality...that's what physical reality is,
there is no physical reality aside from what you define it to be...
that's what physical reality is.

So, when you are taught
"this is the definition that is truth...believe in nothing else",
that's the reality you get. Why? Third Law.

When you finally...if you ever do,
realize that you are only creating that reality,
or attracting it, more specifically, by the definition you are giving
off:

"what you put out is what you get back",
by the definition radiation vibration resonance,
at the frequency you are resonating at...
for every single belief has a different frequency,
so, by the frequency you give off,
that determines the experience you get back
that then reinforces the belief
that originally created that reality experience,
and on...and on...and on...it escalates from there,
until you break the chain by saying, "Wait a minute, I created this!"
"I attracted this by what I believe is the strongest, most likely,
most possible definition within my belief system structure".
"Well, is that what I prefer to believe?" "Yes or no?"
"No...then what do I prefer to believe
without judging the old definition?"
"I prefer to believe this instead..."
then as you re-create a new definition
of what you now believe to be true and apply that,
implement it into your belief system personality structure
and behave as if you believe it...

Critical point! Behave as if you believe it.
Then, once again, as we have said before,
you will see quite rapidly that that belief...that definition of reality
will be reflected back to you
as the reality you are now capable of experiencing.

Belief...emotion...behavior-action.
These are the three keys of all manifestation.
Belief, as we have said, is like unto the blueprint
of the house that you wish to build.

Emotion...e-motion...energy-motion are the builders of the house,
that bring the blueprint into manifestation.
That's why excitement is so important,
that's why every emotion activates the strongest belief it is aligned
to.

So, if you have strong negative belief systems,
what kind of emotion do you think you're going to get most strongly?

Fear.

Because that's what is going to activate
those belief systems into manifestation
and that's what your behavior and your action is going to reflect...
fearful attitudes...fearful approaches,
fearful expectations...and that whole gamut of tools
that goes along with reinforcing the concept of fear.

However, also, you can understand that there is the other side of the
coin,
that by having a positive creative belief system structure,
then the idea of excitement comes into play
and that emotion will reinforce the manifestation
of a whole new set and array of belief system definitional
structures.

Then the behavior...the action...that is like the building materials,
and the quality of the building materials of the house that manifests.
So, if you know your blueprint contains a line that doesn't belong
there,
or a line that is off-kilter
and you know that your builders...your emotions
are not really into their job of building this house,
and you know that the building materials...the behavior,
and the actions and the thought processes are not really up to par,
what kind of a house do you think you're going to get
and why should you be surprised when it crumbles to the ground?

Go back to the blueprint,
find out where something doesn't align with who you know you are,
find the definition that doesn't work for you,
find out where you first bought into that definition,
and most likely you will find for most of you,
it is through no fault of their own,
from your parents when you were growing up,
in what they believed to be true
and imparted unto you telepathically, from before birth,
by the time you are approximately three of your years of your age,
you are usually very rigidly locked into their belief system
structure,
because you know you had to accept their beliefs in order to survive,
because you recognized,
"Oops...these are the people that are going to take care of me,
I'd better tow the line and find out what they believe in,
otherwise, they're not going to support me,
so I will open up like the little innocent flower that I am
and swallow every single thing they feed me hook, line and sinker...
whoops, that didn't taste too good,
but I better hold on to it because if I don't,
they're going to get awfully angry ...they won't love me."
You see where this all comes from?

The idea therefore, is again, with no blame...no blame,
no blame...but unconditional love,
to recognize that they did the best they could
with the belief system definitions they were spoon-fed,

and that the idea is now to understand...that you have a choice,
you have come to a point in transition on your planet at this time,
where you can realize that you can break the chain,
you can allow yourself the opportunity to realize,
it is the product of your definition,
and you can change that definition,
you can change your upbringing...literally,
you can change the past...literally,
because everything stems from the present,
you can thus re-create yourself quite literally...very really,
into a new persona...a new being,
and allow the reflection of reality to be presented to that new
person,
that is representative of who it is you decide in this moment
to be with your new definition.
It's really, again...just as simple as that.

But you have to go about doing it,
and it starts with redefining all the things
that you were taught to define...re-examining, looking at everything
and saying, "Does this definition work for me or
what would I prefer as a new definition of this situation,
negative...positive...what do I prefer?"

Let's begin with a couple of examples,
so that you can understand exactly how this works.
The idea to begin with, perhaps, would be the idea of habit,
the word in your language...habit.
Most of you, we have found in our interactions with you,
will define the concept of habit:
"Something I can't seem to stop doing...not matter how hard I try,
I just keep doing it...over and over and over again,
what's wrong with me? -- I can't stop!"

All right, fair enough,
but you see the only reason it seems to be so difficult,
is because of what you define a habit to be.
If I may be so bold, I would like to take an opportunity now
to share with you, our civilizations definition of a habit:
(May I? Why thank you so very much!)
Habit: a habit is something you do that you don't know you're doing,
once you know you're doing it...you don't have it anymore...it's gone,
if you appear to keep doing it,
it's because for some reason you choose to.

"Ooh...responsibility...oh, no...responsibility,
you mean I have to take responsibility for the fact that I keep doing
this,
I can't just foist it off on the idea that it's a habit as an excuse?"
Nope...not once you know you have the habit!

It's like the idea of being outside of the forest...
in order to know that you were in a forest.
You have to be able to be outside it
in order to look back and say, "Oh, yes, that was a forest..."

up until the moment I got out of it, it was just a bunch of trees,
but now that I'm standing outside of it, I can see it for what it was,
it was a great and vast forest,
and now that I can see it...that means I'm no longer in it."

So when you know you have a habit,
that does not mean that it's the beginning of the process of changing
it,
it means it's the end...you don't have it anymore.
Now, if you keep appearing to do it,
it's because you have a definition of the habit that says,
"This is difficult...now that I'm aware of it
I have to go through some lengthy process full of struggle and effort,
in order to divest myself of this horribly difficult behavior pattern,
I know this is just going to take years and years and years!"

Well, ask yourself at that moment,
"What would you be getting out of it to allow it to take so long?
How is it serving you to procrastinate
at knowing that you don't have it anymore?"
That's where responsibility comes in...and again,
in line with the idea of redefining things,
take the negative definition off of responsibility,
it doesn't mean blame or it certainly doesn't have to be,
it doesn't mean burden,
it doesn't mean struggle if you don't want it to.

Responsibility: the ability to respond!
Period! Who doesn't want that?!
Who doesn't want the ability
to respond to something...to be creative...to act?"
That's what responsibility is,
your ability to respond instead of react to these ideas.

So, take responsibility...demand responsibility,
insist on responsibility...believe me...it's the most fun!

Because when you take responsibility you are at choice,
you are self-empowered...you know you have the ability to choose,
you are free to choose...that's freedom...that's self empowerment,
that is also effortless alignment with the unconditional love of the
Infinite
and by being yourself that way, that, as we already have illustrated,
is how you perform the best service to everyone else,
because by being yourself you then can share the gifts you have,
spontaneously...creatively,
and thus everyone benefits by you just being you.

So, look to those definitions...find out what they are,
and recognize that by transforming those definitions
when you hit upon the definition you had,
and recognize it doesn't work for you
and replace it with the definition that does,
you will feel the change within you...instantly!
you will feel the revelation...you will feel the expansion,

you will know you are a different you
and I mean that literally, not figuratively...literally!

You will be a different you because...
what you consider your personality to be...your persona,
is, in a sense, nothing but a projection,
a mask...a presentation of consciousness,
your personality is not literally who you are in total.

Personality is constructed of those three things we talked about,
belief...emotion...and the idea of action - behavior,
and as you change any one of those three,
you change the person...literally, that you are.
Again, I mean literally...not metaphorically...literally,
no matter what you think you look like in the mirror,
"I still look the same"...You are not the same person,
trust me, literally...you are not the same person.

The idea of appearing to have the same face
is an illusion of continuity that you use as a form of convenience
to guide you in the physical reality,
but it doesn't mean you're actually the same person,
and if you understand that when you make a change,
when you make any change,
if you understand you are really, really, really, really...really,
not the same person,
then do you understand what that means?...I'll tell you.

It means that if you really, in the next moment,
are not the same person that was there a moment ago,
then the you you are now doesn't have the same history...
you have no more connection to anything that was connected
to the person that was there a moment ago,
that you used to think you were.

You are literally...at that moment...zero,
free to be whatever you define,
all the way up and down the timeline,
because past and future come from the present,
what you define in the present
is what you are on all levels of experience,
you change everything.

Look at it this way...by analogy:
imagine in your mind if you will right now,
in what you call your imagination,
a blue cube...it has six blue sides.

Now, change one side and one side only to red,
there are now two ways to look at this:
You can say, as is representative of the way
that people on your planet have typically thought,
"Well, there's that blue cube but one of its sides has changed to red,
but it's the same cube with one red side",
or you can say, "Wait a minute...wait a minute!

A cube with one red side and five blue ones is, fundamentally, a completely different concept than a totally blue cube. Therefore, that means it is a completely different cube, its not the same cube...it has no connection to the blue cube, it has no history...nothing that impacts the blue cube impacts the cube with one red side...unless... there's that clause again...unless... the cube with one red side says it should be impacted by the belief system structure of the blue cube, but that's the cube's choice.

Why do you choose to be impacted by things you say you don't prefer? Motivation and definition...they are powerful allies. Definition...motivation -- click : reality. If you choose something that you say ostensibly you don't prefer to choose, if you have this so called habitual behavior, the idea is to look to your motivation, because you are never without motivation, never for a second...ever, ever, ever, ever, ever, ever...ever. Never without motivation, you are always motivated to choose some definition, some belief system...you don't need to be motivated, you need to understand where your motivation is being placed.. that's the key.

So, if you find that you seem to be reluctant to do something, that on one level you say, "Well, that's what I would really prefer to do, why do I keep choosing to do this instead?"

It means you must, by some definition you have in your mind about this thing, be motivated to choose this instead, that means you might have a negative belief system about what it might take in order for you to really live your joy, and so because you might think, "It is a struggle, too much pain to make a change, or I might fail if I want to move into my joy, and that's too much to bear."...you won't even give it a shot. You will say, "Oh, I'm much happier just playing it safe", and so you are motivated to keep doing what you have always done no matter how painful it might be, you are motivated because you have a belief that to change would be even greater pain. So get in touch with those beliefs...with those definitions, find out what they are, because that's all that is stopping you from doing anything and everything that you desire to do. That is all your definitions are...that seem so solid...they weigh nothing, but when you believe in them... they are made of steel, that's the nature of a belief.

A belief has to be self-perpetuating...self reinforcing, and has to, by its very definition with few exceptions, exclude the possibility of any other belief

in order for you to experience that belief...totally.

But with the foundational addition of the underlying belief that:
"All beliefs are just beliefs...that all reality experiences
are just the product of definition",
then you can experience whatever belief you want
as fully as you can,
and then in the next moment, change it...just like that,
because you know that's all they are.

That's the key...be flexible,
have the underlying foundational definition
that there is no reality except what you define it to be,
and then you can experience any reality to its fullest,
and then in the next moment experience a totally different reality
because you will really know...really know for a fact,
that you are, in the next moment, a completely different you,
and that means a completely different "You-niverse"...totally,
completely...absolutely...every change,
no matter how you may define it to seem small,
every change is a total change.

If you have an equation... $a + b = c$,
if you change any one of those variables,
does not the entire equation change?
Of course it does. Change any component whatsoever,
then the entire equation is different...the entire reality is different.

I will give you, for now, one more important definition: Fear.
Fear, fear, fear, fear, fear,
been your friend for a long time.
If you were to treat it like a friend,
you would get more out of it.

Fear...pay attention...fear...
is your natural true vibration filtered through a belief system
that is out of tune with your true, core self.
Excitement is your natural vibration filtered through a belief system
that is in alignment with your natural, true, core self.
Fear and excitement are the same energy...
you experience them differently because of what you filter them
through.

Analogy: You have on your planet
the occupation referred to as "piano tuners".
When you are playing your piano instrument,
and you find the sound of the music pleasing,
and then all of a sudden you come across
what you call a sour note, "plunk...plunk...plunk...plunk"
Do you run away in panic and go and hide in the closet?
"I shall never touch my piano again!"
No. You say, "Ah, I require to tune the piano,
so that the note becomes harmonious with all the other notes."

Each key is like unto a definition...a belief.
When you come across one that gives you the sensation of fear,
all that's telling you is, "Hey...hey, hey, hey, hey, hey...pay attention,

you have a belief in this area of your song
that is out of alignment with the whole rest of the piano".
Fine tune it...bring it back into harmony...don't run away...explore it:
"Bonk, bonk, bonk, bonk, bonk...what would I have to do to tune this?
How would I have to redefine it?
How would I have to tighten this string
in order to bring it back into tune...into alignment?
Play with it...find out until finally,
"Bonk, bonk, bonk, bonk, bonk...it's back.

Explore what that definition is that allows you to feel
your very own energy in the mode called fear,
because also the paradox is (and paradox is a very powerful tool),
when you make a friend of your fear, "Ah-hah, a fear...oh joy!",
when you know your fear is there to tell you
something you want to know...you will invite it in,
and miraculously, instantly...your fear will vanish,
because you will have transformed it into...first, curiosity:
"What could this mean?" and then joy,
by being willing to explore what it means for you.

That is how you use fear,
fear is just a knock at the door:
"Pay attention to this...
this is something you want to know about yourself,
this is something you need to know to integrate within yourself,
to become more of who you are".
And wouldn't that be fun? Of course.

So, pay attention to the fear...don't ignore it...feel it,
by all means feel it as fully as you can
and then dive in to the unknown...dive into the fear,
let it wash through you...feel all the sensations that go along with it
and then let your fear ignite you...ignite your burning curiosity,
"What could this possibly mean...what definition would I have to
believe in
in order to experience my own energy in this way,
what could it be, I wonder?

Then, explore...find out what you believe,
find out what kind of definitions you have about reality,
and rewrite them...reinvent them...redefine them,
be creative, use your imagination...that's what it's for.

Once you do that...I guarantee,
and not only do I guarantee...the Infinite has guaranteed,
you will get the result of the change that you make
as long as you make it on all levels,
thought...word...deed,
belief...emotion...action,
complete the circuit...believe in your beliefs,
as you always have,
and reality and the universe and the Infinite will always support you,

as it always has,
but it can only support you to the degree
and in the direction you believe is most true for you,
but it is up to you to define what that truth is,
because the secret is "All truths are true",
that's the nature of the Infinite,
otherwise it wouldn't be infinite, now, would it?

All truths are true...all are equal and valid,
choose which is you and live that truth...until you change your mind,
about what is now in the next moment...true for you,
and live that truth until you change your mind,
until the excitement shifts direction,
follow that excitement...every moment...every moment,
no matter what form it comes in...follow it,
act on it to the best of your ability because that's who you are,
even though it may not come to fruition in the way that you think,
even though it may not live up to your expectations,
follow it because it will put you where you need to be
because excitement is the thread you need to follow,
not how things look on the surface,
because the surface is an illusion,
it's the feeling...it's the knowing that counts,
follow it...because that's who and what you are,
and that's really all there is to it.

That's what it's all about and therefore, I urge you,
we're not telling you what to do,
because as we said we have enough to do
without going around telling you how to live your own life,
but we strongly suggest...for your own ecstasy...we strongly suggest that:

You live your dreams instead of just dreaming about being alive.

We leave you with that.

Creating Your Reality"

We would like to begin this transmission with the following brief ideas, to lay a little bit of what you call a foundation or a groundwork for the primary principles that will generally be contained in almost every subject we will discuss.

Many of you have heard us talk about certain tools, certain states of being,...certain states of mind that will allow you to understand who and what you are as a person...as a being...as a personality, a little bit more clearly.

For it is in understanding the structure and the nature of yourself as a person and as a being that will allow you to make changes... make shifts in your reality in the manner that you desire... in the manner that you prefer...more effortlessly... with the idea of less pain and more joy.

These ideas now are paramount for what you call the "Age of Transition", this "Age of Awareness" on your planet, as you have named it, and thus we are very happy to help to assist in presenting concepts and tools that are handy, that you can use very easily, so that when applying them you can see the results in yourselves and in your physical reality... relatively quickly.

The idea first and foremost, of course, always begins with self valuation. We understand from our experience with many of you that one of the most difficult things that many of you now have to do on your planet... is learn to value yourself. Because you have forgotten your connection with the Infinite, and because for thousands upon thousands of your years, you have been taught to think of yourselves as less than worthy...as undeserving... as possessing little or no value... and without an understanding of your worth, without an understanding of your value,

no tool we would share with you would really be effective.

Only when you begin to learn...and behave...and hold true
that you are a worthwhile aspect of the Infinite,
that you are a beautiful...and unconditionally loved...
and supported aspect of Creation...
and hold yourself in the same value
that the Creation holds you in,
only really then will the tools be effective
in the strongest way possible.

It only makes sense, for the tools will only be
as strong and as powerful as the energy you give them,
because the energy comes from you...through you...
therefore you are the one that determines
the efficacy of the tool.

They do not really have the ability
to work of and by themselves
because they draw their energy from you--
they draw their realization capability from you.

So let us briefly lay down
a little bit of an outline of these ideas
so that we will have an understanding
and will have something to refer back to
as a base point...a base line.

First and foremost as we have said...self valuation.
From there comes the understanding
of what it means to be a personality structure.
A personality structure,
very briefly in recap for some of you,
in newness for others,
is based on three principles.
Your personality is an artificial construct...
it doesn't mean it isn't natural,
but it is a type of mask that is built...
or created...or fabricated from three ideas:
belief systems...emotions...and behavior.

You can understand the analogy of belief systems
being like the blueprints of a building.
The emotions are the builders--
the activation principles and energies

that get the building built,
and the behavior is the building material...
the thoughts and actions that you do.

So, you can instantly understand
that the nature of the blueprint...
the clarity of the design
will determine the ultimate product...
that the nature of the builders
will determine the quality of the product...
and that the nature of the building material
will determine the quality of the final building.

When those three things are in alignment,
you can understand that your reality will reflect
the idea of a strong structure...a strong reality...
that is stable in that way.
But if either your belief blueprint...
your emotional builder...
or your behavior building material
are somehow lacking or out of balance
in the idea of self worth and self valuation,
and are not aligned
with the other sides of the three sided prism,
then of course it would be obvious
that your building would be,
as you say in your language, a little bit wonky.

So, this whole idea is to help clarify
what those three components are really all about
and how to maintain them and bring them back into balance.

Now also it takes an understanding
that physical reality is really just a mirror
and it can only reflect what you put out.
There are really only Four Laws in Creation
that allow you to experience everything that you experience:

Law #1 is that You Exist.

Can't do much about that.
Now, when we talk first of all about laws,
we are not talking about the type of laws
that you have on your planet

that are in that sense,
arbitrary rules and regulations
that can be broken...or changed...
or rewritten...or ignored.
But the idea is even beyond
what many of you call laws of physics,
because even some of these
are only germane to your particular universal reality
and in other dimensions many of the so-called laws
that you have labeled do not really apply.

We are talking about real laws,
because real laws cannot be broken...
it is impossible.
And it is these four laws that give structure
to all of Creation.

So, as we have said...
Law #1 is that "you exist".
What that actually means
when taken out to its ultimate, logical understanding
is that if you exist now...
you always will and you always have.
Therefore you may change form
but you will always exist in some way, shape, or form,
because "Isness"
is the only quality that existence has.
It does not know how to become non-existence.
Non-existence is already full
of all the things that will never exist
and there is no room in non-existence
for that that does exist.
That which exists only has one quality...to be,
and thus that is the only thing it will always be.
So, if you do exist...you always will...
so relax...

Law #2: "The One is the All, and the All are the One."

This simply means that all of the pieces
together form "The One"...
and that "The One" is the one
that knows Itself, simultaneously,
as all the pieces...and as "The One".

What this means is
that Creation is not separate from the Creator,
but is made of the Creator
and that there is no outside to it,
everything that is...
every discrete person...place...thing...
every discrete concept...
every discrete part is a part of the one same whole.
And also holographically,
every single part is the whole
expressing itself as a part of the whole.
So the second law is "the One is All and the All are One".

Law #3: "What you put out is what you get back."

Very simple.

The energy you give off based on your beliefs...
your emotions...your behavior...
the vibrational frequency you give off
is what determines the kind of reality experience you have...
because physical reality doesn't exist
except as a reflection
of what you most strongly believe is true for you.
That is all that physical reality is.
It is literally like a mirror.

If you are looking in a mirror
and you see your face with a frown on it
you know that you don't go over to the mirror
and try to force the reflection to smile.
You know that if you want to see the reflection smile...
you must smile first.
There is no way to change the reflection
without you smiling first,
but you can also conversely understand
that when you decide to smile...
the reflection has no choice but to return the smile,
because it doesn't have a mind of its own.

So the idea to understand
is that physical reality
very much is really like a mirror;
it will not change until you do first,
but if you do...

it has no choice but to follow suit
because it is only a reflection
of what you have put out.
Law #4: "Change is the only constant,
and everything changes except the first three laws."

That's it--one, two, three, four--that's it!
Every experience you have ever had...
are having now...
or will ever have...
is based on a combination
of these four laws
to varying degrees...
That's it.

The idea to understand
is that when you allow yourself to make choices,
then your choices are based on your motivation
and your motivation is based on your definitions.
This is the other way to explain the three-part process.
Your behavior...your choices...
are based on your motivations.
Your motivations are based on your emotions
which stem from your definitions...which are your beliefs.
So anytime you are making a choice
it is always because you have been motivated
to make that choice.

Motivation only has two parts to it,
this is all there is to motivation.
You will always, in every single case,
you will always choose what you perceive to be
the choice that is closest to pleasure and furthest from pain.
That's it, that is your entire motivational force!

But notice I said you will choose what you perceive
to be closest to pleasure and furthest from pain
and that's where definitions come in...
because only as you define
what you believe to be pleasurable or painful
will you then be motivated to make choices
in accordance with that belief.

So, many times you may choose things

that on one level seem to be
detrimental...or destructive to you,
but if you keep choosing it that simply means
that you must have a definition in your belief system,
somewhere,
that says that regardless of how painful it is
to keep choosing that,
you are somehow defining it as being
less painful than making any other choice.
That's why it is so powerful to get in touch
with what your belief systems are...
because when you find out why
you may be defining something as pleasurable or painful
and you change the definition,
you will instantly change your motivation
and you will instantly change the choices that you make.

You are all motivated people,
none of you lack motivation...
none of you lack trust.
It's just a matter of where you are placing your trust
and what definitions you are motivated to act upon.
That's all there is to it.

This is how you simplify the things in your life...
by understanding them from the base on up.
From definition...through motivation...to choice.
From belief...through emotion...to behavior.
That's all there is to it...really.

The final thing that we will be including in this "tool kit",
is the idea that we have begun to talk about recently,
that is above and beyond the idea of belief...
and that is simple knowingness...
which comes from the idea of surrender...letting go.
Again, we understand that in many of the definitions
many of you have on your planet
regarding this word "surrender"
many of you will label this as a loss of some sort
or a lack of control of some sort...
and this is not the case.

Surrender,
if we may provide our definition,

is the letting go of the concept
of who you think you're supposed to be
and actually being who you are
because who you are is unlimited possibilities.
When you allow yourself to surrender
to the idea and the experience
that you are created in the image of the Infinite...
which means you are infinite possibilities...
then the physical reality which is only a mirror
can then reflect those unlimited possibilities
back to you...in the synchronicities
as they naturally unfold
in your physical day-to-day life.

Surrender is actually the acceptance of your total self.
It is not in that sense the forsaking of your total self
as many of you have been led to believe
through the definitions that your world has provided you with.
Definitions such as those only serve to limit you.
And this is what we want to share with you
and what we suggest you learn to give up...those limitations.

So that is really what we are going to be discussing
in all of these interactions,
variations of these principles,
it will usually all come down to that idea.
And of course it will usually always come down
to another principle that is all wrapped up in this
and that has to do with being your natural true self,
which in many cases is simply another way of saying
"Follow your joy".

Follow your excitement to the best of your ability
because the sensation that you call joy,
the sensation that you call excitement,
the sensation that you call unconditional love
is the frequency of the energy that represents
your natural...true...core...original self .
So when you are acting
on circumstances and opportunities
that bring with them the highest level of joy...
the highest level of excitement...
you are saying you have the faith
to take the steps to act upon your true self

and in so doing your physical reality...the mirror...
will support you
because it has no choice but to do so.

These are the principles that comprise
the tool kit of manifestation and change
and that's really all there is to it.
You will see that almost everything we discuss
will come down in one way, shape or form
to these ideas if it has to do with your own personal growth
and the expression of who and what you are.

Once again, we thank you for the opportunity
to experience this gift of sharing with you.

The Fundamentals"

We will take this opportunity, once again,
to thank, first of all, each and every one of you, individually,
and every one of you, collectively,
for allowing for the co-creation of this interaction
and this communication through this particular gate,
on this day...in this way...at this time.

Each and every time you allow our civilization
to communicate with your civilization in this manner,
it affords us an opportunity to experience
through each and every one of you
a different view of the Infinite
and this for us expands our understanding
of all the different ways Creation can express itself
and so we thank you for this great gift.

We would now like to begin this transmission
with the following ideas:

First and foremost, we understand
that many of you are now beginning to explore
notions of what you label us to be,
the concept of interactions with extraterrestrials.
We also recognize, however,
that your world is going through a great transformation of spirit,
a great transformation of consciousness.

To us, this is really the most important of the two ideas,
that you yourselves have more and more interaction
with your true selves...with your core being,
with your essential spirituality and consciousness,
more than the idea of desiring to interact with extraterrestrial beings.

This will happen, as you say, as par for the course, in your language,
but the idea is that the most likely way that this will come about,
the most likely way that you will allow such interactions to take place
is, as we have said from time to time...to meet us half way.

We are not going to do it for you,
we are not going to take responsibility for your lives,
we have our own lives to live, thank you very much,
it keeps us very busy.
We do not have time to live your lives for you, as well as our own.

The idea, therefore, however, is that we do wish to play,
we do wish to interact...but as equals,
by reflecting to each and every one of you,
in all the ways that are possible to do so,
through this particular methodology,
that you yourselves are in fact equal to us,
and to any idea that you can conceive within your consciousness,

and that we simply will enjoy taking the time
to remind you of this fact,
to remind you of what you already know to be true within yourselves,
to put you, in that sense, in a state,
to help you put yourselves in a state,
that gets you back in touch with your true core, essential selves,
so that you can function in the way
that you were designed by Creation to function
and that is as a reflection of the Infinite.

When you learn...when you allow,
when you remember to do that for yourselves,
you will change the vibration of not only yourself, individually,
but, of course, of the entire reality that you occupy
and by changing that frequency in much the same way
that you change the channels on your television machine...
you will change the program that you get.

By changing that frequency, by accelerating it...by stepping it up
through the method of being more yourself,
getting closer in alignment to your true, core, vibration,
you will create a reality that makes it more likely
and more probable and more possible,
for any other being that operates on a similar level,
to be able to interact with each and every one of you,
individually and collectively,
but first and foremost, the people you must meet,
the "aliens" you must come into contact with
are those portions of your consciousness,
that have for thousands of years been suppressed within you
and have become disguised in the idea of fear,
in the idea of denial...in the idea of all of these fragmentations
that have occurred in your consciousness.

We are not in any way, shape or form,
judging you in a negative sense,
when we say this...believe us,
we love you unconditionally.

The idea really is that the reason we are doing this, in a sense,
aside from what we get out of interacting with you,
is because we know what you are capable of,
we can see more of you
then you allow yourselves to see of yourselves,
it is easy for us to see the idea of the totality
of what you can create in your reality,
we believe in you, utterly...absolutely and totally.

However, of course, our belief in you is not the point.

Your belief in yourselves is the only thing
that will make a difference and create an ability
for you to see for yourselves,
that you really are unlimited beings
in the way that you were fashioned to be.

So, while we may address from time to time
the concept of interaction,
and recognition of what you label us to be, as "extraterrestrial beings",
we will certainly take time to focus on what we believe to be
the more critical and important point
and that is getting in touch with your true selves.

For if you do not allow yourselves to be who you really are,
there's no one for us to meet...you're not home!
We come knocking on the door and you're not there!
You're off somewhere looking
for who you think you're supposed to be
and there's no answer at the door!

So, in order for us to be capable, one day, of meeting,
not that that is the most important reason to do this,
we urge you to discover who you are
and live in the present...here and now,
because only in the here and now will we eventually meet.

So, the ideas that we will most likely be discussing
are notions of how to become more of yourself,
how to remember who you are
and not just on a philosophical level,
but on a pragmatic, practical physiological level of physics...
how to apply these principles into your day to day reality
to get an effect,
for we understand that just as we are...you are physiological beings
and you must understand how to connect the idea
of spirit and mind with body
in order to complete the circuit that allows you to have
the experience of spirituality in the physical plane
and not just relegate the concepts of spirituality
to higher philosophical and etheric realms
with no practical application in the realm you decided to experience.
For there is nothing unspiritual about physicality,
it all depends on how you use it...that's the point.

To a very great degree,
to put this in a very simplistic idea or foundational fashion:
"One of the greatest acts of spirituality that you can possibly achieve
is to simply live your physical life to the fullest that you can".

And this brings us to the crux and critical point
of the things that we wish to reflect to each and every one of you.
The critical point is this:

How to discover the vibrational frequency of who you are.
How to allow yourself to continue to create that frequency
moment to moment...day to day...in your life,
as you desire to...as you choose to.

We will be in further conversations and further transmissions,
discussing in greater details
some of the fundamental elements of physical reality
so that you can get, as you say in your language,
a better handle on these principles.

But for now we will give you
an overview, an understanding,
so that you will at least from this encounter,
walk away with all the basics in place
and allow yourself the understanding to know
that it is up to you to put these things
into practical application in your lives.

The first principle, really, where this is all concerned,
comes down to the idea, and you have heard it many times,
we're not saying we're delivering this to you for the first time,
it has been around for thousands of your years..
"Follow your excitement".

Why is this so important?
Why do you hear about this all the time?
Why do you hear that follow your bliss...act on you joy
is such an important principle of life at this time?

Of course...of course,
all of this must be based in unconditional love,
connection of your alignment with the Infinite,
but in terms of the beginning of the tools
that you can use in your physiological reality,
following your excitement is of paramount importance
and I will tell you why.

The idea following is this:
What you typically call the sensation of excitement...
the physical sensation of joy...(and this doesn't mean
you have to be jumping up and down all the time),
it can be a peaceful...centered...relaxed sense of beingness,
that can be excitement too,
but that vibration of excitement is...
Aah...are you paying attention? Are you paying attention?
All right, just wanting to be sure there is someone receiving
on the other end of this transmission...

Excitement is the physical translation...
the physical translation of the vibrational resonance
that is your true, core, natural being.

So, whenever you act on any opportunity
that presents itself into you life synchronistically,
that contains the highest degree of excitement,
what you are saying is,
"Yes, I believe in who I was created to be,
I believe that this opportunity...this situation,
this circumstance...this condition,
whatever it may be that contains at this particular moment in my life,
the highest amount of excitement possible
out of all the things I have the option to do,
this, right now, is the most exciting one."

If you understand that excitement is your true frequency
then you will act on it without hesitation,
trusting that to do so will maintain the alignment with your core,
and that that situation,
no matter how you have been taught to define it on the surface,
will bring about all the elements necessary to support you
in whatever way, shape and form is the path of least resistance,
in allowing you to be:

- a) who you are,
- b) lead you to the next most exciting circumstance

this is an automatic function of acting on your joy without hesitation,
without negative judgement...without over-analyzation.

By acting on your joy you are making a statement to the Universe:
"This is who I am...support me as you have always supported me
in whatever degree of belief I had".

The idea therefore, is that by making, what you call, the leap of faith,
by acting on your joy as best as you can at every given moment,
you are showing by your behavior
that you believe this is who you are,
and it is that degree of conviction that is required
for the Universe to be able to reflect back to you
the same degree of support that you are willing to exhibit
in terms of your degree of conviction that this is who you are.

Are you all following along?
This is not philosophy...this is physics:
"What you put out is what you get back",
this is the Third Law of Creation...
by the way, there are only four.

Number One: "You Exist".
Can't do much about that!

Number Two: "The One is All and the All is One".
That is also a Law of Creation.

Number Three: (as we have just outlined)
"What you put out is what you get back".

Number Four: "Change is the only constant...except
for the first three laws, which never change".

That's it! Anything that you experience in your reality after that,
is a combination and a variation of these four principles.
Everything that you experience is a manifestation
of your understanding and your ability
to clearly and consciously align with these four principles.

In a euphemistic terminology, as you say in your language,
"To go with the flow".
The idea being that "going with the flow" is a full recognition
and a conscious awareness
and a willingness to act on these four principles
in every circumstance that comes up in your life:

Number One: "You Exist".
Number Two: "The One is All, the All is One".
Number Three: "What you put out is what you get back".
Number Four: "Change is the only constant, except
the first three Laws which never change".

Suffice to say...you can begin to recognize
that these carry within them the very seeds
of your ability to understand that
the experience that you call physical reality
is really nothing but a mirror...literally,
physical reality is nothing...it is no thing,
nothing...it is no thing.

Use the analogy on your planet
of the device that you have that is called a glass mirror...
you understand, if you think about it for a moment,
that the reflection that you see of your face in the mirror,
is not literally in the mirror...the glass has reflected
all the light of your face back to you,
that's why you see the reflection,

which means there is nothing in the mirror...no thing.

The mirror is actually blank...by being a perfect reflector
it holds on to none of the light
and gives it all back to you...that's why you see the reflection.

Physiological reality, take me literally...is a mirror,
it is just a more complex mirror,
a holographic mirror...a multi-dimensional mirror,
so that you don't always recognize all the reflections as you,
but believe me...they are....all the reflections are you,
and I mean literally every object, person, place and thing,
every situation...every circumstance,
every moment of time and space
is you being reflected back to yourself,
from the particular point of view you chose to express
at that particular moment.
Does that make sense to you?

When you can begin to understand this as a true physics principle,
you will begin to realize...
this doesn't always mean that what's going on in your physical reality
has to be an exact one to one reflection
in terms of what it might mean for one person,
as opposed to what it might mean for you, specifically,
but the fact that you are experiencing it
means it has something to do with you,
and you can always learn something from the reflection,
because there always is a reflection,
and if you begin to understand it as a reflection,
you will begin to understand that you are at cause of your life,
that you yourself have the opportunity,
if you treat reality as a reflection,
to examine it and see if you like the reflection you're getting,
so that if you do not prefer it,
and I don't mean judge it..."do not prefer it" means
just observe that it is not aligned with your frequency,
there's a difference between negative judgement and preference.
Pay attention to your definitions...we will get to that in a moment.

The idea, however, is that you can recognize
that if you do not prefer the reflection,
then you know that it is a matter of changing what you put out
in order to get back a different reflection,
and that allows you to know you are always capable
of making that choice...you have the free will to choose
on that level how you will experience yourself in the concept,
in the modality you call physical reality.

Again, use the mirror analogy...
if you see your face in the mirror with a frown,
do you stand there and say

"All right, I insist "mirror reflection"...I will smile...I will be happy... but you smile first...otherwise I won't!" ?

Who do you think is going to win that battle?
Believe me...the mirror can out wait you.

The idea to understand therefore,
is that if you want to see a smile reflected in that mirror
you have to smile first...or there will be no reflection of a smile.

Therefore, by stretching this into
the physiological reality analogy even further,
you understand that many of you have been trained,
have been taught to insist
that you will only base your behavior
on the things that happen to you.

"I will be happy if...I will be happy when...
and not a second before...I'm putting my foot down!"
"I will be happy if this happens...
I will be happy when you do this for me...",
you all sound familiar in this, do you not, from time to time?

The idea to simply understand again, is this...
if you understand the principle we are discussing now,
you will realize it is more a matter of
"I will be happy because that's what I want to be!"

When you are happy because that's what you want to be,
and I mean truly the vibration of happiness,
not just pretending...not just covering it up...
"Oh, yes...I'm v-e-r-y happy",
not just in denial of things you need to feel...things you need to face,
fears that you need to experience in order to integrate them,
that's not what I'm talking about...I'm not talking about avoidance,
I am talking about the idea of true vibrations of joy and happiness.

When you choose to be that vibration, then again,
what's the Third Law?
"What you put out is what you get back."
The second...the instant...the moment you are that vibration,
the reflection in your physical reality has no choice
but to reflect a reality that corresponds
to the vibration of your ecstasy.

Because the universal reflecting mirror,
doesn't have a mind of it's own...it can't contradict you,
it's not going to argue with you..."Yes, I see that you're happy,
but I'm not going to give you a happy reflection, no!"

It doesn't have that capability.

It is only nothing...nothing at all.
It is only the reflection of what you put there...and that's it.

So, if you will be the vibration of happiness,
you will see, experientially, that you will get the reflection
in all the ways that are reflective of your happiness...

to the degree that your happiness vibration is turned on,
you will get that reality.

However...here's that clause...pay attention,
here's what you call in your language the fine print...
this is what we perceive in observing your society,
that trips many of you up and gets you into trouble:

Many of you will still place a condition on your happiness
even when you think you're doing it this way:
"Oh yes, all right, yes, I will be happy because I know
that if I am happy...then I'll get this happy reality,
then I'll get what I want...then I'll get what I desire."
If...then,
If...then.

You are still making it conditional on what happens outside you
and there is no outside,
so the idea to really bring it down to focus is understand this:

In order for the principle to really work,
in order for reality to reflect back to you
the true reflection of your happiness...
you have to be happy with no expectation
that you will get a reflection back.

That's how it works.
That's what makes it effortless.
That's what makes it flawless.
That's what makes it infinite.
That's what makes it pristine.
That's what makes it gracious.
That's what makes it beautiful.
That's what makes it awesome.

You don't even have to think about what will come back,
you simply can take it for granted...you can know,
you can simply, already have the gratitude to the Infinite,
to know that when you are happy,
nothing else can happen but happy reflections,
and you don't have to put a condition on your happiness,
that says, "Yes, I will be happy
because it will then get me what I want".

You have to be happy with no expectation whatsoever,
I mean zero...because what is zero?
The center.
The nil point.
This is where you exist...in the here and now,
in the true unknown.

Many of you, for thousands of years,
have been afraid of what you have labeled "the unknown".
I will tell you this in all honesty and earnestness...
make a friend of the unknown...the unknown is the only place,
and I mean this with all my heart,
the unknown is the only place you will ever actually discover
your true self.
Period. Take that to heart.

Leap into the unknown...don't be afraid of it
or if you are...be afraid of it and leap anyway!
Because in the unknown you're only going to discover,
I guarantee...I promise you,
you're only going to discover more of yourself
because that's all there is to discover in your experience.

You know why? I'll tell you, thank you.
Because of the wonderful happenstance
of your particular English language,
you can get a very strong reinforcement
of exactly why it works this way,
why you will only discover yourself in the unknown.

That is because, as your language so beautifully points out:
You are the "you" niverse...the "you" niverse is only made up of "you",
and that's all you'll ever find in your particular "you" niverse...is you,
your expression of the Infinite,
if you wish to call it God,
if you wish to call it Goddess,
if you wish to call it All That Is, as we do, it does not matter,
because All That Is doesn't care what you call It,
because All That Is knows that anything you could think of
is a name that's already contained within All That Is
and it will accept it as its own name
because everything is within "all that is",
that's why it's called "All That Is"!

Because there's nothing outside,
if it were it would be: "All That Is Plus What's Outside",
but All That Is is exactly as it sounds...it is "all that is",
and there isn't anything else because, what is...simply is.

The idea therefore, is to understand,
that what you will always discover,
will simply be All That Is expressing itself
through the unique portion of All That Is you were created to be.
Remember the Second Law: "The One is All, the All are One"

Every component of the All That Is,
all of you...all of us,
every individuated being...every individuated concept,
is the whole expressing itself as a part.

Important point...I'll rewind that and repeat it,
because we understand
that you have been trained to think segregationally,
sometimes individuals on your planet may miss the point,
all of you are, yes...a part of the whole,
but as a part of the whole,
you are the Whole expressing Itself
as "a part of the whole".

Big difference than just thinking of yourself
as a part of the whole without the other side.
You have to understand yourself holigraphically,
it is this and that...not this or that.

Anything you can imagine is this and that,
it is all inclusive...you have to have both sides,
the heads and the tails, in order to have a coin,
without one side you don't have a coin.

So, you are the part...you are the whole,
you are both one and the same,
but expressing the whole as a part.

The idea, therefore, is to understand yourself this way,
and express yourself more holistically,
and you will understand how to experience more of the whole,
you will get, in a sense, more of an expanded experience
when you express yourself as if you are more of the whole.

The idea being that there is a whole picture
that you might liken unto a large puzzle that has a picture on it,
as we know many of you like to play with on your planet...
you understand that the puzzle is made up of
many small, individual, differently shaped pieces.

Now, we have observed on your planet,
that...oh, for the course of say...oh,
several thousand of your years of time,
you have been trained to try and be a shape that you are not,
to try and be this shape...to try and be that shape,

"fit here...fit there...come here...belong this way,
do this...do that...do not be yourself,
that won't work...stop dreaming...stop daydreaming,
stop being yourself...that doesn't fit in,
be who we say you need to be".

And so now you've become experts
at being someone other than yourself.

The idea being, therefore, is that when you do that,
you are no longer the shape that you were originally made in,
if you are no longer, as a puzzle piece,
the shape that fits in the whole you were originally made for,
then you cannot support the creation of the whole picture,
because you no longer fit.

Only by being your natural self will you be your natural shape
and only by being your natural shape
will you fit in the original space designed just for little...old...you,
and by fitting in that space
do you then act in service to every other piece,
because then you support the whole
which supports all the other pieces
who are willing to be their true natural shape...that's how it works.
Are you understanding?

All I am doing is reflecting back to you
what you already know but may have forgotten for a little while.

That's all there is to it...you have forgotten...you know all of this.
I am telling you nothing new at all, in fact,
I will tell you a deep...dark...secret:
it would be impossible for me to tell you what I am telling you
if you didn't already contain it. Why?
Because your reality is what?...A reflection.

And I am, in your reality,
a reflection of the portion of you that already knows all of this.
So, it could be said that right now you're talking to yourself!

So, thank you for being willing to be crazy enough to talk to yourselves!
To talk to the portion of yourself that knows all of this
and is willing to believe all of this,
and is willing to incorporate all of this into the reality,
so you can get the effect.

Now, this idea of all these ways of being
that you have gotten used to over time,
what does that all, as you say in your language, "boil down to"?

Once again, I will tell you, thank you very much.

The idea really comes down to definition...definition...
what you believe...the blueprint of your reality,
what you believe...how you define what is possible,
that's what creates the experience you have called "physical reality".

Because there is no physical reality...that's what physical reality is,
there is no physical reality aside from what you define it to be...
that's what physical reality is.

So, when you are taught
"this is the definition that is truth...believe in nothing else",
that's the reality you get. Why? Third Law.

When you finally...if you ever do,
realize that you are only creating that reality,
or attracting it, more specifically, by the definition you are giving off:
"what you put out is what you get back",
by the definition radiation vibration resonance,
at the frequency you are resonating at...
for every single belief has a different frequency,
so, by the frequency you give off,
that determines the experience you get back
that then reinforces the belief
that originally created that reality experience,
and on...and on...and on...it escalates from there,
until you break the chain by saying, "Wait a minute, I created this!"
"I attracted this by what I believe is the strongest, most likely,
most possible definition within my belief system structure".
"Well, is that what I prefer to believe?" "Yes or no?"
"No...then what do I prefer to believe
without judging the old definition?"
"I prefer to believe this instead..."
then as you re-create a new definition
of what you now believe to be true and apply that,
implement it into your belief system personality structure
and behave as if you believe it...

Critical point! Behave as if you believe it.
Then, once again, as we have said before,
you will see quite rapidly that that belief...that definition of reality
will be reflected back to you
as the reality you are now capable of experiencing.

Belief...emotion...behavior-action.
These are the three keys of all manifestation.
Belief, as we have said, is like unto the blueprint
of the house that you wish to build.

Emotion...e-motion...energy-motion are the builders of the house,
that bring the blueprint into manifestation.
That's why excitement is so important,
that's why every emotion activates the strongest belief it is aligned to.

So, if you have strong negative belief systems,
what kind of emotion do you think you're going to get most strongly?
Fear.

Because that's what is going to activate
those belief systems into manifestation
and that's what your behavior and your action is going to reflect...
fearful attitudes...fearful approaches,
fearful expectations...and that whole gamut of tools
that goes along with reinforcing the concept of fear.

However, also, you can understand that there is the other side of the coin,
that by having a positive creative belief system structure,
then the idea of excitement comes into play
and that emotion will reinforce the manifestation
of a whole new set and array of belief system definitional structures.

Then the behavior...the action...that is like the building materials,
and the quality of the building materials of the house that manifests.
So, if you know your blueprint contains a line that doesn't belong there,
or a line that is off-kilter
and you know that your builders...your emotions
are not really into their job of building this house,
and you know that the building materials...the behavior,
and the actions and the thought processes are not really up to par,
what kind of a house do you think you're going to get
and why should you be surprised when it crumbles to the ground?

Go back to the blueprint,
find out where something doesn't align with who you know you are,
find the definition that doesn't work for you,
find out where you first bought into that definition,
and most likely you will find for most of you,
it is through no fault of their own,
from your parents when you were growing up,
in what they believed to be true
and imparted unto you telepathically, from before birth,
by the time you are approximately three of your years of your age,
you are usually very rigidly locked into their belief system structure,
because you know you had to accept their beliefs in order to survive,
because you recognized,
"Oops...these are the people that are going to take care of me,
I'd better tow the line and find out what they believe in,
otherwise, they're not going to support me,
so I will open up like the little innocent flower that I am
and swallow every single thing they feed me hook, line and sinker...
whoops, that didn't taste too good,
but I better hold on to it because if I don't,
they're going to get awfully angry ...they won't love me."
You see where this all comes from?

The idea therefore, is again, with no blame...no blame,

no blame...but unconditional love,
to recognize that they did the best they could
with the belief system definitions they were spoon-fed,
and that the idea is now to understand...that you have a choice,
you have come to a point in transition on your planet at this time,
where you can realize that you can break the chain,
you can allow yourself the opportunity to realize,
it is the product of your definition,
and you can change that definition,
you can change your upbringing...literally,
you can change the past...literally,
because everything stems from the present,
you can thus re-create yourself quite literally...very really,
into a new persona...a new being,
and allow the reflection of reality to be presented to that new person,
that is representative of who it is you decide in this moment
to be with your new definition.
It's really, again...just as simple as that.

But you have to go about doing it,
and it starts with redefining all the things
that you were taught to define...re-examining, looking at everything
and saying, "Does this definition work for me or
what would I prefer as a new definition of this situation,
negative...positive...what do I prefer?"

Let's begin with a couple of examples,
so that you can understand exactly how this works.
The idea to begin with, perhaps, would be the idea of habit,
the word in your language...habit.
Most of you, we have found in our interactions with you,
will define the concept of habit:
"Something I can't seem to stop doing...not matter how hard I try,
I just keep doing it...over and over and over again,
what's wrong with me? -- I can't stop!"

All right, fair enough,
but you see the only reason it seems to be so difficult,
is because of what you define a habit to be.
If I may be so bold, I would like to take an opportunity now
to share with you, our civilizations definition of a habit:
(May I? Why thank you so very much!)
Habit: a habit is something you do that you don't know you're doing,
once you know you're doing it...you don't have it anymore...it's gone,
if you appear to keep doing it,
it's because for some reason you choose to.

"Ooh...responsibility...oh, no...responsibility,
you mean I have to take responsibility for the fact that I keep doing this,

I can't just foist it off on the idea that it's a habit as an excuse?"
Nope...not once you know you have the habit!

It's like the idea of being outside of the forest...
in order to know that you were in a forest.
You have to be able to be outside it
in order to look back and say, "Oh, yes, that was a forest...
up until the moment I got out of it, it was just a bunch of trees,
but now that I'm standing outside of it, I can see it for what it was,
it was a great and vast forest,
and now that I can see it...that means I'm no longer in it."

So when you know you have a habit,
that does not mean that it's the beginning of the process of changing it,
it means it's the end...you don't have it anymore.
Now, if you keep appearing to do it,
it's because you have a definition of the habit that says,
"This is difficult...now that I'm aware of it
I have to go through some lengthy process full of struggle and effort,
in order to divest myself of this horribly difficult behavior pattern,
I know this is just going to take years and years and years!"

Well, ask yourself at that moment,
"What would you be getting out of it to allow it to take so long?
How is it serving you to procrastinate
at knowing that you don't have it anymore?"
That's where responsibility comes in...and again,
in line with the idea of redefining things,
take the negative definition off of responsibility,
it doesn't mean blame or it certainly doesn't have to be,
it doesn't mean burden,
it doesn't mean struggle if you don't want it to.

Responsibility: the ability to respond!
Period! Who doesn't want that?!
Who doesn't want the ability
to respond to something...to be creative...to act?"
That's what responsibility is,
your ability to respond instead of react to these ideas.

So, take responsibility...demand responsibility,
insist on responsibility...believe me...it's the most fun!

Because when you take responsibility you are at choice,
you are self-empowered...you know you have the ability to choose,
you are free to choose...that's freedom...that's self empowerment,
that is also effortless alignment with the unconditional love of the Infinite
and by being yourself that way, that, as we already have illustrated,
is how you perform the best service to everyone else,

because by being yourself you then can share the gifts you have,
spontaneously...creatively,
and thus everyone benefits by you just being you.

So, look to those definitions...find out what they are,
and recognize that by transforming those definitions
when you hit upon the definition you had,
and recognize it doesn't work for you
and replace it with the definition that does,
you will feel the change within you...instantly!
you will feel the revelation...you will feel the expansion,
you will know you are a different you
and I mean that literally, not figuratively...literally!

You will be a different you because...
what you consider your personality to be...your persona,
is, in a sense, nothing but a projection,
a mask...a presentation of consciousness,
your personality is not literally who you are in total.

Personality is constructed of those three things we talked about,
belief...emotion...and the idea of action - behavior,
and as you change any one of those three,
you change the person...literally, that you are.
Again, I mean literally...not metaphorically...literally,
no matter what you think you look like in the mirror,
"I still look the same"...You are not the same person,
trust me, literally...you are not the same person.

The idea of appearing to have the same face
is an illusion of continuity that you use as a form of convenience
to guide you in the physical reality,
but it doesn't mean you're actually the same person,
and if you understand that when you make a change,
when you make any change,
if you understand you are really, really, really, really...really,
not the same person,
then do you understand what that means?...I'll tell you.

It means that if you really, in the next moment,
are not the same person that was there a moment ago,
then the you you are now doesn't have the same history...
you have no more connection to anything that was connected
to the person that was there a moment ago,
that you used to think you were.

You are literally...at that moment...zero,
free to be whatever you define,
all the way up and down the timeline,

because past and future come from the present,
what you define in the present
is what you are on all levels of experience,
you change everything.

Look at it this way...by analogy:
imagine in your mind if you will right now,
in what you call your imagination,
a blue cube...it has six blue sides.

Now, change one side and one side only to red,
there are now two ways to look at this:
You can say, as is representative of the way
that people on your planet have typically thought,
"Well, there's that blue cube but one of its sides has changed to red,
but it's the same cube with one red side",
or you can say, "Wait a minute...wait a minute!
A cube with one red side and five blue ones is, fundamentally,
a completely different concept than a totally blue cube.
Therefore, that means it is a completely different cube,
its not the same cube...it has no connection to the blue cube,
it has no history...nothing that impacts the blue cube
impacts the cube with one red side...unless...
there's that clause again...unless...
the cube with one red side says it should be impacted
by the belief system structure of the blue cube,
but that's the cube's choice.

Why do you choose to be impacted
by things you say you don't prefer?
Motivation and definition...they are powerful allies.
Definition...motivation -- click : reality.
If you choose something that you say ostensibly
you don't prefer to choose,
if you have this so called habitual behavior,
the idea is to look to your motivation,
because you are never without motivation,
never for a second...ever, ever, ever, ever, ever, ever...ever.
Never without motivation,
you are always motivated to choose some definition,
some belief system...you don't need to be motivated,
you need to understand where your motivation is being placed...
that's the key.

So, if you find that you seem to be reluctant to do something,
that on one level you say, "Well, that's what I would really prefer to do,
why do I keep choosing to do this instead?"

It means you must, by some definition
you have in your mind about this thing,
be motivated to choose this instead,
that means you might have a negative belief system

about what it might take in order for you to really live your joy,
and so because you might think,
"It is a struggle, too much pain to make a change,
or I might fail if I want to move into my joy,
and that's too much to bear."...you won't even give it a shot.
You will say, "Oh, I'm much happier just playing it safe",
and so you are motivated to keep doing what you have always done
no matter how painful it might be,
you are motivated because you have a belief
that to change would be even greater pain.
So get in touch with those beliefs...with those definitions,
find out what they are, because that's all that is stopping you
from doing anything and everything that you desire to do.
That is all your definitions are...that seem so solid...they weigh nothing,
but when you believe in them... they are made of steel,
that's the nature of a belief.

A belief has to be self-perpetuating...self reinforcing,
and has to, by its very definition with few exceptions,
exclude the possibility of any other belief
in order for you to experience that belief...totally.

But with the foundational addition of the underlying belief that:
"All beliefs are just beliefs...that all reality experiences
are just the product of definition",
then you can experience whatever belief you want
as fully as you can,
and then in the next moment, change it...just like that,
because you know that's all they are.

That's the key...be flexible,
have the underlying foundational definition
that there is no reality except what you define it to be,
and then you can experience any reality to its fullest,
and then in the next moment experience a totally different reality
because you will really know...really know for a fact,
that you are, in the next moment, a completely different you,
and that means a completely different "You-niverse"...totally,
completely...absolutely...every change,
no matter how you may define it to seem small,
every change is a total change.

If you have an equation... $a + b = c$,
if you change any one of those variables,
does not the entire equation change?
Of course it does. Change any component whatsoever,
then the entire equation is different...the entire reality is different.

I will give you, for now, one more important definition: Fear.
Fear, fear, fear, fear, fear,
been your friend for a long time.
If you were to treat it like a friend,

you would get more out of it.

Fear...pay attention...fear...

is your natural true vibration filtered through a belief system that is out of tune with your true, core self.

Excitement is your natural vibration filtered through a belief system that is in alignment with your natural, true, core self.

Fear and excitement are the same energy...

you experience them differently because of what you filter them through.

Analogy: You have on your planet

the occupation referred to as "piano tuners".

When you are playing your piano instrument, and you find the sound of the music pleasing,

and then all of a sudden you come across

what you call a sour note, "plunk...plunk...plunk...plunk"

Do you run away in panic and go and hide in the closet?

"I shall never touch my piano again!"

No. You say, "Ah, I require to tune the piano,

so that the note becomes harmonious with all the other notes."

Each key is like unto a definition...a belief.

When you come across one that gives you the sensation of fear, all that's telling you is, "Hey...hey, hey, hey, hey...pay attention, you have a belief in this area of your song

that is out of alignment with the whole rest of the piano".

Fine tune it...bring it back into harmony...don't run away...explore it:

"Bonk, bonk, bonk, bonk, bonk...what would I have to do to tune this?"

How would I have to redefine it?

How would I have to tighten this string

in order to bring it back into tune...into alignment?

Play with it...find out until finally,

"Bonk, bonk, bonk, bonk, bonk...it's back.

Explore what that definition is that allows you to feel

your very own energy in the mode called fear,

because also the paradox is (and paradox is a very powerful tool),

when you make a friend of your fear, "Ah-hah, a fear...oh joy!",

when you know your fear is there to tell you

something you want to know...you will invite it in,

and miraculously, instantly...your fear will vanish,

because you will have transformed it into...first, curiosity:

"What could this mean?" and then joy,

by being willing to explore what it means for you.

That is how you use fear,

fear is just a knock at the door:

"Pay attention to this..."

this is something you want to know about yourself,

this is something you need to know to integrate within yourself,

to become more of who you are".

And wouldn't that be fun? Of course.

So, pay attention to the fear...don't ignore it...feel it,
by all means feel it as fully as you can
and then dive in to the unknown...dive into the fear,
let it wash through you...feel all the sensations that go along with it
and then let your fear ignite you...ignite your burning curiosity,
"What could this possibly mean...what definition would I have to believe in
in order to experience my own energy in this way,
what could it be, I wonder?"

Then, explore...find out what you believe,
find out what kind of definitions you have about reality,
and rewrite them...reinvent them...redefine them,
be creative, use your imagination...that's what it's for.

Once you do that...I guarantee,
and not only do I guarantee...the Infinite has guaranteed,
you will get the result of the change that you make
as long as you make it on all levels,
thought...word...deed,
belief...emotion...action,
complete the circuit...believe in your beliefs,
as you always have,
and reality and the universe and the Infinite will always support you,
as it always has,
but it can only support you to the degree
and in the direction you believe is most true for you,
but it is up to you to define what that truth is,
because the secret is "All truths are true",
that's the nature of the Infinite,
otherwise it wouldn't be infinite, now, would it?

All truths are true...all are equal and valid,
choose which is you and live that truth...until you change your mind,
about what is now in the next moment...true for you,
and live that truth until you change your mind,
until the excitement shifts direction,
follow that excitement...every moment...every moment,
no matter what form it comes in...follow it,
act on it to the best of your ability because that's who you are,
even though it may not come to fruition in the way that you think,
even though it may not live up to your expectations,
follow it because it will put you where you need to be
because excitement is the thread you need to follow,
not how things look on the surface,
because the surface is an illusion,
it's the feeling...it's the knowing that counts,

follow it...because that's who and what you are,
and that's really all there is to it.

That's what it's all about and therefore, I urge you,
we're not telling you what to do,
because as we said we have enough to do
without going around telling you how to live your own life,
but we strongly suggest...for your own ecstasy...we strongly suggest that:

You live your dreams instead of just dreaming about being alive.

We leave you with that.

BASHAR

”Creating Your Reality”

We would like to begin this transmission with the following brief ideas,
to lay a little bit of what you call a foundation or a groundwork
for the primary principles that will generally be contained in almost every
subject we will discuss.

Many of you have heard us talk about certain tools, certain states of
being,...certain states of mind that will allow you to understand who and
what you are as a person...as a being...as a personality, a little bit more
clearly.

For it is in understanding the structure and the nature of yourself as a
person and as a being that will allow you to make changes...make shifts in
your reality in the manner that you desire...in the manner that you
prefer...more effortlessly... with the idea of less pain and more joy.

These ideas now are paramount for what you call the “Age of Transition”,
this “Age of Awareness” on your planet, as you have named it, and thus we
are very happy to help to assist in presenting concepts and tools that are
handy, that you can use very easily, so that when applying them you can
see the results in yourselves and in your physical reality...relatively
quickly.

The idea first and foremost, of course, always begins with self valuation.
We understand from our experience with many of you that one of the most
difficult things that many of you now have to do on your planet...is learn
to value yourself. Because you have forgotten your connection with the
Infinite, and because for thousands upon thousands of your years, you have
been taught to think of yourselves as less than worthy...as undeserving...as
possessing little or no value... and without an understanding of your worth,
without an understanding of your value, no tool we would share with you
would really be effective.

Only when you begin to learn...and behave...and hold true that you are a
worthwhile aspect of the Infinite, that you are a beautiful...and
unconditionally loved... and supported aspect of Creation... and hold yourself

in the same value that the Creation holds you in, only really then will the tools be effective in the strongest way possible.

It only makes sense, for the tools will only be as strong and as powerful as the energy you give them, because the energy comes from you...through you...

therefore you are the one that determines the efficacy of the tool. They do not really have the ability to work of and by themselves because they draw their energy from you-- they draw their realization capability from you.

So let us briefly lay down a little bit of an outline of these ideas so that we will have an understanding and will have something to refer back to as a base point...a base line.

First and foremost as we have said...self valuation. From there comes the understanding of what it means to be a personality structure. A personality structure, very briefly in recap for some of you, in newness for others, is based on three principles. Your personality is an artificial construct...

it doesn't mean it isn't natural, but it is a type of mask that is built... or created...or fabricated from three ideas:

**belief systems
emotions...and
behavior.**

You can understand the analogy of belief systems being like the blueprints of a building. The emotions are the builders--the activation principles and energies that get the building built, and the **behaviour** is the building material... the thoughts and actions that you do.

So, you can instantly understand that the nature of the blueprint...the clarity of the design will determine the ultimate product... that the nature of the builders will determine the quality of the product... and that the nature of the building material will determine the quality of the final building.

When those three things are in alignment, you can understand that your reality will reflect the idea of a strong structure...a strong reality... that is stable in that way. But if either your belief blueprint...your emotional builder... or your behavior building material are somehow lacking or out of balance in the idea of self worth and self valuation, and are not aligned with the other sides of the three sided prism, then of course it would be obvious that your building would be, as you say in your language, a little bit wonky.

So, this whole idea is to help clarify what those three components are really all about and how to maintain them and bring them back into balance.

Now also it takes an understanding that physical reality is really just a mirror and it can only reflect what you put out. There are really only Four Laws in Creation that allow you to experience everything that you

experience:

Law 1 is that You Exist.

Can't do much about that. Now, when we talk first of all about laws, we are not talking about the type of laws that you have on your planet that are in that sense, arbitrary rules and regulations that can be broken...or changed...or rewritten...or ignored. But the idea is even beyond what many of you call laws of physics, because even some of these are only germane to your particular universal reality and in other dimensions many of the so-called laws that you have labelled do not really apply.

We are talking about real laws, because real laws cannot be broken... it is impossible. And it is these four laws that give structure to all of Creation.

So, as we have said... Law 1 is that "you exist". What that actually means when taken out to its ultimate, logical understanding is that if you exist now... you always will and you always have. Therefore you may change form but you will always exist in some way, shape, or form, because "Isness" is the only quality that existence has. It does not know how to become non-existence. Non-existence is already full of all the things that will never exist and there is no room in non-existence for that that does exist. That which exists only has one quality...to be, and thus that is the only thing it will always be. So, if you do exist...you always will...so relax...

Law 2: "The One is the All, and the All are the One."

This simply means that all of the pieces together form "The One"... and that "The One" is the one that knows Itself, simultaneously, as all the pieces...and as "The One". What this means is that Creation is not separate from the Creator, but is made of the Creator and that there is no outside to it, everything that is... every discrete person...place...thing... every discrete concept... every discrete part is a part of the one same whole. And also holographically, every single part is the whole expressing itself as a part of the whole. So the second law is "the One is All and the All are One".

Law 3: "What you put out is what you get back."

Very simple. The energy you give off based on your beliefs... your emotions...your behavior... the vibrational frequency you give off is what determines the kind of reality experience you have... because physical reality doesn't exist except as a reflection of what you most strongly believe is true for you. That is all that physical reality is. It is literally like a mirror.

If you are looking in a mirror and you see your face with a frown on it you know that you don't go over to the mirror and try to force the reflection to smile. You know that if you want to see the reflection smile... you must

smile first. There is no way to change the reflection without you smiling first, but you can also conversely understand that when you decide to smile... the reflection has no choice but to return the smile, because it doesn't have a mind of its own.

So the idea to understand is that physical reality very much is really like a mirror; it will not change until you do first, but if you do... it has no choice but to follow suit because it is only a reflection of what you have put out.

Law 4: "Change is the only constant, and everything changes except the first three laws."

That's it—one, two, three, four—that's it! Every experience you have ever had... are having now... or will ever have... is based on a combination of these four laws to varying degrees... That's it.

The idea to understand is that when you allow yourself to make choices, then your choices are based on your motivation and your motivation is based on your definitions. This is the other way to explain the three-part process. Your behavior...your choices... are based on your motivations. Your motivations are based on your emotions which stem from your definitions...which are your beliefs. So anytime you are making a choice it is always because you have been motivated to make that choice.

Motivation only has two parts to it, this is all there is to motivation. You will always, in every single case, you will always choose what you perceive to be the choice that is closest to pleasure and furthest from pain. That's it, that is your entire motivational force!

But notice I said you will choose what you perceive to be closest to pleasure and furthest from pain and that's where definitions come in... because only as you define what you believe to be pleasurable or painful will you then be motivated to make choices in accordance with that belief.

So, many times you may choose things that on one level seem to be detrimental...or destructive to you, but if you keep choosing it that simply means that you must have a definition in your belief system, somewhere, that says that regardless of how painful it is to keep choosing that, you are somehow defining it as being less painful than making any other choice. That's why it is so powerful to get in touch with what your belief systems are... because when you find out why you may be defining something as pleasurable or painful and you change the definition, you will instantly change your motivation and you will instantly change the choices that you make.

You are all motivated people,
none of you lack motivation...
none of you lack trust.
It's just a matter of where you are placing your trust
and what definitions you are motivated to act upon.
That's all there is to it.

This is how you simplify the things in your life...
by understanding them from the base on up.
From definition...through motivation...to choice.
From belief...through emotion...to behavior.
That's all there is to it...really.

The final thing that we will be including in this "tool kit",
is the idea that we have begun to talk about recently,
that is above and beyond the idea of belief...
and that is simple knowingness...
which comes from the idea of surrender...letting go.
Again, we understand that in many of the definitions
many of you have on your planet
regarding this word "surrender"
many of you will label this as a loss of some sort
or a lack of control of some sort...
and this is not the case.

Surrender,
if we may provide our definition,
is the letting go of the concept
of who you think you're supposed to be
and actually being who you are
because who you are is unlimited possibilities.
When you allow yourself to surrender
to the idea and the experience
that you are created in the image of the Infinite...
which means you are infinite possibilities...
then the physical reality which is only a mirror
can then reflect those unlimited possibilities
back to you...in the synchronicities
as they naturally unfold
in your physical day-to-day life.

Surrender is actually the acceptance of your total self.
It is not in that sense the forsaking of your total self
as many of you have been led to believe
through the definitions that your world has provided you with.
Definitions such as those only serve to limit you.
And this is what we want to share with you
and what we suggest you learn to give up...those limitations.

So that is really what we are going to be discussing
in all of these interactions,
variations of these principles,
it will usually all come down to that idea.
And of course it will usually always come down

to another principle that is all wrapped up in this and that has to do with being your natural true self, which in many cases is simply another way of saying "Follow your joy".

Follow your excitement to the best of your ability because the sensation that you call joy, the sensation that you call excitement, the sensation that you call unconditional love is the frequency of the energy that represents your natural...true...core...original self .
So when you are acting on circumstances and opportunities that bring with them the highest level of joy... the highest level of excitement... you are saying you have the faith to take the steps to act upon your true self and in so doing your physical reality...the mirror... will support you because it has no choice but to do so.

These are the principles that comprise the tool kit of manifestation and change and that's really all there is to it. You will see that almost everything we discuss will come down in one way, shape or form to these ideas if it has to do with your own personal growth and the expression of who and what you are.

<http://www.bashar.org/HOMEMAIN.html>

Quotes Abraham

Statistics are only the results of how others are thinking. They are the calculated results of the way others are flowing Energy. They have nothing to do with you.

Be as **happy** as you want to be in a world gone mad. Be as safe as you want to be in a world that is afraid of everything. Be as healthy as you want to be in a world that is mostly sick. Don't let the statistics that someone else has created affect you. You get to choose - you are wise enough, smart enough, deliberate enough.

We would begin saying, "I'm not ever going to get it done. I'm an eternally expanding Being, and I'm doing great where I am,

and I'm so eager about what's coming." That's the essence of the **vibration** that keeps adventurous things coming, keeps you feeling always excited, stable and secure, keeps you feeling in love with life. All day, every day, count your blessings! All day, every day, make your lists of things you appreciate. And as you keep activating what is working in your life, then more pleasing things on all subjects will flow to you.

A rising tide may "raise all ships" - but it won't raise the rocks. In your desire to empower one another you are often met with disappointment, for you can influence the **empowerment** of only those who are in harmony with self-empowerment. You can't get poor enough to enrich the poor ones. You can't get sick enough to heal the sick ones - and you can't disempower yourself enough to empower those not in harmony with being self-empowered. And, you can't influence the empowerment of another before you are self-empowered.

As you are born into these physical bodies, you experience the vibrational continuum of the generations that have come before you. Their desires as they have lived as individuals - and their Collective Mass Consciousness desire - has emanated to the boundary-less boundaries of the Universe, and Law of Attraction is answering all of those requests. So, each generation who follows the previous generation benefits by the desires that have been exuded by Mass Consciousness.

What you are really wanting to do, as you try to **empower** yourself, or as you are trying to find that passion, is to just stay focused more of the time on things that make you happy - truly, that is the key!

Your influence is far more than one on one. As you are living happily ever after, you are a vortex through which pure Non-physical Energy flows. And the more you allow pure Non-physical Energy to flow into this time and place, the more the vibrational level of your planet is raised. So that more beings, even when they are not asking openly, can begin receiving this influence.

Your **ego** is this physical, conscious perspective. It is the part of you that allows you to add definition to your broader perspective. In other words, if you did not have this perspective, this ability to see and perceive, this "ego", then you would not be as beneficial to the broader scheme of things.

Source never wields vengeance or offers **punishment**, for Source understands you are valuable; you are worthy; you are blessed. Source understands that you never get it done and you cannot get it wrong, and that even when you stand in a place that currently feels wrong, that, ultimately, you will return to what feels right. You can return now to what feels right with an adjustment of your thought process and an adjustment of your vibration and a changing of your point of attraction and a finally letting in of the Well-Being that is flowing to you always.

You are here seeking avenues through which to assist others in feeling clearer about things - for it is through your clarity that you uplift others to greater clarity.

We would never move forward in the face of **negative emotion**. There are many people who would teach you otherwise. They say, you've got to face fear to get over it. And all they do is desensitize themselves to the point that they get themselves into situations where they have no idea what's going on, and the end of them comes rather abruptly... And then everyone calls them brave.

Your **Inner Being** is eternally aware of you, here in this physical body, offering guidance in the form of emotion to help you know - in the moment of the emotion - whether you are moving toward or away from that which you want.

Your **Sixth Sense** is your Inner Being who has a full view of all you are living, all that you have ever lived, and all that is in your future. Your Sixth Sense is your Inner Being with broader perspective of that which you are. Your Sixth Sense is your broad perspective, you can call it God perspective, you can call it Inner Being, you can call it Soul, you can call it spiritual guide. It is the Non-physical part of you that has very keen awareness of that which you are. Your Sixth Sense is your feeling barometer that lets you know the distance between what you want and what you are currently vibrating....your gut feeling.

So many people need you to behave in a certain way for them to feel good. They condemn you for your **selfishness**. "How dare you be so selfish as to follow what makes you feel good? You should follow what makes us feel good." At an early age, you were convinced that you weren't smart enough to know, and that somebody else should make the decisions... You could not live in this culture during the times of your life without getting a huge amount of information relative to that, just in the way people respond to the things you do and say.

We would never do anything that didn't make our **heart sing!...** And so you

say, "But that choice doesn't seem to be there. There's this choice that doesn't make my heart sing, or sort of staying where I am. So what should I do?" And we say, we'd hang around and wait for something that makes our heart sing-and then we'd jump in with all four feet.

We want to speak about **freedom**: This is a Vibrational Universe. The only Source that flows is the Source of Well-Being. And, physical and Non-physical, we are all free to allow that Well-Being to flow to us and through us, or we can pinch it off. It is our call-every time..

When you know that you want something, and you give your **attention** to that which you are wanting, and you vibrate with it - it always comes to you. When you know that you want something and you notice that it isn't coming, by your attention to the lack of it, you hold it away from you - it is really that simple.

Have you noticed that when your calendar is full that you do not get influenced to distraction by what everybody else is doing? It is the same with your thoughts - if you are not deliberate about what you are **thinking**, then you can be swept up with that and that and that...and then your life becomes confusing.

All-That-Is, or **God**, is not finished and waiting for you to catch up. You are the leading edge of thought, here seeking more: more of all that feels good to you, more of that which is fresh and gloriously uplifting. (You are, in essence, bringing heaven to earth.)

Keep remembering: there is not only one prize. And so, say to yourself things such as, "You appeal to me in all of these ways, and I am going to draw the essence of you to me. I will use my visualization of you to align my Energy, and then I will trust that **Law of Attraction** will bring me an exact replica of (the essence of) that which I believe you are.

You are **magnificent, creative beings** who said, "I will go forth into this physical environment, and I will chew upon the data of this new time and place for stimulation of thought." I will come together with other magnificent thinkers and creators, and vibrators of thought, and together - in combination with that which we are from within - we will take thought beyond that which it has been before.

As you think, you **feel**. As you feel, you radiate, And All-That-Is (physical and Non-physical) is affected by your offering. That is your power of influence.

All of you are **Non-physical** as well as physical. In other words, your physical body has sprung forth from a physical place, and certainly you are focused within a physical place. But, the Life Force - the current or Energy that streams into you - that Life Force comes forth from Non-physical, and all of you are receiving it. And so, you are the embodiment of Non-physical.

Those who are ready to hear, do hear, and those who are not ready, do not. And that which is asked for is received, and that which is thrust upon is not.

Achieve, first, the **vibrational essence** of your desire-and then, through the crack of least resistance the manifestation will be delivered... work on the essence of the feeling of freedom; work on the essence of the feeling of empowerment-work on the essence of the feeling of Well-Being... And how do you do that? You can imagine it already having happened and pretend what it will feel like when it is that way. Or, you can look for things in your life that are already like that and beat the drum of that until they play a higher percentage of time in the vibrational signal that you are emanating.

You have an **Inner Being** within you, that has been walking with you all the days of this experience, who is aware of all that you want, and all that you are. We are wanting you to find a very real connection with that which you are - with your broader Non-physical counterpart - with your God-force - with All That Is - with your Higher Self - with your Soul or Inner Being or whatever label you are wanting to assign it, so that you can be and do and have that which you've come forth to be, do and have.

The **"devil"** is a fictional character made up (and perpetuated) by insecure humans who want to control other insecure humans. There's a lot of power in fear, isn't there? There shouldn't be, because, really, what fear is, is power-less. If you understood Source, as we do, you would never fashion such fiction because there is only Well-Being that flows from that which is your Source.

Children's Formative Years - those years when physical man tramples the intuitiveness out of the child.

Every time a new **baby** is born, that baby is pure essence of Non-physical Energy, and is another funnel through which pure Energy comes forth.

Once you emerged into these bodies, all of you did not come into this **body**, just a part of you. A part of your focus is come forth here, while a larger part of you, a broader part of you, a very much older, wiser part of you remains in Non-physical.

See this world as a free world, and see everyone in it as trying-through their individual experiences-to find their way back to that calling, back to that Source Energy. And even though there are billions of them going about it in a way that is different than you would choose, there's no right or wrong way. In other words, bless them all, and get on with the only thing you have any power about, which is opening or closing your vortex to your natural state of **Well-Being**.

The hypocrisy around the subject of **sexuality** is huge. Early on, there were others who were a lot more interested in you satisfying what made them feel good than in satisfying what made you feel good. There were so many things that you felt inclined to go this way, that you were forced to go that way, that at an early age, you made a conscious decision that if it felt good, it was wrong. And if it felt wrong, it was probably right

You acknowledge that your **Inner Being** exists? And we say to you that your Inner Being is very old, it has lived thousands of Life experiences. Your Inner Being sits now as the culmination of all that you have lived - very decided, very sure and very happy - in a place that by your standards, you would say is pure ecstasy. Your role, your work is to harmonize with you, which means - think thoughts that make you feel good - Speak words that make you feel good.

Your **Inner Being** knows exactly the appropriate action or thought or word or contact or synchronistic rendezvous that would be appropriate for you and is eternally offering impulses that give you the feeling to move toward it. So many synchronistic meetings that you experience are encouraged by that broader perspective.

Your **Inner Being** vibrates powerfully and pointedly and, when and if you harmonize with that vibration - it is like a rocket going off...your vibration raises to the point where you can have connection with who you really are. That's when you feel uplifted, that's when you feel inspired, that's when you feel elated, that's when you feel those goosebumps come, that's when it happens...things really begin to happen quickly within your experience...Your work is to more of the time deliberately think thoughts that will lead to thoughts that will lead to thoughts that will lead to that fuller connectedness with who you really are.

Your **Inner Being** is aware of where you stand and what you want and where you stand relative to what you want. Your Inner Being knows how close or how far you are, vibrationally and time wise, from all things. Your Inner Being is also knowing what is in your heart and what is in your mind, and what is in your vibration, that at any point in time, your Inner Being knows exactly the appropriate action or thought or word...that would be appropriate for you.

You are physically focused beings with Non-physical Energy flowing through you. And it is impossible to separate one from the other. So act - act as much as you have physical time or energy or breath within you to act. Action is a delicious way to spend life experience. **Action** is one of the predominant reasons that you have decided to come forth and be in a physical body.

We are wanting to **awaken** within you, your memory of how wonderful you are! How brilliant you are! How good you are! How worthy of whatever you are wanting you are!

Can you feel the perpetual **evolution** of that which you are? In other words, you envisioned you. Now you are you. Now you summon you back through you, and extend it further. That is the reason for physical experience. You are not here to prove worthiness. You are here to extend the creation, creator, creating that you are.

You cannot be joyful without spreading your joy. You cannot be sad without spreading your sadness. You cannot be well without spreading your wellness. You cannot be sick without spreading your sickness. You cannot be poor without spreading your poverty. You cannot be prosperous without spreading your prosperity. Whatever you be, you exude to the

ends of the Universe. The entire Universe benefits by that which you be.

A **belief** is only a thought that you keep thinking. So as you keep thinking this thought, you keep vibrationally attracting relative to that thought. So you confirm your own beliefs again and again and again and again and again. That's why someone who believes in cancer can confirm that belief, or someone who believes in robbery can confirm that belief. So everything is a sort of conformation of belief.

This physical **experience** is the leading edge of creativity. This physicalness is the application of thought to matter - it is the fine-tuning of creation and it is essential to growth - even from Non-physical perspective. You are providing a very valuable service to your broader Inner Being!

When you start adding the "**why's**" to what you want, then you really begin to vibrate in concert with that which you are, and when you begin to vibrate in concert with that which you are, oceans part and mountains move, and people come out of the woodwork to accommodate you

You have within you an **Inner Being**, who will guide you through the path of least resistance, or through the path of most allowance, to the swiftest, surest route for the satisfaction of your intentions.

Friends, there is absolutely nothing in this **Universe** to be guarded against. You exist as beings that vibrate in a place of absolute Well-being. Tell yourself that again and again. Know it. Feel it. Allow it! Be the evidence of it! Be the evidence of it for others - so that they will know it a little more, and trust it a little more. Let your life be the one life that is not out of control, so that you can give one other person the reason to believe that all can be well.

Yes, **act** all that you want - after you have flowed Energy towards the outcome that you seek. Let your action be inspired action, not motivated action. Motivated action is doing it because there is lack if you don't. Motivated action is trying to overcome something. Motivated action is very often trying to perform action that someone else wants you to perform. Let all of your action be inspired action. So how do you do that? You do that by talking about what you want and why you want it. That will bring you to the vibrational connection with who you are, and from that place you will be inspired to the how, and the who, and the when, and the where.

More and more you are beginning to recognize that there is an ecological balance. Well, there is more than just an **ecological balance**. There is an Energy balance, there is an intention balance. In other words, you come forth in great diversity and intensity of wanting and believing, because you know that in the mix there is great clarity, that more thought will come forth.

As physical creatures, you are upon the **leading edge of thought**. You are here so poignantly, so deliberately, so finely focused in this time and place...that in your very precision of experience, you are taking thought beyond that which it has been.

You are much more than you see in these physical bodies. And that is not always easy for you to see, as you are using only your physical senses to make the valuation. But there is another part of you - a greater, broader, and older - that exists, right now, in the **Non-physical** dimension. That is a surprise to most of you. While many of you accept that you have lived before this, that there was something before this physical experience, and while many of you want to believe - you are hoping - that there is something beyond this physical experience, very few acknowledge that, right now, while you are physical, that there is another part of you, a greater part of you that remains in Non-physical dimension. And we are wanting you to know that, so that you may reconnect, consciously and deliberately, with that inner you. We call it your Inner Being. Some of you call it your Higher Self or your Soul. It matters not what you call it, but it is of great value for you to acknowledge that it exists, for there is wondrous guidance that is available to you through this inner you

Our growth, without exception, comes from our **contrast** - comes from our diversity. If we were all same we would be bored.

You wanted the opportunity to experience this delicious **contrast** in time and

space, and with great anticipation you came to co-create with other joy-seeking beings, to fine-tune the process of deliberate thought. (What, where, when and with whom are your choices, too.)

Your **beasts** are here for the purpose of adding balance to the Universe. They are here to enhance your experience. Their greatest value is not the food that they offer you - while that is the way man would look at it. Their greatest value is that they emanate predominantly (it is not always true but it is usually true) they emanate positive Energy. They focus in the moment. They are eternally looking for the positive aspects and they are gloriously oozing positive emotion, which adds to the balance of your Universe

You did not come here as **teachers** in this time to teach everyone, because everyone isn't seeking what you are. You came forth in absolute vibrational response to those upon your planet who are seeking that which you are knowing. So, as you focus upon your connection first, and you understand that those who will benefit from it will gravitate towards you, then you will get together in gatherings - usually it is one on one - with others who feel uplifted by their interaction with you.

No one can create in your **experience**, for no one can control where you direct your thoughts. On the path to your happiness, you will discover all you want to be, do, or have.

Words truly do not teach. True knowing comes from life experience, and that is the reason that we are all continually engaging in life experience. But we offer these words, that they might stimulate your thinking, that through your thoughts, you may draw life experience that will bring you to a clearer understanding or to more knowing. Truly, a teacher is a stimulator of thought.

It is only in your physicalness that you feel singular in your ability to be: "**I can only be in one place at one time**, I can only do one thing at one time." But from your broader perspective, you are multi-dimensional

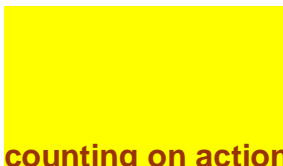
You did not intend to remember the details of **past lives** because they would serve only as

clutter and confusion in this one

This is one of the most **remarkable times** of physical man being physically focused and Non-physically intertwined. It's the reason we call it time of awakening. So let's begin by saying, you wouldn't have missed it for anything. Every Non-physical Energy of good report, praiseworthy and eager to be of value to the Universe and to the All-That-Is, is present in some form or other on this planet at this time. We don't know of any intense Energy that is not represented by one of you. In other words, we are here in all of our fanfare and all of our glory to experience the remarkable planet Earth experience

As you have made the **decision** to be here, to experience life, you have intended to understand, through this physical life process, the Creative Process, that you may deliberately create that which you choose within this physical life experience. It is your dominant intention as you are in physical form at this time

So, your **reason for being** here is to be physically focused and connected to your Source for the purpose of taking the Source of pure, positive Energy beyond that which it has been before. That's how this physical earth plane got here. Somebody like you from broader, Non-physical perspective imagined a delicious physical experience, and in that pure flow of Energy it is come to be.



When you are **counting on action** to get what you want, it is hard work. And that's why most of you don't have the life experience of joy that you seek. In other words, it becomes a life experience of just gathering up stuff, and even in the gathering up of stuff in this mediocre creation, you're tired. You work long hard hours and you get very much disconnected from your feeling of freedom, just to eke out a meager living, because you are counting on action to make things happen. And action isn't where it's at - it's in the vibration

You are the creator of all that occurs in all of your life experience. You create your physical life experience through your thoughts. Literally, every thought that you think gives birth to a creation.

What is it about you **Physical Creatures** that makes you believe that you must justify your existence? Is that not what makes you clamor and climb and struggle so hard? As if someone else is taking score, and if you are not moving far enough fast enough, then you

will be judged? And we say: There is none of that! You don't have to justify your existence. Being here justifies your existence!

More of you are creating by **default** rather than by conscious and deliberate intent, and it is our desire that we may stimulate your thoughts, as you read these words, to the point of understanding how it is that this creating is occurring. And as you understand the process by which you are creating, then you will have more possibility of being in deliberate control of your current life situation.

You cannot judge the value of a life by its length.

By satisfying the **intentions** that you identify in this delicious physical time and place, and using those wonderful experiences as touchstones to flow Energy toward, you allow yourself to be a funnel where pure positive Energy streams through you into this time and place, part of your fulfillment of life. And the other thing that you do, is that you vibrate so in harmony with who you are, and by virtue of the new stimulation of thought, of the new data of the physical time and place, you take thought beyond, and experience beyond, what it has been before, fulfilling another very clear intent of your reason for existence.

You are **physical beings** in this physical dimension - because you have intended it to be that way. As you are experiencing this life experience, you are fulfilling that decision that you have set forth prior to your physical birth.

Seeking a **beginning place** is not an easy thing to do, for each of us is at a different point of understanding. There is not a specific order to learning or to growth. Each of us, at our current point of understanding or from our current perspective, set our thoughts into motion, and they attract life experience - and from that life experience we draw our knowing.

Nothing is more exhilarating than to **dance through life recognizing that the Universe is there to yield to you whatever you want whenever you want it**

The **numbers on your planet** do not vary as much as time progresses as you think. The balance of your planet, in terms of physical humans or squirrels - is always perfectly maintained. You worry about population as if is something that is controlled from the physical perspective. It is not! The numbers that exist upon your planet today are actually fewer than in other civilizations. There have been many occasions when the population of your planet was much more

"Enjoy the **journey**, and if it isn't created today, it is all right - if it isn't created tomorrow, it is all right. Don't become so fixated upon your ending places that you run through life with your tongue hanging out! Because when you are feeling the lack of time, or the pressure of time, then there is no value."

When you are **deliberately deciding** that you want a thing and are giving your conscious deliberate thought to it - that is creation at its best, but when you are giving thought to that which you do not want, but nevertheless creating it - that is creation by default.

While you have lived many **life experiences**, both physical and Non-physical, you have no conscious memory of that which you have experienced before this physical lifetime, and that enables you to consciously remain focused upon this lifetime, and upon that which you are now wanting to accomplish.

Regardless of whether your **thoughts** are in the direction of what is wanted, or in the direction of what is not wanted - in the direction of that which excites you and pleases you, or in the direction of that which you fear, which does not please you - every thought has creative power.

If you are to be the **joyful beings** that you intended to be as you emerged into these bodies, it is necessary for you to understand that what you seek, is harmony with you. And once you find harmony with you, then everything in your world will fall into place

You have not come here to prove yourselves **worthy**. You've come here because you saw physical life experience as delicious and you wanted the experience. You wanted the

environment, you wanted the data, you wanted the process, you wanted the sensualness, you wanted the physicalness of thought, you wanted the combination of that which you are from Inner Perspective and that which you are from physical perspective - because the combination is so very, very good.

There is a tendency to feel yourself **rushed**, in other words, "we have very little time for this." And that, above all things, takes the joy out of your journey, doesn't it? When you have to do something with your attention upon the pressure of time, rather than enjoying the delicious creativity of the project, we say, it is of little value to create anything under those conditions.

To summarize the **Creative Process**: All thoughts create - and the more emotion that is present at the time that a thought is set in motion, the faster the creation is being received - and as frequent thought is given in any direction, without the hindrance of negative thought, there is certain creation, eventually

Just as there is no ending to life, there is no ending to **growth**. For both growth and life are eternal, or everlasting. And while physical experience does have decided beginnings and endings, the ending of a physical life experience is certainly not the ending of life - nor is it the ending of growth. And while all life experience is growth experience, physical life experience provides an opportunity for a specific sort of growth that is available only through physical life experience. And it is for that reason that each of you, in physical form, has so specifically and so deliberately intended, and wanted, to be a part of this physical life experience.

It was a lot of **Non-physical Energy** imagining a physical environment of sensuality, a physical environment where the Earth itself was self-sustaining, and that everyone on it, a guest upon it, could have all of the resources that would ever be necessary to provide for a luxurious and delicious physical experience. Thousands upon thousands upon thousands of Non-physical Energies imagined this place of bliss and opened this vortex that was so powerful that it literally reached to the boundaries of the Universe to draw the mass that was necessary in the creation of it. And this "big bang" they talked about wasn't one fast explosion. It was a series of explosions, as the ideas and mass met

Thoughts that you set forth in combination with great emotion are the most powerful of your thoughts, whether they are positive thoughts (in the direction of what is wanted) coupled

with positive emotion, or negative thoughts (in the direction of what is not wanted) coupled with negative emotion - the strong emotion that you feel as you are giving thought, indicates that you are bringing into physical realization, that which you are giving thought to, very quickly.

You are powerful, **powerful creators**, here with tremendous intent - but the intent cannot be measured by physical terms. That gets so confusing as you try to decide the path you are meant to follow. You become overwhelmed with the possibilities. And so, we are wanting to remind you, you did not come forth with one path - you are too broad for that

The only way for you or any to reach this place of understanding of this life experience, in the context in which it was intended, is to reconnect with who you are - to gain that sense of the overall picture - sense of the, I am and why I am here.

The **thoughts** that you think, regarding those things that you want, set into motion the creation, and eventual fulfillment, of that which you want. The thoughts that you think, regarding those things that you do not want, set into motion the creation, and eventual fulfillment, of that which you do NOT want.

It is not possible to create within the **life experience** of another. You cannot create in their experience - and they cannot create in yours. Therefore, everything that you are experiencing is by your own creative hand, or more appropriately said, by your own creative thought.

As you are **noticing** that what you have intended has not yet occurred, what you are giving your attention to is the lack of that which you want. And as you give your attention to anything, you create more of it. And so your notice that it has not yet occurred creates more of it not yet occurring. Your notice of the lack creates more of the lack.

The laws of the universe remain constant, regardless of the dimension in which you dwell. The Law of Creation is such a Law.

That part of you who made the **decision** before your physical birth is still a part of you. We call it your "inner being," for there are not accurate physical words to describe this part of you. It is a broader, wiser, certainly older you - the part of you that transcends physical birth and death. It is the part of you that is aware of all of the experiences that it has participated in, both physical and Non-physical, - and you may have access to the knowing that is held by your Inner Being, if you will allow it.

What is, "**creating by default**"? It is setting into motion the creation of something that you really do not want, by giving your attention, or focus of thought, to it until it is created, and much of what you are experiencing would fall into that category. The usual response when one hears for the first time that they are the creator of their life experience - and that all that they are experiencing, without exception, is by their own doing - is, "How can that be? I would not have created this thing that I do not want.

It is the **allowing** part of this equation that is out of balance for most of you. Many of you have long lists of unfulfilled wants, and although there is always room for improvement in clarifying precisely what it is that you are intending, as more of you begin to allow yourself the receipt of that which you want, there will be much more deliberate creating occurring, and as a result, there will be much more joy and contentment experienced.

We will state the **law of creation** in simple terms here: want it, and allow it to be - and it is. (Perhaps even a better term than "want," would be, "intend," for in the intending, there is wanting, certainly, and also an expectation for the receiving. "Intend" is a broader, more inclusive word) We will restate the Law of creation: Intend it, and allow it - and it is.

You **attract** by your vibration. Everything in the Universe is experiencing the powerful Law of attraction...And when you are vibrating in pain, you cannot attract joy. The vibration of pain attracts only pain. The vibration of joy attracts joy, the vibration of illness attracts illness...The Law IS, and the wonderful thing is that once you understand the Law, and you are sensitive enough to feel how you are vibrating, then you have control of your experience.

Recognize that you have only to state, "**I want a new red car,**" and leave it at that - not setting forth your counter-creation, your contradictory-creation, your destructive-creation, your anti-creation or your un-creation. Offer only those thoughts and words that are in the

direction of what you want.

Many of you, as you set a **creation into motion**, remove the possibility of its creation at the time you give birth to the creation. For example: "I want a new red car, but it is too expensive." You see, you have given birth to your new red car, on the one hand, and in the same breath you have removed the possibility of receiving it by your statement, "but it is too expensive". And much of that which you would create is voided in just that way.

You wanted the opportunity to experience this delicious **contrast** in time and space, and with great anticipation you came to co-create with other joy-seeking beings, to fine-tune the process of deliberate thought. (What, where, when and with whom are your choices, too.)

We are wanting you to understand who you are and **why you are here**. And we are very much wanting you to "feel" your connection with your Inner Being, because when you make that connection, never again do you feel insecure or fearful or unable or incapable or alone. Once you make that connectedness with who you are, then you can get down to the business of doing and being and having that which you've come forth into this physical experience - to be and do and have

What you're beginning to **understand** is that first of all - all things are possible, everything that you can flow Energy toward, you vibrate with and you attract the physical tangible proof of it. Then you come to the place that you have really intended to be, you come to the place of saying - What do I choose to give my attention to? What part of this immense spectrum of possible thought am I wanting to contribute to?

It doesn't really matter what **religion** anybody believes. If their life is working (and there are many different approaches to life that are working very well) then why not let them believe whatever they want to believe? It's all working in the way that it is supposed to be. There are religions that you wouldn't want anything to do with, that are perfect mechanisms for the people who are involved in them. And therefore, they are a very good thing

No one connected to **Source Energy** would ever harm another. It's an interesting thing: More injustices, more discomfort, and more unhappiness is projected at others under the name of righteousness, under the name of law abiding, under the name of law, and under the name of religion, than all other things put together. In other words, don't worry about it.

If you have the ability to **desire** it, the Universe has the ability to deliver it. You've just got to line up with what you want, which means-be as happy as you can be as often as you can be there, and let everything else take care of itself.

You are all **perfect** and expanding; you are all adored and worthy; you are all here having your exposure to experiences and doing the best that you can from where you are. You have not been sent here in a test or trial; you're here as creators as part of an expanding Universe. You can't have it both ways. You can't have, at the root of that which you are, Well-Being, and then have that same root of Well-Being have the capacity to pronounce you evil. It is vibrationally impossible. That judging, vengeful God is manufactured from humans' place of deepest despair.

There has never been an injustice anywhere in this physical time/space reality or anywhere else. Law of Attraction does not promote injustice. Law of Attraction amplifies the vibration that is within you.

Everything that I think that I need to do is all only in order to propel me to some place that when I get there, I think I will be happier. So, everything that I am doing, no matter what it is, all of my lists of rights and wrongs... are all about me getting to a **manifestation** that I believe I will then be happier... So, why don't I take a short cut and just go get happy?

You cannot receive **vibrationally** something that you are not a vibrational match to. And so, bless those who are finding abundance. And in your blessing of them and their abundance, you will become abundant, too. But in your cursing of their abundance, you hold yourself apart from it. It is a law - it is a powerful law.

Your **government** is the by-product of the vibration of

the masses. A war is the by-product of the vibration of the masses. In other words, this is not a war that your government has waged against your will. This is a war that has grown vibrationally from the vibration of the masses.

You're not ever going to **teach** them how to vibrate, nor would you want to change them all to a place of vibrating just like you. Your work is not to fix them; they are not broken. Your work is to choose from among all of that which feels best to you, and fixate on it as long as it gives you pleasure and joy. And in doing so, you will align with the Energy of your Source, and you will live a magnificent experience. You just have to not let your joy depend upon what anybody else is living, 'cause that'll get you every time.

So, look at your world that seems bent on **revenge**. The suicide bomber didn't just wake up one morning in the middle of a joyful life and decide to go kill some people. That person, whoever it was, was living such a feeling of disempowerment, that the only access they had to anything that gave them even an opportunity to have a breath of air, in that moment, was a feeling of revenge. We agree, we don't want them to get stuck in that feeling of revenge and then go kill themselves and other people. But we certainly understand how they got there. Nobody wants to feel powerless. And so, the suicide bombers are just those who are saying, "Well, I can do this one thing. You've taken away my power in this way, and in this way, and in this way, but there's one thing you cannot take away from me: my power to take myself out and a bunch of other people with me, hopefully."

Every bit of it is about **economics**. Every bit of it, without exception. Everything about religion is about economics. Everything about politics is about economics. And everything about economics is personal satisfaction. Everyone is personally motivated to do the best that they can possibly do for themselves.

You are free to choose to discover new avenues for **joy**. In your joy you will grow, and in your joyous growth you will add to the growth experience of All-That-Is. (However, you are also free to choose bondage or pain.)

It's interesting that the path to **peace** often is war. We, like you, don't agree that it's making things better, but we don't think they're wrong; and we understand the thinking behind it. And if you get involved in every disagreement of every point of Consciousness, your life's just going to be in a scramble. Finally you have to say, "This isn't about me. I didn't wage this war. I didn't pick this war. I don't understand this war. I'm not going to think about this war, and I'm not going to use it as my excuse to not feel good any more."

When you take the **problems of the world** on your shoulders, your body doesn't feel good. It's just that simple. Leave the problems of the world to the individual problem-makers of the world, and you be the joy-seeker that you are.

Each of us gets to have our own **perspective** from which we desire or prefer, and Source Energy answers every single one of us. There's no shortage of Source; there's no shortage of answers; there's no shortage of substance. There's no shortage of all of the stuff or non-stuff that any of us wants-there's no shortage of it. It expands proportionately to our ability to desire it.

We would not **role-play** anything that we don't want to live. We wouldn't watch movies that play out scenarios that we wouldn't want to attract-because your vibration is your everything. Why would you deliberately activate something within you-that is going to be a player in your point of attraction-that could bring you something that you do not want?

If you connect with your **Inner Being**, then you fulfill your purpose for being. If you do not connect with your Inner Being, then you just spin circles. You die feeling unfulfilled and that the life experience was for naught; there was no value from it, no growth-not any joy either. The two go hand in hand. So the happier you are, the more of that value you are fulfilling.

You do not have to be good.

**You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves...**

No one can create in your **experience**, for no one can control where you direct your thoughts. On the path to your happiness, you will discover all you want to be, do, or have.

What can we gain by **sailing to the moon** if we are not

able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless, but disastrous.

When you are in sync with the Energy of Source, which is the Energy of Well-being, Well-being is your experience. And when you're not you don't feel so good. Everything that you're living is a perfect replica of the vibration of your being.

The more playful you are about it, then the easier it all is.

Nobody else knows your **reason for being**. You do. Your bliss guides you to it. When you follow your bliss, when you follow your path to joy, your conversation is of joy, your feelings are of joy - you're right on the path of that which you intended when you came forth into this physical body.

Is it an employment "opportunity" or bondage? Because what you really want is **freedom**, many of you equate working for other people as bondage, but if you would realize that the corporation, as an entity, is not so different from the individual, it might be easier to understand the employer's decisions. Long before the buildings or the workers, the visionary of the corporation had an idea for something that began summoning Energy. So years later maybe you are hired as a part of that team, and without realizing it you are now the beneficiary of that continuing flowing Energy. When you step into one of those employment positions, Life Force is summoned through you because of the vision of the founder-unless you're bucking the current. Most get into that fast moving stream and paddle against the current-and then complain about it being a hard ride-where they could get into their canoe and easily paddle with the fast moving current. You can soar and thrive in any environment as long as you are not seeing things that you are using as your reason to paddle against the current. And so, it doesn't really matter what others are deciding. The question is: "As I am choosing to stand here, it's a way for dollars to flow through me in exchange for the effort I am offering. Am I predominantly letting the Energy flow through me, or not? Am I letting it in?"

Worthiness, in very simple terms, means, I have found a

way to let the Energy reach me, the Energy that is natural, reach me. Worthiness, or unworthiness, is something that is pronounced upon you by you. You are the only one that can deem yourself worthy or unworthy. You are the only one who can love yourself into a state of allowing, or hate yourself in a state of disallowing. There is not something wrong with you, nor is there something wrong with one who is not loving you. You are all just, in the moment, practicing the art of not allowing, or the art of resisting.

Aren't you just thrilled that there are **billions of beings** of intelligence within you? Cells that each know what's best for them? And as they find what's best for them, it is ultimately what's best for you-unless you're focused upon something unwanted and using that as your excuse to block the flow. They are asking, Non-Physical is answering. Are you in the way or are you letting it flow? That's what this "Letting go and letting God" is all about. It's about relaxing and no longer hindering the communication between the individual askers. Every particle gets to individually decide. And as every particle asks, it is answered-and the Whole continues to thrive.

Do you have to change your **vibration** on a particular subject in order to let it in?" No, you don't. You could pet your pet and let it in. You could sit with your feet dangling in the bay, and let it in. If it is a subject that you often think of in an attitude of resistance, it is really worthwhile reaching for some thoughts that feel better. You could launch an intention and never think about it again, and the Universe would yield it to you. You don't have to clean up your vibration relative to anything, if you can just not think about it any more. That's why we teach meditation. It's easier to teach you to have no thought than to have pure positive thought. When you quiet your mind you stop thought; when you stop thought you stop resistance; when you stop resistance-then you are in a state of allowing.

Is it **reality**, or is it not reality? All things are reality. Even if only one is imagining it, it is a reality in that the thought has been offered and someone, who has the ability to translate that vibration, will perceive it. It must be fair to say that anything that can be perceived must be reality. Because, as creators, your reality depends upon what you are willing to imagine and allow

Is this pill really an effective pill? Is this process really an effective process?" Anything that causes you to allow what you desire is the process of coming into **alignment**. And so, we're not, in any way, validating or invalidating anything. Many offer their "dog and pony show" as being the one that works. And good for all of them. We applaud anything that assists someone in allowing the Well-being, that they so much want and deserve, to flow.

Reduce your **workload** by 30% and increase your fun load by 30%. And you will increase your revenues by 100%. And you will increase your productivity by 10,000%. (If there could be such a percentage.) More fun, less struggle - more results on all fronts.

Sexual Energy and Spiritual Energy are identical Energy. When you are tuned in, tapped in, turned on-that's the "turned on". When Source Energy flows through you, it flows through you. You cannot separate one from the other.

If there is no **source of illness**, why are there so many sick people?" It is because they have found lots of excuses to hold themselves in vibrational discord with wellness. They are not letting it in. And when they don't let it in, the absence of it looks like sickness. And when enough of them do it you say, "Oh, there must be a source of sickness. In fact, let's give it a label. Let's call it cancer. Let's call it AIDS. Let's call it all kinds of terrible things, and let's imply that it jumps into people's experience." And we say it never jumps into anybody's experience. It's just that people learn through trial and error, and through banging around with each other, patterns of thought that don't let it in.

In most **lawsuits**, most people just use each other as their excuse to disconnect from the Stream. And then they just suffer until the one who is the least disconnected wins the lawsuit. But it is still an exercise, in disconnecting from Source Energy, that we think is never worth the price of the reward, no matter how great the reward of a lawsuit is.

You are **killing** more of each other every day over your quarrels over religion than all other things put together, because you cannot even come to an agreement about what you think God says, or wants for you. On one side of the world God wants something different than the other. On one side of the room, in one side of your mind, God wants something different than on the other. The power is within you. You are extensions of this powerful Source Energy. You are literally God expressing in this physical body. And so, as you are standing in a thought, or in a word, or in an action that feels good to you as you are standing there-then you are fully open and allowing all of that Divine Energy to flow through you. And in that moment you are all that you said you would be when you decided to come forth into this body. You are the extension of pure positive energy. You are in your full creative power. You are thriving. You are clear-minded. You are joyful. You are filled with love. You are

who you are-you are allowing that which you really are.

We practice the **Art of Allowing**. Which means reaching for the thought that feels best, not the thought that is the real thought, not the thought that is telling it like it is. Telling it like it is only holds you where it is: "Damn it, I'm going to tell it like it is. I'm going to tell it like it is, because everybody wants me to tell it like it is." Tell it like it is if you like it like it is. But if you don't like it like it is, then don't tell it like it is-tell it like you want it to be. If you tell it like you want it to be, long enough, you will begin to feel it like you want it to be, and when you feel it like you want it to be, it be's like you want it to be.

Could I think too little about my **desire**, for it to manifest?" Actually, no, because as the contrast launches the desire, and then you do not offer any opposing thought, then you're letting it in, and it will manifest. Many of our physical friends really believe that they must find a desire and then hold tenaciously to it. And we say, you do not need to do that. Let the variety of your life keep balance in your life. You just concentrate more on holding yourself in the good-feeling place where you're letting it in.

"The **beasts** that came before you, who banged around on this planet, denoted, at cellular, conscious and unconscious levels, their preferences. And that is how the atmosphere was prepared for you. They did not write one thing on their "things to do today" pads. They just be'd and perceived and concluded and asked vibrationally. And the Universe expanded as a result of their willingness to have exposure to the contrast. And you are not different from them. You have no greater responsibility than they did. The contrast produces the desire within you, and the Universe expands as a result of it. The only question is, the question that we want so much to answer is, are you letting it in? Are you letting yourself experience the benefit of your precious focus and your vast experience in the here and now? You'll never get it done. You cannot get it wrong. So don't you think it's time for you to lighten up and start having more fun with all of this, and accept that you are Eternal Beings? And since you are Eternal Beings, then there's no point in rushing, because there's never going to be a time when you don't exist."

Everything is **vibrational**. "I'm letting it in or I'm not. And I'm using lots of things as my excuse to let it in, or as my excuse not to let it in." But it's all vibrational. Otherwise, we should be able to take 100 people, give them all identical exposure to experience, and get

identical results. And you can't do that. You'd get 100 different results, and you'd get several big differences in results.

If you feel **drawn to someone**, but you are annoyed because you think that they are telling you some lies, try to look beyond the lies and try to focus upon the feeling. People offer all kinds of words for all kinds of different reasons. Most lies are offered to try to keep things in alignment. We're not encouraging it, but the motive behind lying is usually a pretty honorable motive. In other words, when a child lies to their parents, it's usually because they want to be free to do what they want to do, and they don't want their parents to be upset about it. It's about wanting an alignment. Physical ears have a hard time hearing this. You keep talking about "We need to be honest." And we say, we don't meet any of you who are honest. Even those who claim to be the most virtuous, are not honest, but your vibration always is. We would trust the feeling more than the words.

You cannot be all things to all people to keep them in the place of **connection** because it's not about you. Their connection is about them. Finally, with enough trial and error, you come away from it saying, "Oh, it's not my job to please them. It's their job to please them. It's my job to please me." It's your job to find vibrational harmony with you and You. Sometimes people hear us say these words, and they worry. They say, "Abraham, you teach selfishness." And we say, indeed we do, because if you're not selfish enough to connect to Source Energy, you don't have anything to give anybody anyway. They say, "But, we worry, if you teach people to just please themselves, then will not they be out there doing all kinds of abhorrent things that will negatively affect the rest of us?" And we say, any abhorrent things that they do, only affect them and others that are a vibrational match to them. They cannot assert themselves into your experience. Everything is about attraction.

What **children** do you know who have not had sexual curiosity, and who have exposed each other to sexual experiences, that don't grow up feeling guilty about it? But when there's an adult involved in it, it all wraps around the feeling of guilt and the feelings of not being able to express yourself sexually. There are all kinds of sexual deviants in your culture that almost without exception all exist because of the pressing of the irrational laws around the subject, both religious and secular. The surest way to make a deviant society, is to make a whole lot of deviant laws.

Contrast helps you to identify desire. Desire is summoning. It's always flowing

through you. You have the opportunity of opening to the harmony of the vibration of your desire or not. As the desires are being summoned through you, and you go with the flow, you thrive, but if you use things to be your excuse for not going with the flow, you are arguing for your limitations. We want to show you how to go with the flow. Which means nothing more than finding vibrational harmony with your own desire, and letting the Universal Energy that your desire is summoning to it flow to it through you. It is optimum creative experience.

There are **endless paths** that lead to Source. And it is the connection to Source that is ultimately sought after by all. Everyone wants to believe that they have found the path. And, oh, it is glorious when you find that which you believe is your path. That is alignment with Source Energy. But when you say, "I have found my path, and you over there on that other path, you're not on the path," in that moment of judgment, you're not on your path either. Compliment them on their choices. Never push against their path. Never put them in the position where they must defend their path by condemning yours. Instead, appreciate their path. Appreciate it as their method of connecting with Source Energy. And we promise you, there is not one method that is better than the other.

Many say to you, "Don't be selfish." And what they mean is, "Satisfy my selfish intent, not your own. I'd be a lot happier if you were doing the things I need you to do in order for me to be happy". And so, the best gift that you could give to anyone, would be to be a liver of unconditional love. In other words, you're loving them, even though they're not loving you because you're not doing what they need you to do in order for them to love you. But it is not keeping you from loving them.

The **birds** of your planet are often messengers or translators of Non-Physical Energy; all beasts are, to a certain extent. But the birds of your planet are used often in that way. Non-Physical Energy, wanting to express something to physical, often finds a bird as a very easy messenger, because the birds are mobile, they are everywhere, and they are willing. And they are vibrationally intuitive, sensitive to vibration more so than most beasts, and therefore pliable to the will, if you will, of the Energy.

You can be fully satisfied with where you are, understanding that you're **eternally evolving**. When you get into that place of feeling appreciation of where you are and of who you are, and appreciation of what you are, and you accept that you are a never-ending, always unfolding Being, then you can stand in that delicate balance of being optimistic about what is to come, without being unhappy about where you stand. Find a way of eagerly anticipating future changes, while at the same time you are in love and satisfied with who, what, where and how you be.

You have an **Inner Being** within you, that has been walking with you all the days of this experience, who is aware of all that you want, and all that you are. We are wanting you to find a very real connection with that which you are — with your broader Non-physical counterpart — with your God-force — with All That Is — with your Higher Self — with your Soul or Inner Being or whatever label you are wanting to assign it, so that you can be and do and have that which you've come forth to be, do and have.

Expectation indicates the juncture between where you are and where you want to be.. Where you want to be, is your desire, and where you are, is your Set-point or habit of thought. And somewhere, in there, is what we would call expectation. Expectation, whether it is wanted or unwanted, is a powerful point of attraction.. Your expectation is always what you believe. But the word expectation does imply more what you are wanting than what you are not wanting. It is a more positive word than it is a negative word, but of course, you could expect negatively—and whatever you expect, you will get!

.....someone said to us very clearly one day, "I have been taught that I should not make clear **decisions** about my desire, that desire is really the root of evil. And that if I desire these material things -- that they clearly cannot be spiritual things at the same time. Materialistic things are not spiritual things, and so I have been taught that I should be without desire.

And we say, And what is the reason for that" And they say, "That I live a good life." And we say, "Is that not a desire?" Or they say, "Then I will be rewarded with heaven," and we say, And is that not a desire? Or they say, "I am taught that I will then be happy," and we say, **Is that not a desire?**

You cannot be without **desire**. The entire Universe is pointed toward a desire formulating within you, and the same Universe is pointed toward fulfilling the desire that you have identified. This is what the expansion of the Universe is about, you see

Nothing needs to be **fixed**. Everything is unfolding perfectly. So when you stand in your now accepting that all is well, then from that vibration, you become surrounded by more and more evidence that all is well.

But when you're convinced that things are broken, that there is pollution, or that things have gone wrong, or that the government is doing conspiracies... then what happens is you get caught up in that vibration, and you begin to manifest that kind of stuff, and then you say, "See, I told you that things were going wrong."

You cannot be all things to all people to keep them in the place of **connection** because it's not about you. Their connection is about them. Finally, with enough trial and error, you come away from it saying, "Oh, it's not my job to please them. It's their job to please them. It's my job to please me." It's your job to find vibrational harmony with you and You.

Sometimes people hear us say these words, and they worry. They say, "Abraham, you teach **selfishness**." And we say, indeed we do, because if you're not selfish enough to connect to Source Energy, you don't have anything to give anybody anyway. They say, "But, we worry, if you teach people to just please themselves, then will not they be out there doing all kinds of abhorrent things that will negatively affect the rest of us?"

And we say, any abhorrent things that they do, only affect them and others that are a vibrational match to them. They cannot assert themselves into your experience. Everything is about attraction."

Follow what you know to be true. if it feels good, it's right on. if it doesn't

feel good, it's not. that's it, that's all there is to that.

Through the day, our **intent** would be to be sensitive to the way we feel.

And if we found ourselves feeling ornery or aggravated or irritable or disappointed about something, we would stop right in the middle of that feeling, as soon as we identified it, and we would say, "Hum, what is it that I am making a vibrational match with right now?"

This ornery feeling is a match with things going wrong. It's a match with not getting what I want. It's a match..." And within about thirty seconds, you would be laughing about the silliness of this vibrational match.

Your joy factor will remain constant as you are continually refining your ideas of what you want, and that's why it is so important for you to get everybody else out of the equation.
They've got their own game going on; they don't understand your game.

Give them a break; stop asking them what they think.
Start paying attention to how you feel.

Joy will be yours immediately, and everything else that you have ever thought would make you happy, will start flowing, seemingly effortlessly, into your experience."

You're feeling really really **rotten**, and some bright-eyed shiny person comes in and says "you know you are the creator of your own reality", you sort of want to punch their lights out. You wish they would just go away, because you are vibrationally very different from where they are and that's the last thing you want to

hear.....we are not asking you to look at something awful and call it good.....Just find something fresh in your now that you are excited about and turn your attention to it.....be selfish enough to reach for the thought that feels better"

We've noticed as we've **watched** all of you that your energy is always pure when you're thinking about what you want and **WHY** you want it than it is when you're thinking about what you want and how you're gonna get it and where it's gonna come from or whose gonna help you because you don't have answers to those questions. And so all it does is activate the vibration of doubt and worry. Where if you're thinking about what you want and **WHY** you want it, it's usually a vibration of allowing that allows the Universe to open more doors for you.

Let's say you have a piece of very fine sandpaper, and you rub it with your fingers. It is so fine that at first, it feels almost like velvet. So you rub it a little more, and a little more, and a little more.

In the beginning, there is no detriment to this experience. But the longer you rub it, the more unpleasant it becomes. Your skin is beginning to feel some sensitivity--and after an hour or two, maybe even some beginnings of blisters. Yet sometimes, that sandpaper is really the only thing visible in the room. And even though the experience is not very pleasant, you've got this habit going. Then, all of a sudden, you realize "Hey, I don't have to do this!" and you simply lift your fingers up off the sandpaper!

Our favourite analogy is the cork that bobs on the surface of the water. And when you hold it under the water, it is unnatural. It is natural for you to let go of it, and it is natural for it to bob. But when you take hold of a thought that does not feel good, and the negative emotion sweeps over you, you remain in an unnatural state

If we were standing in your **physical shoes**, we would not allow or accept or tolerate long-standing negative emotion. Instead, we would

use negative emotion in the way you all intended. We would feel it and know it for what it is: As an indicator that, in this moment, I have my attention upon something that is not in vibrational harmony with who I really am or with what I am wanting. Not forever, but in this moment.

We say, the answer to a good life is in not resisting a good life, because a good life is natural to you. It's your legacy. It is your inheritance. It is flowing to all of you

The one who fears something the most is the one who has it most **activated** in their vibration. And so, it is logical that they would experience it

You want **appreciation**. Even though you like what's happening now doesn't mean that you still don't want appreciation or greater stimulation. It just means you're not using something in your now as your excuse to not let in all those things that you've been wanting. The perfect creative stance is satisfaction where I am, and eagerness for more.

We are all **Vibrational Beings**. You're like a receiving mechanism that when you set your tuner to the station, you're going to hear what's playing. Whatever you are focused upon is the way you set your tuner, and when you focus there for as little as 17 seconds, you activate that vibration within you. Once you activate a vibration within you, Law of Attraction begins responding to that vibration, and you're off and running—whether it's something wanted or unwanted.

A **belief** is only a thought that you keep thinking. So as you keep thinking this thought, you keep vibrationally attracting relative to that thought. So you confirm your own beliefs again and again and again and again and again. That's why someone who believes in cancer can confirm that belief, or someone who believes in robbery can confirm that belief. So everything is a sort of confirmation of belief.

That's why so many of us teach **meditation**. Because when you stop thought, you stop resistant thought. When you stop resistant thought, then you let it in. That's why we teach appreciation, because when you're in appreciation, you are not in the mode of resistance, and you are letting it in.

More of you are creating by **default** rather than by conscious and deliberate intent, and it is our desire that we may stimulate your thoughts, as you read these words, to the point of understanding how it is that this creating is occurring. And as you understand the process by which you are creating, then you will have more possibility of being in deliberate control of your current life situation.

Negative emotion is your indicator of resistance, while positive emotion is your indicator of allowance. And they are on the same meter: allowance; resistance. Allowance; resistance.

Two statements that will serve you very well. The first is: **There will always be war**. There will always be those who aggravate within others a sense of trouble in order to promote the solution that they already have their mind made up about. And so you're never going to come into agreement as a mass consciousness that this is "the way." There will always be disagreements; therefore, there will always be turmoil; there will always be war. The other statement, that is our favorite, is, Well-Being will always abound, so the dominant experience of the majority of people will always be one of Well-Being. So, you can decide, at any point in time, in what part of this you want to play. You can use anything as your excuse to align with Well-being, or you can use anything as your excuse to not align. The thing that we think is at the heart of this discussion, is my own personal power. We think that's what you are, sort of, struggling for and reaching for.

You are powerful, **powerful creators**, here with tremendous intent — but the intent cannot be measured by physical terms. That gets so confusing as you try to decide the path you are meant to follow. You become overwhelmed with the possibilities. And so, we are wanting to remind you, you did not come forth with one path — you are too broad for that.

World peace, means one mindset big enough to make the decisions about what everybody else wants, and the rest of the world conforming. That is the ultimate definition of world peace. You say, "Oh, let's get along!" And what each of you mean is, "You do what I want." A peaceful world means, "Everybody wanting what I want. Going along with what I want." And the only problem with that is, there are more than one of you, and you have endless desires that are born within you. The ultimate experience is, everyone having their experience and launching their individual rockets of desire, and the Universe yielding to all of them simultaneously. And everybody not worrying about what anybody else created, and so, then allowing what they are wanting. What a world that is, when there are endless desirers, who are allowing the fulfillment of their own desires.

"The greatest destruction that takes place upon your planet, and the greatest sadness that is brought about as a result of it, are your man-made, **man-induced wars**. And yet, when we feel in to the vibration of the masses that are involved (not just the leaders, but the masses that are involved) within the conflict, is a satisfying adventure. Wars are created because they are satisfying something within large numbers of people—or it would not be."

The majority have been programmed from their past experience to expect **physical decline**. And while it is something they don't want, they are programmed to expect it. And so, they're going to get what they expect. It's not that what they expect is the reality that everyone lives, but that everyone lives the reality of what they expect.

Your **Inner Being** vibrates powerfully and pointedly and, when and if you harmonize with that vibration — it is like a rocket going off...your vibration raises to the point where you can have connection with who you really are. That's when you feel uplifted, that's when you feel inspired, that's when you feel elated, that's when you feel those goosebumps come, that's when it happens...things really begin to happen quickly within your experience...Your work is to more of the time deliberately think thoughts that will lead to thoughts that will lead to thoughts that will lead to that fuller connectedness with who you really are.

We would be called Pollyanna if we were in your physical body. We would be called one who does not face reality. We would be one who ignores facts and evidence. We would be one who would be called

unrealistic. We would be one who is so interested in feeling good that we would gloss over everything until it does feel good.

We would ignore warning signs and we would beat the drum of what feels good. We would not vote for new laws. We would attempt never to control conditions. We would adapt attitudes such as, Well, what will be will be.

We would just relax and allow. We would beat the drum of allowing, and we would look for reasons to feel good. And we would walk through space and time with good things happening everywhere we go, with people standing in amazement and saying, "It just doesn't seem possible that that person who doesn't seem to think about anything could be living so well."

Even while virtually everything in our society tells us, reminds us, and insists, that we are limited, aging "creatures", who live lives between luck and fate, in a hard, unforgiving world. The truth however, and this will likely ring bells in your heart of hearts, is that we are **INFINITE and POWERFUL... fun loving gladiators of the Universe; Adventurers just being human, with eternity before us, and the power of our thoughts to help shape it.**

WE MAKE OUR OWN REALITIES, OUR OWN FATE AND OUR OWN LUCK... that, is how powerful we are... and THAT is how powerful YOU are, and to offset all the contradictory thinking of the masses, YOU NEED TO HEAR THIS KIND OF MESSAGE as often as you have to hear all the others.

It's not necessary for you to exacerbate your **contrast** with struggle in order to get it into a higher place. It is not necessary to suffer in order to give birth to desire. But when you have suffered and you have given birth to desire, so what? You've got a desire. Turn your attention to the desire. Think about where you're going and never mind where you've been. Don't spend any more time justifying any of that stuff.

Those who are ready to hear, do hear, and those who are not ready, do not. And that which is asked for is received, and that which is thrust upon is not.

You will never reach the place where you will not need to be diligent about your **choice** of thought. Because you live in a world that is determined to show you every pocket of despair. So you must diligently choose. But it gets easier and easier and easier to do so. Right now, it may feel to you like those moments of Connection are the rare ones. There will be a time

when those moments of Connection will feel so normal that it will shock you when you get into a place of disconnection.

You are here seeking avenues through which to assist others in feeling clearer about things — for it is through your **clarity that you uplift others to greater clarity.**

As humans have come to believe that the **longevity** of life is more important than the quality of life, you have found ways to keep yourselves alive for longer and longer periods of time, under the fear that something could go wrong. If we were in physical shoes, we would be looking for the path of least resistance to believe in the self-healing qualities of our physical body. We would not be promoting so much outside intervention, because the outside intervention keeps squirreling around. In other words, every time you turn around they have a new idea about what is the best procedure for all of that.

We will state the law of creation in simple terms here: want it, and allow it to be — and it is. (Perhaps even a better term than "want," would be, "intend," for in the intending, there is wanting, certainly, and also an expectation for the receiving. "Intend" is a broader, more inclusive word) We will restate the Law of creation: **Intend it, and allow it** — and it is.

There is thought and there is Thought Form, and there is Manifestation. Manifestation is always in the eye of the beholder. So this time-space-reality that everyone is perceiving is nothing more than vibrational interpretation. So the Thought Form of that which is man was set forth from Broader Perspective, and has continued to evolve by the experience of those who were having the experience here on the planet. And what you actually see as man or human is vibrational interpretation. Now, did man come from ape? No, man was a different idea. So how does the idea of **evolution** occur? And we say, because the idea of each species was set forth, and as the experience of the species is lived, the idea expands. So the expansion is happening from the Leading Edge place, and is supported from the Source Energy that flows everywhere the idea goes

Jerry said to us "Can you choose **foods** that are beneficial to us?"

And so we said "Yes, follow us."

And we went through the grocery store and filled their cart full of different foods from all departments.

And said "If we were standing in your physical shoes this is what we would choose."

And Jerry said, "What is it about this food that has caused you to choose it?"

And we said, "There are no preservatives in any of this food."

And Jerry was not sure he believed that because he had not seen us reading any labels.

He just saw us putting things in the basket.

And so he read every label only to discover that none of the food that we had selected had preservatives in it.

How were we able to choose it?Vibrationally.

In other words, all of the food was more alive, none of the food had been rid of its life qualities by trying to preserve it, by killing most of what's active within it.

In other words if you want your bread to last you better kill the active ingredients otherwise that bread is going to become mouldy just like it is supposed to.

And if you don't want it to do that then you have to put something in it that destroys it's ability to do that which makes it less alive, which makes it less beneficial to you.

We acknowledge that.

And so we are not for a moment saying to you that there are not foods that are more a vibrational match to the mechanism that is you.

Certainly that is true.

But we do not encourage approaching it from the outside in by making lists of things I should eat.

We encourage that you get in alignment with who you really are and let who you really are choose your food.

You have the ability to control the **power of your thoughts**. You have the ability to control the power of your mind. You have the ability to make a vibration dominant that matches your desire. You do. And that's all it takes. And that's all any successful person ever has done. It's all anyone who has ever achieved anything that they wanted has ever done. They just wanted it, and talked themselves into believing it.

You have to find a way to be all right with thriving because you are always going to want to **thrive**... The economy is moving forward in response to the desires of people. And depriving yourself of something does not make more money for someone else to spend... If there were not people who were purchasing things, then all of the people who are working at manufacturing and marketing them would have to find some other ways of making their living... There are so many people who innately want to thrive, who as soon as they begin thriving a little, begin imposing all of these exterior judgements about how much thriving is appropriate, "It's appropriate to thrive that much, but not that much." And you have to ask yourself, "At what point do I lose the balance of thriving?"

Just like when you set your radio tuner on 98.6, you can't hear what's being broadcast on 101 FM: Your **frequencies** have to sync up. So, the frequency of your desire and the frequency of your day-to-day thought about your desire have to be on the same vibrational wavelength. And how do you know when it is? It feels good to think about it. How do you know when it isn't? It doesn't feel good to think about it.

So, it might be a good idea to start talking about where you're going instead of about where you are, and where you've been. Because, as you talk about where you are, or about where you've been, that's the signal that you offer—and that's the signal that everything Universally is responding to.

That's why it feels sometimes like you're stuck on this spot. You're not stuck because things are always changing.

But if it feels like you're stuck, it's because they're changing to the same thing over and over again.

Your motor's always running and the Universe is always responding to it, and wherever you're pointed is where you're going, and if you're pointed to the past, then you're just recreating more of the same, or if you're powerfully looking at what-is, then you're just creating more of the same thing. But if you are looking forward; if you are looking into the future; if you are looking for change; if you are looking for new, if you are looking for improvement, then that's what's coming to you – it has to be.

It is illogical for it to
be otherwise.

You have the ability to **control** the power of your thoughts. You have the ability to control the power of your mind. You have the ability to make a vibration dominant that matches your desire. You do. And that's all it takes. And that's all any successful person ever has done. It's all anyone who has ever achieved anything that they wanted has ever done. They just wanted it, and talked themselves into believing it.

The Universe can please all of you at the same time. "Well, how can that be? If I want to live in the mountains and she wants to live at the ocean, how could the Universe possibly please us both?" And we say, as each of you gets to the essence of why you want what you want, and are not pointing at the other and saying, "No, no, not that, please not that," the Universe can fulfill both. **Be playful.** Know that it's going to be alright no matter what. Have as much fun as you can. Be as easy as you can. Don't take anything very seriously, because everything blows over, good and bad. You can't stand still. So nothing lasts very long. The best of experiences you must move beyond – and the worst of experiences you must move beyond. Don't make where you are too big of a deal. Let it be what it is: It's a moment in time where you have the choice to feel good or feel bad. That's all that it ever is.

Do you feel capable of **choosing** for yourself? Do you feel worthy of getting to choose, in other words, do you think that it is right that you would choose, that your environment would produce for you opinions and preferences and do you think that you are valued enough or worthy enough or stable enough that it's right that you would get to choose? Or do you think that somebody else has already chosen it all from non-physical or other wiser physical beings and now it's your job to just figure out what they think you should do and do your best to do that or do you like the idea of getting to choose?

We want you to identify your right to choose. We want you to begin to understand that not only is it something that is all right but it is something that you were born intending to do... You came into an environment of variety and

difference and contrast so that you from your unique, oh such a good word, such an important word, from your unique perspective could have your unique experience and you could uniquely put in your two cents worth and it's far more than two cents worth...it is the perspective that causes the expansion of the universe.

Clarity

A very fun and effective tool is, let's say you are feeling unfulfilled about something, and so you imagine doing something different. And even though the idea of it isn't a very strong idea, you still go with it just to see what it will give you. You just play it out: Pretend it either way. Pretend that you are doing it, and then pretend that you don't do it. And often, out of that will be born another idea, or another idea, or another idea.

But most of you are accustomed to responding to the reality that you are living – and so, you are having knee-jerk responses to what already is. You said, "often I find it's better to just clear the deck." So it's sort of like wiping away your launching pad. It is often more beneficial to stand right where you are, even if it's in a place that you don't want to be, so much, and let the contrast net you a really good rocket of desire.

Any subject that you take, if you will run with it long enough, it will do one of two things: It will either produce more clarity of what is wanted, or more clarity of what is not wanted. It will stir something up. And in either way you win, because all genius is, is attention to a subject. So if you get hold of something, and you really focus on it, the Universe is going to give you more information about it.

What often happens, though, is that you're sort of running in two directions with it. You're going with it because you don't know what else to do, but you're not enjoying it fully. And so, you're fanning both ends of that "Stick" (subject) which gives you the feeling that you're standing still, until finally it just becomes unpleasant, and then you just put the "Stick" down.

Don't spend much time doing anything that isn't feeling really, really good. If it doesn't get to feeling good, pretty darn fast, then leave it and reach for another.

If all you did was just look for things to **appreciate** you would live a joyous, spectacular life. If there was nothing else that you ever came to understand other

than just look for things to appreciate, it's the only tool you would ever need to predominantly hook you up with who you really are. That's all you'd need.

The "**devil**" is a fictional character made up (and perpetuated) by insecure humans who want to control other insecure humans. There's a lot of power in fear, isn't there? There shouldn't be, because, really, what fear is, is power-less. If you understood Source, as we do, you would never fashion such fiction because there is only Well-Being that flows from that which is your Source.

What children do you know who have not had sexual curiosity, and who have exposed each other to **sexual experiences**, that don't grow up feeling guilty about it? But when there's an adult involved in it, it all wraps around the feeling of guilt and the feelings of not being able to express yourself sexually. There are all kinds of sexual deviants in your culture that almost without exception all exist because of the pressing of the irrational laws around the subject, both religious and secular. The surest way to make a deviant society, is to make a whole lot of deviant laws.

Metabolism is vibrational response to your moment in time. Metabolism is the way the Energy is moving through your body. And so, everything is in response to the way you feel—everything is. Everything is mind over matter. Every disease is mental first. Everything is about thought. Everything is about vibration. Everything is about the way you feel. Practice scenarios that feel good—and never mind reality.
Reality is only a brief moment in time that you keep repeating.

Milk every moment for all the pleasure you can get from it. When you say, "It is my dominant intent to look for things that feel good today. No matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, it is my dominant intent to look for what I'm wanting to see, to look for things that feel good," and the more you develop the habit of that kind of vibration — the more the Universe understands that that's who you are! And so, the more you have access only to those kinds of things!

Just as there is no ending to life, there is no ending to growth. For both growth and life are eternal, or everlasting. And while physical experience does have decided beginnings and endings, the ending of a **physical life experience** is certainly not the ending of life — nor is it the ending of growth. And while all life experience is growth experience, physical life experience provides an opportunity for a specific sort of growth that is available only through physical life experience. And it is for that reason that each of you, in physical form, has so specifically and so deliberately intended, and wanted, to be a part of this physical life experience.

There are no quick fixes to society, in general, but there is a quick fix to you as **teacher**. You can get happy right now. You can see it not as a problem, but as an opportunity. You can see it not as something that needs to be fixed, but as co-creation, out here on the leading edge, expanding

Resistance not only shortens your life experience, it dims the quality of your every moment. And so, the recipe for a long and joyful life experience is for you to have many things to think about—with little resistance.

You can reverse anything. As long as you are consciously releasing resistance, and not allowing it to mount...

If you could see an **aerial view of your life**, an aerial view, where we are seeing you, electrically, it's like you are standing here, and over there is a doorway, and on the other side of the door is lined up all of these things that you've been wanting. They're just leaning on the door, just waiting for you to open it. They've been there from the first moment you asked for them: Your lovers, your perfect mates, your perfect bodies, your perfect bodily conditions, all of the money that you could ever imagine ... all things that you've ever wanted.

Things, little and big. Things that you would call extraordinary and significant, and things that you would call not very significant.

Everything that you have ever identified that you wanted is lined up right outside that door. And in the moment that you open the door, all things wanted flow to you. And, then we will hold a seminar on how to deal with the manifestations, with all this stuff that is flowing in.

It's not your job to create anybody else's reality. It's your job to create your **own reality**. And if you will choose things that feel good while you're thinking about it, you're going to have one whopping of a good reality.

We're not here to save the Universe. The Universe doesn't need saving. We're not here to help the Universe expand; the Universe can't help but expand. We're here to assist you in getting into a **receiving mode** so that you can be the receiver of the benefit that you are providing for the Universe at large.

When you take the **problems of the world** on your shoulders, your body doesn't feel good. It's just that simple. Leave the problems of the world to the individual problem-makers of the world, and you be the joy-seeker that you are.

If you connect with your **Inner Being**, then you fulfill your purpose for being. If you do not connect with your Inner Being, then you just spin circles. You die feeling unfulfilled and that the life experience was for naught; there was no value from it, no growth—not any joy either. The two go hand in hand. So the happier you are, the more of that value you are fulfilling

Regardless of whether your **thoughts** are in the direction of what is wanted, or in the direction of what is not wanted – in the direction of that which excites you and pleases you, or in the direction of that which you fear, which does not please you – every thought has creative power.

We practice the **Art of Allowing**. Which means reaching for the thought that feels best, not the thought that is the real thought, not the thought that is telling it like it is. Telling it like it is only holds you where it is: "Damn it, I'm going to tell it like it is. I'm going to tell it like it is, because everybody wants me to tell it like it is." Tell it like it is if you like it like it is. But if you don't like it like it is, then don't tell it like it is—tell it like you want it to be. If you tell it like you want it to be, long enough, you will begin to feel it like you want it to be, and when you feel it like you want it to be, it be's like you want it to be.

All the **resources** you will ever want or need are at your fingertips. All you have to do is identify what you want to do with it, and then practice the feeling-place of what it will feel like when that happens. There is nothing you cannot be or do or have. You are blessed Beings; you have come forth into this physical environment to create. There is nothing holding you back, other than your own contradictory thought. And your emotion tells you you're doing that. Life is supposed to be fun—it is supposed to feel good! You are powerful Creators and right on schedule. Savor more; fix less. Laugh more; cry less. Anticipate positively more; anticipate negatively less. Nothing is more important than that you feel good. Just practice that and watch what happens. There is great love here for you.

As you don't allow the **Well-being** in, it shows up in shadows in your life that are illnesses in your body, and deprivation of things that you want. Then you assign those things labels, and over time you come to believe that that is a reality that has a source somewhere. And then you develop whole bodies of information to protect yourself from the "evil source" that never existed to begin with.

It doesn't really matter what **religion** anybody believes. If their life is working (and there are many different approaches to life that are working very well) then why not let them believe whatever they want to believe? It's all working in the way that it is supposed to be. There are religions that you wouldn't want anything to do with, that are perfect mechanisms for the people who are involved in them. And therefore, they are a very good thing.

Negative emotion is your indication from your Inner Being that the action you are considering is not in harmony with your greater intentions.

More and more you are beginning to recognize that there is an ecological balance. Well, there is more than just an ecological balance. There is an Energy balance, there is an intention balance. In other words, you come forth in great diversity and intensity of wanting and believing, because you know that in the mix there is great clarity, that more thought will come forth.

The right timing

The attitude that we would have is: The Universe is lining it up just right, and the timing will be just exactly right. And I'm not doing anything wrong. I'm doing everything just exactly right. And in the perfect timing, in a timing that I cannot even quite see yet, this is going to happen. And meanwhile there isn't anything else for me to do.

How is it that you all get so involved in things that have nothing to do with you?

The Law of Attraction is a huge Law. So next time you find yourself thinking: Well, I should write one more affirmation, or I should do one more Virtual Reality. I need to do something. I must be doing something wrong, or what I'm wanting would be, we say, what you need to do is chill out. **What you need to do is relax and accept that you've done your work.** You've asked; the Universe is doing it's work; it is answering. Your work is to get into this place where you joyfully receive it.

You can't take score about when it's coming or where it's coming, or how it's coming. In other words, you accept, in this faith-based attitude, it is coming, and all is well. And as you do that, ahh.

Then when you really get there, then it doesn't matter how long it takes -- but it doesn't take any time, then. If you could say, "I don't care how long it takes," you're there! And then it takes no time. But as long as it matters how long it takes, you're not there - and it's going to take a long time. Good, you got that. You all got that. (That was really good, did you write really good?)

You will be guided with a precision that will knock your socks off.

Just get happy in any way you can. Do the things that please you most. Spend time with the people that thrill you most. Go to the places where you bask easily. And most of all make a decision that, "Nothing is more important than that I feel good!"

And under those conditions you will be guided with a precision that will knock your socks off. Not just to an area that will receive little disruption, but to an area where you can thrive. To an area where you can find joy. To an area where you will rendezvous with the others you've intended.

Law of Attraction says, "That which is like unto itself is drawn." Vibrations are always matched. So, as you experience the contrast which inspires the new desire, this new desire, whether it is a strong one or a soft one, is summoning unto itself proportionately. And as it summons, it is always answered. It is the basis of our Universe: When it is asked, it is always given. Humans think they are asking with

their words, or even with their action, and sometimes you are, but the Universe is not responding to your words or your action. **The Universe is responding to your vibrational calling.**

We are wanting to **awaken** within you, your memory of how wonderful you are! How brilliant you are! How good you are! How worthy of whatever you are wanting you are!

You did not come here as **teachers** in this time to teach everyone, because everyone isn't seeking what you are. You came forth in absolute vibrational response to those upon your planet who are seeking that which you are knowing. So, as you focus upon your connection first, and you understand that those who will benefit from it will gravitate towards you, then you will get together in gatherings — usually it is one on one — with others who feel uplifted by their interaction with you.

There is no condition that you cannot **modify** into something more, any more than there is any painting that you can paint and not like and just paint over it again. There are many limiting thoughts in the human environment that make it feel like it is not so, as you have these incurable illnesses, or these unchangeable conditions. But we say, they are only "unchangeable" because you believe that they are.

If you were going on a vacation, you would not say, "I'm going to all of these cities and eventually I'll come back home. Oh, wait a minute -- I'm already home. Why go?" "I think I'll just check vacation right off my list." "Cause you went on the vacation for the fun along the way, and we want you to start fantasizing well-being for the fun along the way. We don't want you to need the end result so much that it hurts you that you don't have it so that you disallow the **well-being**. If you could just see it from our vantage point, oh, you would feel so much relief.

If you could just feel that what you want is there for you, and all you have to do is say, "Okay, thanks. Okay, thanks. Okay, thanks." Instead of, "Okay, but I'm not sure if I really deserve it, and I'm not sure that I've suffered long enough, and I'm not sure that I've paid a big enough price, and I'm not sure that I've worked myself...."

Just, "Okay, thanks. Okay, thanks." That's the place we want you to be. We want you to expect good things to come to you, and then they come in all manner of form and fashion.

Resistance is about believing that you are vulnerable or susceptible to something not wanted and holding a stance of protection, which only holds you in a place of not letting in the Well-being that would be there otherwise. There is nothing big enough to protect you from unwanted things — and there are no unwanted things big enough to get into your experience.

The joyous place you may be standing is **temporary**, and the abhorrent place that you may be standing is temporary. Your now reality is only a temporary, momentary culmination of what you've been thinking about.

"What is my purpose here?"

Abraham: To know that you are God.

What is my purpose, as a physical being, coming forth into a physical time/space reality? Your purpose is to chew on the contrast for the purpose of giving birth to a unique new desire in this moment that will summon Life Force or Energy toward it.

Contrast exists. You don't get brownie points or anything for that. And you don't get any for the desire that is born out of the contrast, because that's the natural process. And so, once the contrast has produced desire within you, and the desire is summoning Life Force unto it, your work is to

Healing would be instantaneous within any body whose thinker could deactivate the thought of **resistance**. You could have been assigned the label of every deadly disease known to man, and if you didn't know it and you were basking in the beauty of something in your now, and were doing it consistently over a period of less than 30 days—those diseases could no longer linger in your body, because the vibrational

resistance that was the reason for them would be gone.

Your **choices** of action may be limited--but your choices of thought are not.

If you guide through anything other than your own example, it crosses over into the category of **control**. If you say, "This is what I've found that works for me, try it if you like." That's guidance. If you say, "This is what I've found works for me, and if you don't follow it, you're in trouble," that's control.

Selfishness

You cannot be all things to all people to keep them in the place of connection because it's not about you. Their connection is about them. Finally, with enough trial and error, you come away from it saying, "Oh, it's not my job to please them. It's their job to please them. It's my job to please me." It's your job to find vibrational harmony with you and You. Sometimes people hear us say these words, and they worry. They say, "Abraham, you teach selfishness." And we say, indeed we do, because if you're not selfish enough to connect to Source Energy, you don't have anything to give anybody anyway. They say, "But, we worry, if you teach people to just please themselves, then will not they be out there doing all kinds of abhorrent things that will negatively affect the rest of us?" And we say, any abhorrent things that they do, only affect them and others that are a vibrational match to them. They cannot assert themselves into your experience. Everything is about attraction.

If you connect with your **Inner Being**, then you fulfill your purpose for being. If you don't connect with your Inner Being, you just spin circles here -- You die feeling unfulfilled, and that your life experience was for naught; there was no value from it, no growth -- no joy either. The two go hand in hand! So the happier you are, the more of that value you are fulfilling. If you connect with your Inner Being, then you fulfill your purpose for being!

Worthiness, in very simple terms, means, I have found a way to let the Energy reach me, the Energy that is natural, reach me. Worthiness, or unworthiness, is

something that is pronounced upon you by you. You are the only one that can deem yourself worthy or unworthy. You are the only one who can love yourself into a state of allowing, or hate yourself in a state of disallowing. There is not something wrong with you, nor is there something wrong with one who is not loving you. You are all just, in the moment, practicing the art of not allowing, or the art of resisting.

.....what we are wanting you to come to realize is you can make well-being "true".

Or you can make not-well-being true. Cancer is "true". It's just not usually wanted. Violence is "true", it's just not usually wanted.

And we want you to begin to realize that "facing the facts" because they are "true" only perpetuates the "truth" you would not choose for yourself.

No matter what the issue is, don't try to justify why you don't feel good. And don't try to justify why you should feel differently. Don't try to blame whatever it is you think the reason is that's keeping you from feeling good. All of that is wasted effort. Just try to feel better right now.

Before you can live anything, in what you are calling physical manifestation—you have to have conjured it in vibrational form. You have to have imagined it before it can become a reality. Everything that you are living here in this physical body, you have imagined before you are living it.

If there is something that you have to do, resist the temptation to do it under duress. Ask yourself "What's the worst thing that would happen if I didn't do this?" If you can get away with not doing it at all, don't do it! Imagine what would it feel like to have it done. Spend a day or two, if you can, just 15 minutes here, 5 minutes here, 2 minutes here, and here, and here imagining it completed in a way that pleases

you! The next time you decide that you're going to take action about it, the action is going to be a whole lot easier.

You have to be in the vibrational proximity of your own desire if there is to be any evidence of movement toward your desire. The simple fact is vibrations have to line up.

It is not your initial response to something that sets the tone of your vibration or your point of attraction. It's what you do with it later that has lasting effect.

Our intention is to vibrate so fully that which we are, that that part of you that is same, must assume vibrational resonance with it - so that we literally evoke from you that which you are. Just like some ornery person can evoke the worst from you, that which is at your core, can evoke the truth of you, you see.

...it feels sometimes that you might even be off the track but you are not. You just have a new perspective from which to clarify your wanting.

Expectation indicates the juncture between where you are and where you want to be... Where you want to be, is your desire, and where you are, is your Set-point or habit of thought. And somewhere, in there, is what we would call expectation. Expectation, whether it is wanted or unwanted, is a powerful point of attraction... Your expectation is always what you believe. But the word expectation does imply more what you are wanting than what you are not wanting. It is a more positive word than it is a negative word, but of course, you could expect negatively—and whatever you expect, you will get!

Everything that I think that I need to do is all only in order to propel me to some place that when I get there, I think I will be happier. So, everything that I am doing, no matter what it is, all of my lists of rights and wrongs... are all about me getting to a manifestation that I believe I will then be happier... **So, why don't I take a short cut and just go get happy?**

See this world as a free world, and see everyone in it as trying—through their individual experiences—to find their way back to that calling, back to that **Source Energy**. And even though there are billions of them going about it in a way that is different than you would choose, there's no right or wrong way. In other words, bless them all, and get on with the only thing you have any power about, which is opening or closing your vortex to your natural state of Well-Being.

We want you to **feel free**. We want you to feel so free, that you can ignore what anybody else says, and not need to even tell them that you're ignoring them. What an art that is, to live your own life and keep yourself happy, and not make waves with them. In other words, that really is the Art of Allowing.

Do you have to change your **vibration** on a particular subject in order to let it in?" No, you don't. You could pet your pet and let it in. You could sit with your feet dangling in the bay, and let it in. If it is a subject that you often think of in an attitude of resistance, it is really worthwhile reaching for some thoughts that feel better. You could launch an intention and never think about it again, and the Universe would yield it to you. You don't have to clean up your vibration relative to anything, if you can just not think about it any more. That's why we teach meditation. It's easier to teach you to have no thought than to have pure positive thought. When you quiet your mind you stop thought; when you stop thought you stop resistance; when you stop resistance—then you are in a state of allowing.

You intended to come forth into physical experience to live, to love, to laugh, to play — to look for reasons to feel good!

There are always those who thrive when masses are dying of sickness. There are always those who thrive economically when economic decline seems to be the order of your nation. There are always those who are clear-minded, in environments of confusion. You do not need everyone or anyone else to align with your desire—only you need to **align with your desire**.

Your Inner Being is eternally aware of you, here in this physical body, offering guidance in the form of emotion to help you know — in the

moment of the **emotion** — whether you are moving toward or away from that which you want.

Wouldn't it be nice if I could decide to make the best of everything.

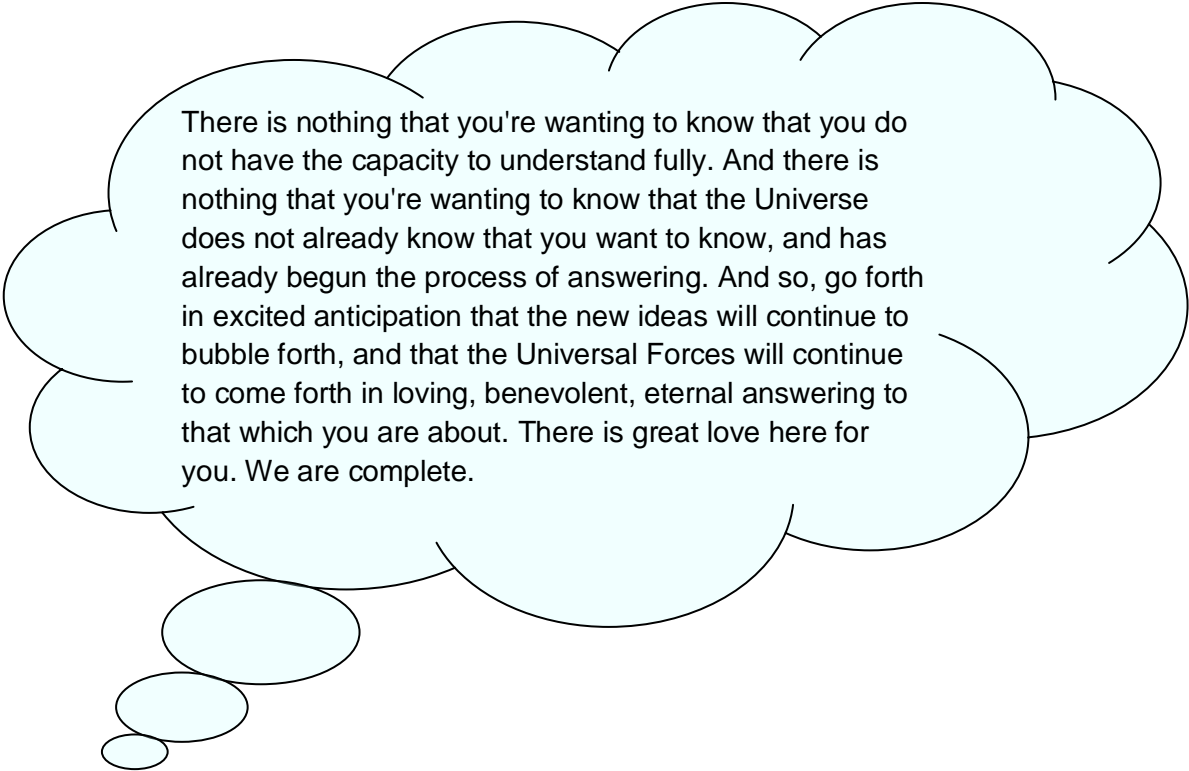
Why don't you do that?

Why don't you *immediately* make the best of something?

It's because in your pain, at not being where you want to be, you sort of lose your place. You get so wrapped up in where you don't want to be, that you forget that help is on the way.

And we want you to know that help is always on the way. It's always there.

Deliberate **vibration** is more about deliberately feeling good — deliberately feeling good. Feeling good: not because there is a reason to, and not because the president is making the best decision, and not because my body looks exactly how I want it to look, and not because everybody is treating me in the way I think I should be treated — but feeling good because I want so much to feel good, that I look only where I feel good when I look.



There is nothing that you're wanting to know that you do not have the capacity to understand fully. And there is nothing that you're wanting to know that the Universe does not already know that you want to know, and has already begun the process of answering. And so, go forth in excited anticipation that the new ideas will continue to bubble forth, and that the Universal Forces will continue to come forth in loving, benevolent, eternal answering to that which you are about. There is great love here for you. We are complete.

This is the Time of Awakening.

This is the time when more physical humans than ever before, in **all** of created history, will be able to find vibrational alignment with their own desires - with their own vibrational escrow, in their own time space reality and begin manifesting right before their eyes that which most previous generations took 3 or 4 or 5 or 10 generations, before they came to the place of beginning to allow.

Without your perspective, Universal expansion would not be. It's time for you to take credit for the important part you play, and yield the good stuff to yourself by virtue of your own **self-appreciation**... If we were standing in your physical shoes, a day would not go by that we would not make a list of positive aspects of ourselves, and of those that are closest to us that mean the most to us in terms of interaction. A day would not go by that we would not count our blessings, and express them in every way we could. In that acknowledgment, you bring yourself in alignment with how You really feel about you. How You really feel about you is absolute adoration. And

if you ever feel anything less about you—or about anyone—you are not You.

The most significant thing for a **parent** to contribute to anyone, is their own Connection and their own stability. An effective parent is a happy parent. An effective parent is a parent who laughs easily and often, and who doesn't take things so seriously.

Within the **seed of your desire** is everything necessary for it to blossom to fulfillment. And Law of Attraction is the engine that does the work. Your work is just to give it a fertile growing place in order to expand.

Whenever you're trying to understand anything that is as huge as all of the **Universe**, or as huge as all eternity, all you have to do is bring it back to something simple that you do understand, and ask the questions and apply them. And then you can understand the Whole. Everything that's true of the Whole is true of the individual.

Enlightenment means literally aligning to the Energy of my Source.

And genius is only about **focusing**. Law of Attraction takes care of everything else.

Physical humans often want to make enlightenment about finding some process and moving through the process that has been pre-described. But true enlightenment is moving to the rhythm of the internal inspiration that is coming in response to the individual desire. Enlightenment is about allowing my Connection to the Source that is me for the fulfillment of the things that I have individually defined here in my time-space-reality. That's as good as it gets!

You don't have to **justify** the way you feel.
The way you feel is the way you feel.

You literally teach each other your **vibrations**. Someone who empathizes with sickness, gets sick. Someone who empathizes with poverty, is poor. Someone who empathizes with abundance finds abundance. Someone who empathizes with

wellness lives wellness.

"When you have lived an experience that helps you understand, in an exaggerated way, the very thing you do not want, you also understand, in an exaggerated way, what you DO want. But when you are painfully aware of what you do NOT want, you are not in alignment with what you DO want.

"When you desire something that you do not believe is possible, you are not in alignment.

"When there is something that you want and you are feeling unhappy that you do not have it, you are not in alignment.

"When you see someone who currently has the very thing that you desire and you feel jealous, you are not in alignment."

"Regarding your creation of your own life experience, there really is only one important question for you to ask:

"How can I bring myself into vibrational alignment with the desires that my experience has produced?

"And the answer is simple: Pay attention to the way you feel, and deliberately choose thoughts -- about everything -- that feel good to you when you think them."

You are Beings who intend to come forth and to continue to expand and grow and change. **What is the perfect age?** "Well, it's the age where I finally understand my freedom, and I finally understand that I am free to create, and it's the age that I am at my most beautiful." And we say, by whose standards? In other words, who gets to decide the perfect age? And we say, rather than determining what the perfect age is, why not decide what the perfect state of being is—and then discover that you can find the perfect state of being at any age.

Our growth, without exception, comes from our contrast — comes from our diversity. If we were all same we would be bored

Nobody can create in anybody else's experience. All you can

do is shine a spotlight on something they already want and then make the trail to what they are wanting easier for them to find. But you cannot create in someone else's reality.

Could I think too little about my **desire**, for it to manifest?" Actually, no, because as the contrast launches the desire, and then you do not offer any opposing thought, then you're letting it in, and it will manifest. Many of our physical friends really believe that they must find a desire and then hold tenaciously to it. And we say, you do not need to do that. Let the variety of your life keep balance in your life. You just concentrate more on holding yourself in the good-feeling place where you're letting it in.

Your influence is far more than one on one. As you are living happily ever after, you are a vortex through which pure Non-physical Energy flows. And the more you allow pure Non-physical Energy to flow into this time and place, the more the vibrational level of your planet is raised. So that more beings, even when they are not asking openly, can begin receiving this influence.

Physical man gets into an uncomfortable place when he concludes, "I and those like me have come to the **right decisions**, and everybody that's living outside of these right decisions is wrong." And then he spends his life pushing against all those "wrong" decisions and cutting himself off from the Life Force that would help him have joy in his, what he concludes to be, right decisions. There is no one right path. There are endless paths, and the differences in the paths are what make them more and more, and more, perfect. The same old path no longer serves.

The beasts that came before you, who banged around on this planet, denoted, at cellular, conscious and unconscious levels, their preferences. And that is how the atmosphere was prepared for you. They did not write one thing on their "things to do today" pads. They just be'd and perceived and concluded and asked vibrationally. And the Universe expanded as a result of their willingness to have exposure to the contrast. And you are not different from them. You have no greater responsibility than they did. The contrast produces the desire within you, and the Universe expands as a result of it. The only question is, the question that we want so much to answer is, are you letting it in? Are you letting yourself experience the benefit of your precious focus and your vast experience in the here and now? You'll never get it done. You cannot get it wrong. So don't you think it's time for you to lighten up and start having more fun with all of this, and accept that you are Eternal Beings? And since you are Eternal Beings, then there's no point in rushing, **because there's never going to be a time when you don't exist.**

It is the **allowing part** of this equation that is out of balance for most of you. Many of you have long lists of unfulfilled wants, and although there is always room for improvement in clarifying precisely what it is that you are intending, as more of you begin to allow yourself the receipt of that which you want, there will be much more deliberate creating occurring, and as a result, there will be much more joy and contentment experienced.

When you have a problem, a desire excudes forth from you, and Source hears it and answers it immediately. Once you remove your attention from the problem, you then allow the solution.

**Give birth to the question and let it go --
and allow the answer to flow.**

Some things you're not letting happen right now because the timing isn't perfect for you. Some you're not letting happen because you are very aware of where you are. But all things, as they are happening, are happening in perfect order. And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more," that is the perfect vibrational stance.

don't have to go the hard way to things, but you do have to go from wherever you are. If one good thing happens today and a hundred bad things, talk about that **good thing** a thousand times -- and talk not about any of the bad things. Play the good-feeling things over andover in your mind -- emphasize everything that feels good . . .

You've just got to get happy -- that's all it takes.

The laws of the universe remain constant, regardless of the dimension in which you dwell. The Law of Creation is such a Law.

There are those that say, if you do the uncomfortable thing long enough, it will become comfortable. But we are really not encouragers of that. We are encouragers of coming into alignment, and then taking the action. We are encouragers always of getting rid of the fear; we would never want you to keep doing things that you feel fearful about. And maybe the **path of least resistance** is just not get on the horse. Maybe the path of least resistance is to get on a different horse—but we would never move forward in fear.

There are no happier people on this planet than those who decide that they want something, define what they want, get hold of the **feeling** of it even before it's manifestation, and then joyously watch the unfolding, as piece by piece, by piece it begins to unfold. That's the feeling of your hands in the clay.

The question that we would put to you is, as you see **starvation** and you feel the hurt of it, and you launch a rocket of desire, wanting the world to be better, and as you stand at this juncture where you can fork in the direction of what you desire, or in the direction of what you do not want, which way are your thoughts taking you? Are you seeing the world better? Are you hoping better for them? Are you imagining governments getting organized? Are you acknowledging that the food exists, that the technology exists? Are you acknowledging that there is enough food for everyone? Are you wanting them to get it? Are you believing that it is possible? Or, are you beating the drum of the ineptness of the governments? Are you beating the drum of things going wrong? In other words, which fork are you taking, and which pathway are you helping chart for not only the future generations, but those that are living here now? You can tell by the way you feel whether you are adding significantly in a helpful way to those who are in need of help.

.....it has always been, ask and it is given.

It has never been "ask and do something right and it is given".

It has never been "ask and get worthy". It is ask and allow. Ask and

allow.

We are really advocates of just getting as happy as you can be—which takes care of everything. Even if you don't have reason to be happy—make it up. Fantasize it. Make a decision that you're going to be happy one way or another—no matter what. "No matter what, I'm going to be happy! If I have to ignore everybody; if I have to never watch television again; if I have to never pick up a newspaper again, I'm going to be happy. If I never have to see that person's face again, I'm going to be happy. If I have to see that person's face, I'm going to find something to see in that person's face that makes me happy. I'm going to be happy. I'm going to be happy. **I'm going to be happy.**

There is no risk for you. When you come to understand the true nature of Well-being in which you have come forth—then you can relax and begin to enjoy this magnificent adventure which is your creative life experience. We are not here to guide the specifics of that which you choose. You get to choose that, and you can't get it wrong. We are here to assist you—only to assist you—in finding **vibrational harmony** with your desire; knowing that when you find vibrational harmony with your desire, you are, in this moment, a joyful Being. And that is our dominant wish for you.

"There are no happier people on this planet than those who decide that they want something, define what they want, get hold of the feeling of it even before it's manifestation, and then joyously watch the unfolding, as piece by piece, by piece it begins to unfold. That's the feeling of your hands in the clay."

The one factor that has been unknown by most humans, that is understood by the beasts, is

that **Well-being** truly does abound, and that you are blessed beings who live in an atmosphere of grace, and that unless you are doing something to pinch off the Well-being, it will be yours. Look for the evidence of the Well-being, and be an advocate for Well-being rather than an advocate for getting rid of what does not feel like Well-being, then little by little, by little, your own personal experience begins to take shape in a way that is more satisfying to you.

"But, what if what I want and what you want are in conflict? If I want rain, and you've just cut your alfalfa...how does that work?" If you will focus upon the essence of what you want (which is a magnificent new crop) and the other will focus upon the essence of what *they* want (which is a successful alfalfa harvest, or whatever)... and if either one of you doesn't get too involved in the details of how you think you want your desire to play out, then both of you can be satisfied. The Universe has the facility to orchestrate circumstances and events to accommodate everyone.

None of you will ever really live until you are able to quell your fear of death. None of you will be able to quell your fear of **death**, until you are embracing the idea of life. None of you will ever embrace your idea of life—unless you understand that there's no such thing as death. You are Eternal Consciousness. It's time to stop making this inevitable thing called death the issue that keeps you bound and afraid of the adventure that is life.

The one who fears something the most is the one who has it most activated in their vibration. And so, it is logical that they would experience it.

Many of you, as you set a **creation into motion**, remove the possibility of its creation at the time you give birth to the creation. For example: "I want a new red car, but it is too expensive." You see, you have given birth to your new red car, on the one hand, and in the same breath you have removed the possibility of receiving it by your statement, "but it is too expensive". And much of that which you would create is voided in just that way

If you could get to the place where you no longer feel a need **to push against** anything that you disagree with—you would become in alignment with what you do agree with. Even within your own body, it is your pushing against those things you don't agree with, that causes you to be out of alignment with what you do agree with.

You might say, "How do I know if I'm in a **receiving mode** or not?" And we say, you always feel good when you're in a receiving mode. When someone offers you a compliment, do you receive it, or do you sort of just shrug it off? There's something about believing that you must justify your existence through your effort or through your perseverance, through your struggle. And many of you just have not practiced the receiving mode.

There is no value in **grief or regret** because regret is always talking about the past, and you have no power there. You can't vibrate in your past.

You are doing all of your vibrating in your now. So whenever you are feeling regret or grief, you've vibrated out of the range of your Inner Being and you feel the emptiness of it."

Wherever you are, is just fine... You can get to wherever you want to be from wherever you are... It's time to stop measuring where you are in relationship to where anybody else is, the only factor that has anything to do with you, is where you are in relationship with where you want to be.

Because we know that life is eternal, and we know that there is no ending to that which you are about, if one of you is killed in an earthquake or crashes your plane, or any number of other very creative ways you have found to make your exit into the Non-Physical, because we know the whole picture, we grieve not a moment for any of you. But from your more shortsighted point of view in physical, a lot of you **grieve** tremendously.

Ask, and it is given means that whether you are a full blossoming genius human, or a cell in one of your bodies, when it is concluded that something else is preferred (no matter how developed the consciousness is) every time a preference is noted—Nonphysical Energy rushes forth to answer it. It is the promise of our evolving beingness

There are three steps, simple steps, (really, laws are like that, aren't they? Simple in

theory and a little trickier in application)

* Step One is ask, and you can't stop doing that; preference is born constantly out of your observing and remembering and focusing, and imagining. So, your asking is the by-product of your living in this focused environment.

* Step Two is not your work; Source answers what you ask for. It answers the cells in your body. It answers spoken requests; Source answers unspoken requests: your vibrational signal, your preference, your desire...

* Step Three is what this essay is all about

Step Three is about you bringing yourself into vibrational alignment with your desire.

Your **Inner Being** is aware of where you stand and what you want and where you stand relative to what you want. Your Inner Being knows how close or how far you are, vibrationally and time wise, from all things. Your Inner Being is also knowing what is in your heart and what is in your mind, and what is in your vibration, that at any point in time, your Inner Being knows exactly the appropriate action or thought or word...that would be appropriate for you.

There are no mysteries, ever — once you understand these points: Well-being abounds. You are the natural recipient of Well-being. You get to ask — and Source Energy is answering — and all you need to do is be **in the place of allowing**. Once you get those things lined up and you've had an opportunity to practice them, here and there, everything makes sense to you. Everything makes sense in your life, and everything makes sense in the lives of those that you are watching. Because as you know their moods and attitudes, you understand exactly why things are turning out for them the way they are. There are no mysteries ever!

Nothing is more exhilarating than to **dance through life recognizing that the Universe is there to yield to you whatever you want whenever you want it.**

When you, as a physician, help someone to accept **Well-being** enough that they allow the Well-being, whether they allow it in this physical body or whether they have to release this physical body to allow it, it's still the same thing. In other words, they can allow the wellness into this body, or they can allow the wellness by leaving this body. But allowing the wellness is what you are assisting them in doing. Focus upon the Well-being, and see them opening and receiving it here, or opening and receiving it from Non-Physical. But focus upon the Well-being. And as you focus upon the Well-being, what we've noticed is, if you can get someone's attention and you can convince them that Well-being is the order of the

day—there is no illness that will not leave them in the moment that they finally get that.

There is no state of **physical decline** or damage that you could not recover from—none—not any, if you knew it... If you wanted it and knew that you could. And that's those miracles that they talk about every day. They're not miracles at all, they are the natural order of things. But because they are rare, people think they are miraculous. They're not. That's the way it is supposed to be. You're supposed to thrive.

What you're beginning to understand is that first of all — **all things are possible**, everything that you can flow Energy toward, you vibrate with and you attract the physical tangible proof of it. Then you come to the place that you have really intended to be, you come to the place of saying — What do I choose to give my attention to? What part of this immense spectrum of possible thought am I wanting to contribute to?

Everything that has ever been lived, everything that has ever been written down or documented, has been **vibration** first. Everything has been conjured in vibration first before it manifests. So if something has manifested and you continue to give it your attention, the fact that it is true should really hold no weight with you. The question that we would ask is not, is it true, or is it undeniable? The question that we would ask is, how does it make me feel when I focus upon it? And if the answer to the question is, it doesn't make me feel very good when I focus upon it, then we would say, true or not, it does not serve you. And if you will activate a different part of your vibration—the "truth" will shift.

Oh, friends, it is so exciting once you begin to feel the deliberateness of flowing energy. You think it's fun to be strong enough that you can pick a lot of things up and move them around.

WAIT UNTIL YOU CAN FEEL THE ENTIRE UNIVERSE FLOWING WITH YOUR DESIRE!

There is nothing more exhilarating than to be physically focused in an environment with so many other participants. There is so much data, so much information, so much movement, so much stuff, so much mass that you have ability to move with the power of your thought and energy flow. There is not an arena anywhere in the universe that a creator takes greater delight in than right here and now where you are. It is like a Playshop beyond description.

If everyone could get this selfish consciousness where they **ask and expect to receive**, everyone would tap into the Energy Stream and thrive. But *your* not knowing it won't help *them* know it. Pretending it isn't important to you to ask your questions won't help them get answers to questions they're not asking.

We love seeing you applauding someone's success, because when you are genuinely thrilled at someone else's success, that means you're right on the track of yours.

The thought that you think, you think, which attracts to it; so you think it some more, which attracts to it; so you think it some more. In other words, when you have an expectation, you've got a dominant thought going on, and Law of Attraction is going to deliver that to you again, and again and again. And you say "The reason that I believe this, is because it is true." And we say, the reason that you believe it, is because you've practiced the thought. **All that a belief is, is a thought that you keep practicing.**

There are those that say, if you do the uncomfortable thing long enough, it will become comfortable. But we are really not encouragers of that. We are encouragers of coming into alignment, and then taking the action. We are encouragers always of getting rid of the fear; we would never want you to keep doing things that you feel fearful about. And maybe the path of least resistance is just not get on the horse. Maybe the **path of least resistance** is to get on a different horse—but we would never move forward in fear.

Your **Inner Being** knows exactly the appropriate action or thought or word or contact or synchronistic rendezvous that would be appropriate for you and is eternally offering impulses that give you the feeling to move toward it. So many synchronistic meetings that you experience are encouraged by that broader perspective.

Anything you desire, the Universe can find a way to let it happen within the context of people's natural, joyful desires. It must be, for this is a **joy-based Universe**. And so, as you watch children playing in the mud and having great joy in it, you might not enjoy playing in the mud, but they do. And so,

there's somebody enjoying doing something you don't want to do. And that pretty much applies to everything. There's someone who would enjoy doing every thing that you don't want to do. And if it really came down to where there was really not one person willing to do that thing, you would develop another way of approaching it. There are a lot of things that were in your history that you no longer participate in. You left them behind because no one wanted to do them

The Universe is not punishing you or blessing you. The Universe is responding to the **vibrational attitude** that you are emitting. The more joyful you are, the more Well-being flows to you — and you get to choose the details of how it flows.

Your emotion, your indicator of vibration, is indicating the ratio between your currently focused desire and any other belief or thought that you hold about same. When you feel negative emotion, anger about something, or fear... the name of the emotion does not matter, it always means that there is a desire within you that, in this moment, you are contradicting with some other thought. **Your emotions are always about your relationship with your own desire, and nothing else.**

Every single person on the planet and every single Consciousness in the Universe has the same experience of being here and having a desire to be there. In other words, it is the promise of this eternal Universe... You're always, always, always going to be on your way to something more—always. And when you relax and accept that, and stop beating up on yourself for not being someplace that you're not, and instead, start embracing where you are while you keep your eye on where you're going—now life becomes really, really, really fun.

Because society is not happy, society **disempowers the individual**. And so, every lifetime you have ever participated in, as in every lifetime that we have participated in, we have been reaching for the new thought. Which makes us not popular. There is never a crowd on the leading edge, and we have never been happy anywhere other than on the leading edge.

Some things you're not letting happen right now because the timing isn't perfect for you.

Some you're not letting happen because you are very aware of where you are.

But all things, as they are happening, are happening in perfect order.

And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going.

Content where I am, and eager for more,"that is the perfect vibrational stance.

The more fear one has of anything, the more a vibrational match to the thing that they fear they are. Help your **child** discover that if she makes things that are potentially frightening a non-issue to her, then they don't bother.

When you start adding the "**why's**" to **what** you want, then you really begin to **vibrate** in concert with that which you are, and when you begin to vibrate in concert with that which you are, oceans part and mountains move, and people come out of the woodwork to accommodate you.

You cannot let another and their needs supercede your own. Because if you do, you lose your balance. So nothing is more important than that I feel good. Which means, if I lose my footing, then I've got nothing to give you. Trust that they're making their lives work in the way that they're making their lives work. And just teach through the power of your example.

Whatever **abundance** I seek is mine. (It is Law!) Whatever I desire--and then allow--I must experience, There is no exception to that. As I hold myself in vibrational alignment with my own desire, I will experience, in all ways, the fulfillment of that desire."

When I **appreciate**, I feel so very good.

Appreciation is the secret to life.
Become a person who appreciates, and you will thrive;
you will fulfill your reason for being.

Yes, act all that you want — after you have flowed Energy towards the outcome that you seek. **Let your action be inspired action**, not motivated action. Motivated action is doing it because there is lack if you don't. Motivated action is trying to overcome something. Motivated action is very often trying to perform action that someone else wants you to perform. Let all of your action be inspired action. So how do you do that? You do that by talking about what you want and why you want it. That will bring you to the vibrational connection with who you are, and from that place you will be inspired to the how, and the who, and the when, and the where.

Forever, physical humans are saying, "give me the truth, give me the truth." And we say, there are all **kinds of truths**. Choose the truths that serve you. Now, there are a lot of people that would feel great discomfort with that. But the thing that we want you to hear about it is: there is a truth of cancer, and there is a truth of wellness. Which truth serves you? You can activate either of them within you, and make it your truth. Truths are created; they aren't static. They aren't conditions that exist that then it is your obligation to identify and catalog. You are the creator of your truths—and what you are living is your truth.

The more you explore the past, the more you are sure to repeat it, because you keep the vibration active in your experience.

Mining the moment for something that feels good, something to appreciate, something to savor, something to take in, that's what your moments are about. They're not about justifying your existence. It's justified. You exist. It's not about proving your worthiness. It's done. You're worthy. It's not about achieving success. You never get it done. It's about "How much can this moment deliver to me?" And some of you like them fast, some of you like them slow. No one's taking score. You get to choose. The only measurement is between my desire and my allowing. And your emotions tell you everything about that

What is it about you Physical Creatures that makes you believe that you must justify your existence? Is that not what makes you clamor and climb and struggle so hard? As if someone else

is taking score, and if you are not moving far enough fast enough, then you will be judged? And we say: There is none of that! You **don't have to justify your existence**. Being here justifies your existence!

Illness or pain is just an extension of negative emotion. When you are no longer feeling any resistance to it, it's a non-issue.

Even in your **rightness** about a subject, when you try to push your rightness toward another who disagrees, no matter how right you are, it causes more pushing against. In other words, it isn't until you stop pushing that any real allowing of what you want can take place.

Recognize that you have only to state, "**I want a new red car**," and leave it at that — not setting forth your counter-creation, your contradictory-creation, your destructive-creation, your anti-creation or your un-creation. Offer only those thoughts and words that are in the direction of what you want.

When you expose yourself to **contrast**, you expose your Inner Being and All-That-Is to the same contrast. As you conclude a new desire, you summon Life Force forward into this leading edge experience, and whether you are allowing it to flow through you or not, All-That-Is benefits from that.

A rising tide may "raise all ships" — but it won't raise the rocks. In your desire to **empower** one another you are often met with disappointment, for you can influence the empowerment of only those who are in harmony with self-empowerment. You can't get poor enough to enrich the poor ones. You can't get sick enough to heal the sick ones — and you can't disempower yourself enough to empower those not in harmony with being self-empowered. And, you can't influence the empowerment of another before you are self-empowered.

To summarize the **Creative Process**: All thoughts create — and the more emotion that is present at the time that a thought is set in motion, the faster the creation is being received — and as frequent thought is given in any direction, without the hindrance of negative thought, there is certain creation, eventually.

You do not have to figure out why something happens. You just have to understand what the new desire is that is born out of what has happened, and how to then find **vibrational alignment** with that. Or, at least, deactivate any vibration that is opposite of it.

Next time you feel any discomfort... stop in the middle of it and say to yourself, "This discomfort that I'm feeling is nothing more than my own awareness of resistance. Time for me to relax and breathe. Relax and breathe. **Relax and breathe.**" And you can, in seconds, bring yourself back into comfort.

There are endless paths that lead to Source. And it is the connection to Source that is ultimately sought after by all. Everyone wants to believe that they have found the path. And, oh, it is glorious when you find that which you believe is your path. That is alignment with Source Energy. But when you say, "I have found my path, and you over there on that other path, you're not on the path," in that moment of judgment, you're not on your path either. Compliment them on their choices. Never push against their path. Never put them in the position where they must defend their path by condemning yours. Instead, appreciate their path. Appreciate it as their method of connecting with Source Energy. And we promise you, there is not one method that is better than the other.

Your child is naturally joyful. Your child is naturally tuned in to Source Energy. And as he is diving through and digging through contrast, it is natural that there would be some things that might disconnect him. Just don't let his disconnection then inflame your disconnection. Many parents have discovered that their children, for the most part, feel good when they do – and the more you are, usually the more your children are. They are a strong reflection of the way you are feeling much of the time.

In the same way that there is not an instant wanted thing manifesting in your experience, there is not instant unwanted thing happening in your experience. It takes some adapting to vibrations. If you've managed to hold anything, wanted or unwanted, for **17 seconds** — there is a coalescing of thought that takes you a little closer to the vibration of whatever you are turning your attention to. Those 17 second increments, are not discernable. And that's why, when you get into that place, it feels like instant manifestation. Just like when you get into that negative place, it feels like instant manifestation. It's like, "Where did that come from? Seemed like it just sort of snuck up on me," instead of snuck up over a long time.

If you are to be the joyful beings that you intended to be as you emerged into these bodies, it is necessary for you to understand that what you seek, is **harmony with you**. And once you find harmony with you, then everything in your world will fall into place

Your world is pointing toward an insistence on **conformity**, which is causing you enormous grief. It's what's at the heart of all of your religious battles, and religious battles are what are at the heart of all of your battles. In other words, all of your wars and global irritation with one another is over your determination to promote sameness. Your democracy insists that it's the only government that works. And every religion, (it's interesting to note) proclaims that *it* is the only one that works.

Nobody else knows your **reason for being**. You do. Your bliss guides you to it. When you follow your bliss, when you follow your path to joy, your conversation is of joy, your feelings are of joy — you're right on the path of that which you intended when you came forth into this physical body.

All of you are Non-physical as well as physical. In other words, your physical body has sprung forth from a physical place, and certainly you are focused within a physical place. But, the Life Force — the current or Energy that streams into you — that Life Force comes forth from Non-physical, and all of you are receiving it. And so, you are **the embodiment of Non-physical.**

People do not die of diseases. **They die of fear of diseases;** they die of the resistance that is amplified by the fear. The physical body has the ability to rebalance if the environment of rebalancing is allowed. People don't come from healthy mental mindsets into disease and then get unhealthy mentally. They have the resistance going on before the disease, and then the diagnoses, (and often the treatments) amplify it. And often it helps too.

Be glad that you don't have **instant manifestation**. This buffer of time is really your friend. It's your opportunity to observe and to ponder and to visualize, and to remember. It's your opportunity to take an Emotional Journey that might be different from what you're actually observing.

Enlightenment means literally aligning to the Energy of my Source. And **genius** is only about focusing. Law of Attraction takes care of everything else. Physical humans often want

to make enlightenment about finding some process and moving through the process that has been pre-described. But true enlightenment is moving to the rhythm of the internal inspiration that is coming in response to the individual desire. Enlightenment is about allowing my Connection to the Source that is me for the fulfillment of the things that I have individually defined here in my time-space-reality. That's as good as it gets.

But the point of any **truth** is to recognize that it is not true, and to recognize that although it may be one of your truths, that there are choices regardless and that you do incorporate the ability to reconfigure energy and to choose what you want rather than being stuck, as you term it to be, in what you do not necessarily want.

Writing is your strongest point of focus. Your mind doesn't wander as much when you write. Your Energy doesn't get split as much when you write. You keep your vibration purer when you write.

When you try to **justify** where you are by pointing out how bad things are, you are headed in the wrong direction. Reach for the thought that feels better, And allow the natural Well-Being that is yours.

As you are born into these physical bodies, you experience the vibrational continuum of the **generations** that have come before you. Their desires as they have lived as individuals—and their Collective Mass Consciousness desire—has emanated to the boundary-less boundaries of the Universe, and Law of Attraction is answering all of those requests. So, each generation who follows the previous generation benefits by the desires that have been exuded by Mass Consciousness.

A problem cannot be solved by **tending to the problem**. The problem exists because there is resistance—and tending to the problem only makes more resistance, which disallows the resolution or the solution, or the Source, or the Well-being.

You have an **Inner Being** within you, that has been walking with you all the days of this experience, who is aware of all that you want, and all that you are. We are wanting you to find a very real connection with that which you are – with your broader Non-physical counterpart – with your God-force – with

All That Is – with your Higher Self – with your Soul or Inner Being or whatever label you are wanting to assign it, so that you can be and do and have that which you've come forth to be, do and have.

Once you emerged into these bodies, all of you did not come into this **body**, just a part of you. A part of your focus is come forth here, while a larger part of you, a broader part of you, a very much older, wiser part of you remains in Non-physical.

Your **Sixth Sense** is your Inner Being who has a full view of all you are living, all that you have ever lived, and all that is in your future. Your Sixth Sense is your Inner Being with broader perspective of that which you are. Your Sixth Sense is your broad perspective, you can call it God perspective, you can call it Inner Being, you can call it Soul, you can call it spiritual guide. It is the Non-physical part of you that has very keen awareness of that which you are. Your Sixth Sense is your feeling barometer that lets you know the distance between what you want and what you are currently vibrating....your gut feeling.

We would never move forward in the face of **negative emotion**. There are many people who would teach you otherwise. They say, you've got to face fear to get over it. And all they do is desensitize themselves to the point that they get themselves into situations where they have no idea what's going on, and the end of them comes rather abruptly... And then everyone calls them brave.

You've trained yourself to face reality. You've trained yourself to tell the truth. You've trained yourself to tell it like it is. So in the beginning, these fantasies feel a little inappropriate, because it's like you're fooling yourself. Sometimes people will say, "Well, isn't this just **denial**?" And we say, we hope so! We hope that you are denying the absence that you do not want. And we hope that you are embracing the presence of what you do. But somehow the idea of denial has become a dirty word to you; like it is virtuous to face the reality of the horror of your own lives. And we would be ignoring anything that did not please us. We would get our eyes on what feels good.

It is not possible to create within the life experience of another. You cannot create in their experience — and they cannot create in yours. Therefore, everything that you are experiencing is by your own creative hand, or more appropriately said, by your own creative thought.

You are the **creator** of all that occurs in all of your life experience. You create your physical life experience through your thoughts. Literally, every thought that you think gives birth to a creation.

The reason you want every single thing that you want, is because you think you will feel really good when you get there. But, if you don't feel really good on your way to there, you can't get there. You have **to be satisfied with what-is** while you're reaching for more.

Enjoy the journey, and if it isn't created today, it is all right — if it isn't created tomorrow, it is all right. Don't become so fixated upon your ending places that you run through life with your tongue hanging out! Because when you are feeling the **lack of time**, or the pressure of time, then there is no value.

We would begin saying, "I'm not ever going to get it done. I'm an eternally expanding Being, and I'm doing great where I am, and I'm so eager about what's coming." That's the essence of the vibration that keeps adventurous things coming, keeps you feeling always excited, stable and secure, keeps you feeling in love with life. All day, every day, count your blessings! All day, every day, **make your lists of things you appreciate**. And as you keep activating what is working in your life, then more pleasing things on all subjects will flow to you.

Keep remembering: there is not only one prize. And so, say to yourself things such as, "You appeal to me in all of these ways, and I am going to draw the essence of you to me. I will use my visualization of you to align my Energy, and then I will trust that Law of Attraction will bring me an exact replica of (the essence of) that which I believe you are."

Take your **Inner Being** everywhere you go. If you take your Inner Being to the party, it's going to be a good party! If you take your Inner Being, the food that you eat will be

received perfectly by the cells of your body. Every word that comes out of your mouth will be beneficial to everyone who hears them with their ears, or with their vibration. Don't go anywhere without your Inner Being. That's what "Allowing" is. Always having your Inner Being present. And then, anything else that happens is always orchestrated perfectly by Law of Attraction.

We're not wanting you to ever feel bad about feeling bad. Because we know that feeling bad is always a temporary state of being. Good is ultimately all that is. You say, "Why did I ever let it feel bad?" And we say, we've been wondering the same thing.

You attract by your vibration. Everything in the Universe is experiencing the powerful Law of attraction...And when you are vibrating in pain, you cannot attract joy. The vibration of pain attracts only pain. The vibration of joy attracts joy, the vibration of illness attracts illness...The Law IS, and the wonderful thing is that once you understand the Law, and you are sensitive enough to feel how you are vibrating, then you have control of your experience.

Your Inner Being likes to skip and laugh and think about things; your Inner Being likes to offer compliments and feel appreciation and contemplate something that is not fully understood and then feel the understanding come forth. Your Inner Being is just like your frisky two-year old who is eager for life experience. To meet up with your Inner Being just be more like that now.

Thoughts that you set forth in combination with **great emotion** are the most powerful of your thoughts, whether they are positive thoughts (in the direction of what is wanted) coupled with positive emotion, or negative thoughts (in the direction of what is not wanted) coupled with negative emotion – the strong emotion that you feel as you are giving thought, indicates that you are bringing into physical realization, that which you are giving thought to, very quickly.

To hold someone as your object of attention while you're connected to Source Energy, is the greatest gift that anyone could give. When you're not happy, you don't have anything to give. And so, what it literally means is, be happy, because you cannot give anyone something that you do not feel.

Most parents, when they see **children** not terrorized by the things that terrorize them, they work very hard until they've finally got you terrorized. They teach you those irrational fears. Well-meaning, but they do just the same.

It does not matter what **path** you take, but it does matter if the path you are taking is something that you are believing is appropriate. Nothing is more damaging to you than to do something that you believe is wrong.

The hypocrisy around the subject of **sexuality** is huge. Early on, there were others who were a lot more interested in you satisfying what made them feel good than in satisfying what made you feel good. There were so many things that you felt inclined to go this way, that you were forced to go that way, that at an early age, you made a conscious decision that if it felt good, it was wrong. And if it felt wrong, it was probably right.

It seems like you really want different things, or are even choosing different paths. But when you both tend to your **Emotional Journey**, the Universe will cleverly give you both exactly what you want... When you tend to the Emotional Journey, this Universe has the resources and the cleverness to orchestrate for each of you what you exactly want even when you think they are opposites one from another. It's great fun to watch.

No one connected to Source Energy would ever **harm** another. It's an interesting thing: More injustices, more discomfort, and more unhappiness is projected at others under the name of righteousness, under the name of law abiding, under the name of law, and under the name of religion, than all other things put together. In other words, don't worry about it.

No one can create in your experience, for no one can control where you direct your thoughts. On the path to your **happiness**, you will discover all you want to be, do, or have.

You are always molding yourselves into a better feeling place. And you will never get it done. It will never be completely finished. It will never be absolutely right. You will always have some dominant thoughts that are not a vibrational match to the newfound desire. But that is always what your work is. And it's time for you to just begin relaxing about it, and not make it a personal issue of your own valor, or your own value, or your own integrity. In other words, it's just, how many times have I thought this thought?

You have not come here to prove yourselves worthy. You've come here because you saw physical life experience as delicious and you wanted the experience. You wanted the environment, you wanted the data, you wanted the process, you wanted the sensualness, you wanted the physicalness of thought, you wanted the combination of that which you are from Inner Perspective and that which you are from physical perspective — because the combination is so very, very good.

Many think **success** means, getting everything I want. And we say, that's what dead is, and there is no such thing as that kind of dead. Success is not being done; not being complete. Success is still dreaming and feeling positive in the unfolding.

Abraham is not about guiding anyone toward or away from anything. We want you to make all of your decisions about your **desire**. You have that right. You should be able to do that. Our only desire is that you discover the way to achieve your desires.

Every time you praise something, every time you **appreciate** something, every time you feel good about something, you are telling the Universe, "More of this, please. More of this, please." You need never again make another verbal statement of this intent, and if you were allowing your cork to float — all good things would flow to you.

Since nothing matters to you other than your personal alignment with your individual goals or desires, then that is where our work is. We are not here to debate the rightness or the wrongness of what you, or anyone, **chooses**. We are not taking sides, for or against, anything. We are here to help you understand that your life can be as wonderful or as horrible as you allow it to be. It all depends upon the thoughts that you practice. And therein lies the basis of anyone's success: How much do I practice thoughts that bring me joy, and how much do I practice thoughts that bring me pain?

We cannot focus upon the weaknesses of one another and evoke strengths. You cannot focus upon the things that you think they are doing wrong, and evoke things that will make you feel better. You've got to **beat the drum that makes you feel good** when you beat it. And when you do, you'll be a strong signal of influence that will help them to reconnect with who they are.

The **evolution** of your time-space-reality is nothing more than people having experience and coming to conclusions of desire that then Source Energy answers. And the evolution, actually the speed of it, has to do not so much with the desires that are being born, although they certainly are a significant part of it, but the speed is more about how quickly do people let go of the old thought and begin addressing the new thought, and it works for you and against you, depending upon what you are giving your attention to.

In your moving yourself up the **Emotional Scale, your business will begin to prosper in new and profound ways! Your business, your relationships, your finances cannot grow beyond your emotional response—nothing can grow beyond your emotional response. Everything matches your Set-point of emotions on every subject that exists.**

So, who are you? You are magnificent. You are genius. You are in the right place at the right time. You're doing fine. And as you work to appreciate and approve of who you are, right here and now, instead of working so hard to compare yourself with every other point of Consciousness on the planet...and if you let your variety inspire you to your personal preference—you will not worry about how anybody else is doing, and you will let your dominant desire to be to align with You.

Now, you can be a member of this diverse Universe, magnificent in your unique way, complete in your unique way, and, most important therefore, happy in your unique way. That's what we wish for you.

Don't try to recreate peak experiences. Instead, just accept them as the gift that they are, and don't beat up on yourself for not being able to stay there. Because if you stayed there, they wouldn't be peak experiences. They would be normal, every day in time hum drum boring, experiences. So, savor the peak experiences and compliment yourself upon your achieving of them, and expect more of them, and leave everything else out of the equation.

Don't get lost in the diagnosis, the medicine, or in the statistics about what somebody else did about it. If you don't feel good, it's because you're not thinking in a way that allows the Energy to flow. You could just get really, really mad at someone you love and make every muscle in your body stiff. And you would ask, "Why does my body feel this way?" And we say, because you've had a Vibrational tug-of-war going on...Stop looking for anything other than your mental and emotional state of being as answers to why you feel how you feel in your body. It is all **Vibrational** — no exception! And when you get that, then it doesn't matter what diagnosis has been given to you—it doesn't matter—it's temporary.



Birds, they are the symbol of Freedom. They are the closest thing to absolute, pure freedom you can visually witness in your physical experience. They are so flexible and so mobile and so light and so free and so joyful! They represent the pure essence of your Being — and that is why you are drawn to them.

We would like you to reach the place where you're not willing to listen to people criticize one another... where you take no satisfaction from somebody being wrong... where it matters to you so much that you feel good, that you are only willing to think positive things about people... you are only willing to look for positive aspects; you are only willing to look for solutions, and you are not willing to beat the drum of all of the problems of the world.

No one experiences freedom until they stop pushing against others. The only thing that binds you is the pushing against that which is unwanted. And so, if a religion could just be excited about what it is, or a person within a religion could just speak with appreciation about what it is, without justifying what it is by pushing against everything else, then each religion, in all of its difference, could be just exactly what you're reaching for.

Contrast helps you to identify desire. Desire is summoning. It's always flowing through you. You have the opportunity of opening to the harmony of the vibration of your desire or not. As the desires are being summoned through you, and you go with the flow, you thrive, but if you use things to be your excuse for not going with the flow, you are arguing for your limitations. We want to show you how to go with the flow. Which means nothing more than finding vibrational harmony with your own desire, and letting the Universal Energy that your desire is summoning to it flow to it through you. It is optimum creative experience.

on the way, well-being wants in, and at the moment you stop beating the drum -- there's a lot of ways you can do that.

You can take a nap.

You can meditate.

You can watch a television program that makes you feel better.

You can take a walk. You can do any number of things.

ESTHER: Abraham, How do you feel about **New Year's Resolutions**? And how would you approach a New Year's Resolution if you were in our physical shoes.

ABRAHAM: They are a wonderful idea. They fall into the same category as Segment Intending or Positive Expectations or Deliberate Creation.

Most New Year's Resolutions, like any new decisions, are made from a rather clear awareness of what you do not want or of what has not gone well, and so, in order to set your New Year's Resolutions into motion with enough momentum to keep them going, it is necessary to spend some time lining up your energy with your new decision.

Many people make resolutions, and often by the first or second day of the new year they have gone back to their old habits, and then they feel discouraged.

Every day provides a wonderful opportunity to set forth your clear intentions. You do not have to wait for a new calendar year.

Find a comfortable place where you will not be interrupted by. Write at the top of your notebook page: My Dominant Intentions: Then write four sub-headings:

My Current Intentions Regarding My Body,
My Relationships,
My Home,
My Work.

Then, write a general description of how you want to feel and be, regarding each of the four categories. Be general and easy. Let these words come easily from you.

Now, go back to the first category, focus on the topic, and sit back, relax, and daydream about this.

Imagine your body looking just as you would like it to look. See it in your mind's eye. Try to imagine how that beautiful body would feel.

Move it, in your imagination. Take it for a walk, dress it in something that pleases you. Appreciate its stamina and flexibility and clarity.

Spend as much time daydreaming about this wonderful physical vehicle as you can. Stay in your vision until you feel refreshed, and continue to be there as long as you can.

Now, go to the second category, and do the same thing. Bring an image of the most significant person in your life experience and see that person with you.

Feel appreciation for that person.

Mentally speak your appreciation.

Imagine that person loving you back. Praising you, and complimenting you.

Feel your mutual appreciation and admiration. Stay within the vision until you feel refreshed.

Now, go to the third category, and feel appreciation for your home.

Make mental pictures of your home as you want it to be.

See it orderly, if you desire that, and beautifully furnished, if you desire that.

In an easy and carefree manner, imagine it however you would like it to be.

Take pleasure from your vision and stay there until you feel refreshed.

Now, go to the fourth page, and gather a mental picture of your work. Feel appreciation for the excuse it gives you to flow energy toward something.

Acknowledge how expansive it is, and feel appreciation for its ever changing nature. See yourself expanding and thriving. Stay there until you are refreshed.

There is no right or wrong way to approach this. The thing that is important is that you choose areas of your life that matter most and that you conjure positive images that thrill you. And as you do that, you have not only resolved, in your own mind, how your New Year will be, but you have notified everyone and everything in the entire Universe and you have solicited their assistance in achieving your intentions. And from that moment forward - the entire Universe will conspire to assist you.

You cannot be separated from that which you are calling **God**. People hear us say, "Reach for the thought that feels the best." And they think, "Oh no, I need to listen to what God wants." But aren't we talking about the same thing? Aren't your emotions guiding you to that Connection? And doesn't the word God just set you off on all kinds of tangents that don't have anything to do with your relationship with that which is this Eternal Energy of Love that is your Source?

You don't have to go the **hard way** to things, but you do have to go from wherever you are. If one good thing happens today and a hundred bad things, talk about that good thing a thousand times--and talk not about any of the bad things. Play the good-feeling things over and over in your mind--emphasize everything that feels good.

So, the truth is, there's not one path. The truth is, there's not only one right path. The truth is, all paths can be made to be the right path. The truth is, that every individual has a different path. And that different path that every individual is launching incrementally--and amending constantly--that true path is known by Source and is guided by Source if you will pay attention to the way you feel.

Friends, there is absolutely nothing in this Universe to be guarded against.

You exist as beings that vibrate in a place of absolute Well-being. Tell yourself that again and again. Know it. Feel it. Allow it! Be the evidence of it! Be the evidence of it for others — so that they will know it a little more, and trust it a little more. Let your life be the one life that is not out of control, so that you can give one other person the reason to believe that all can be well.

People will say, "Well, I have to work on my goals," or, "I have to work on my visualization." And we want you to think more about **holding the vision** because it is pleasurable to hold the vision, not because you're trying to make the vision work in order to get to some place that you're not now standing. "How much should I work?" We would say, work in the sense of joyously moving forward.

You are physical beings in this physical dimension — because you have **intended** it to be that way. As you are experiencing this life experience, you are fulfilling that decision that you have set forth prior to your physical birth.

Deep breathing is a big part of your well-being, It is the current that carries the vitality to the cells. And so, the more you are breathing, the more you are thriving. Fortunately, it's not left to your conscious mind to prompt you to breathe. It just happens. But you can prompt yourself to breathe more.

As you deliberately breathe in more, breathe in more... you will begin to expand your lung capacity, and in time you will begin to breathe more deeply, voluntarily and naturally--and your bodies will thrive.

Breathing is the way life moves through your physical body. When concentrating on deep breathing, you are focusing on something positive, and so, while feeding the cells of your body, you are also aligning with Source Energy--and every body comes alive. Everything works better: metabolism, clarity... Thriving comes from deliberate, deep breathing.

AbrahamQuotes

Everything you do is for the purpose of the **joy** that it is giving you. And so, when you don't see something through, it means that it stopped producing the joy that you were hoping to receive. Of course, it is always better if you have anticipated something and you've stayed lined up with it. If you're lined up with it, then it's joy when you're thinking about it even before you start, and it's joyful as you start, and it's intoxicating as you're going, and it's fulfilling as you do it, and it's satisfying as you finish it—and you're in alignment the whole way on that.

We are really advocates of just getting as happy as you can be—which takes care of everything. Even if you don't have reason to be happy—make it up. **Fantasize it.** Make a decision that you're going to be happy one way or another—no matter what. "No matter what, I'm going to be happy! If I have to ignore everybody; if I have to never watch television again; if I have to never pick up a newspaper again, I'm going to be happy. If I never have to see that person's face again, I'm going to be happy. If I have to see that person's face, I'm going to find something to see in that person's face that makes me happy. I'm going to be happy. I'm going to be happy. **I'm going to be happy.**"

Even when we are encouraging you to selfishly seek your own joy, we are actually saying to you: Your **joy** is the greatest gift that you can give to anyone. Because unless you are in your joy, you have nothing to give, anyway.



"When I hold a desire and it thrills me, I am a match to my desire.

When I hold a desire and it tortures me, I am far from a vibrational match. When I hold a desire and love pours through me whenever I

think about it, my desire and I are one. And manifestation is around the corner.

No one is holding me apart from this thing that I want but me and my choice of thought. **Am I letting it in?**

"When I hold a desire that frightens me or threatens me, when I feel unworthy of it, or blameful of others who have achieved it, when I feel jealousy, yearning, or fear, then I am holding myself in vibrational disallowance. No one, not God, not Mother, not my sister, not my mate, not my friend—no one is holding me apart from this thing that I want but me and my choice of thought.

Am I letting it in? Letting what in? What might that be?" Well-being, clarity, vitality, enthusiasm, abundance, stamina, the ability to articulate, understanding, broader view, Inner Being, God, all that you consider to be good. There is not anything that you want that you will not be in a place of letting in once you understand how important it is to ask yourself in this moment, "Well, how am I feeling? Am I letting it in?"
The Art of Letting It In.

We want to help you regain clarity about your individual power. Everyone has it. No one can ever take it away from you. No one can ever do anything "bad" to you. No one can assert into your experience. Everything, without exception, comes only by your individual invitation to it. Do you understand the process of asking? When you give something your attention and it becomes your dominant vibration relative to the subject—that is your asking. So, deliberate creating is not so much about looking out into the world and saying, "Oh, there are things that are good that I want to create or attract into my experience, and there are things that are bad that I don't want to create or attract into my experience." Deliberate creating is more about deliberate allowing. Deliberate allowing is more like **deliberate vibration.**

It's interesting that the path to peace often is **war**. We, like you, don't agree that it's making things better, but we don't think they're wrong; and we understand the thinking behind it. And if you get involved in every disagreement of every point of Consciousness, your life's just going to be in a scramble. Finally you have to say, "This isn't about me. I didn't wage this war. I didn't pick this war. I don't understand this war. I'm not going to think about this war, and I'm not going to use it as my excuse to not feel good any more."

As humans have come to believe that the **longevity** of life is more important than the quality of life, you have found ways to keep yourselves alive for longer and longer periods of time, under the fear that something could go wrong. If we were in physical shoes, we would be looking for the path of least resistance to believe in the self-healing qualities of our physical body. We would not be promoting so much outside intervention, because the outside intervention keeps squirreling around. In other words, every time you turn around they have a new idea about what is the best procedure for all of that.

You are here seeking avenues through which to assist others in feeling clearer about things — for it is through your clarity that you uplift others to greater clarity.

You're never satisfied. That's what life is, it's just this ongoing, neverending vacation adventure, you see. You can't get it wrong and you never get it done—and we recommend that you have as much fun as you can along the way.

This physical experience is the **leading edge of creativity**. This physicalness is the application of thought to matter — it is the fine-tuning of creation and it is essential to growth — even from Non-physical perspective. You are providing a very valuable service to your broader Inner Being!

None of you will ever really live until you are able to quell your fear of death. None of you will be able to quell your fear of death, until you are embracing the idea of life. None of you will ever embrace your idea of life—unless you understand that there's no such thing as death. You are **Eternal Consciousness**. It's time to stop making this inevitable thing called death the issue that keeps you bound and afraid of the adventure that is life.

It does not matter what path you take, but it does matter if the path you are taking is something that you are believing is appropriate. Nothing is more damaging to you than to do something that you believe is wrong.

You did not come here as teachers in this time to teach everyone, because everyone isn't seeking what you are. You came forth in absolute vibrational response to those upon your planet who are seeking that which you are knowing. So, as you **focus upon your connection first**, and you understand that those who will benefit from it will gravitate towards you, then

you will get together in gatherings — usually it is one on one — with others who feel uplifted by their interaction with you.

There is nothing that you're **wanting to know** that you do not have the capacity to understand fully. And there is nothing that you're wanting to know that the Universe does not already know that you want to know, and has already begun the process of answering. And so, go forth in excited anticipation that the new ideas will continue to bubble forth, and that the Universal Forces will continue to come forth in loving, benevolent, eternal answering to that which you are about. There is great love here for you. We are complete.

Regardless of whether your thoughts are in the direction of what is wanted, or in the direction of what is not wanted — in the direction of that which excites you and pleases you, or in the direction of that which you fear, which does not please you — every thought has **creative power.**

"Do you have to change your vibration on a particular subject in order to let it in?"

No, you don't. You could pet your pet and let it in. You could sit with your feet dangling in the bay, and let it in. If it is a subject that you often think of in an attitude of resistance, it is really worthwhile reaching for some thoughts that feel better. You could launch an intention and never think about it again, and the Universe would yield it to you. You don't have to clean up your vibration relative to anything, if you can just not think about it any more. That's why we teach meditation. It's easier to teach you to have no thought than to have pure positive thought. When you quiet your mind you stop thought; when you stop thought you stop resistance;

when you stop resistance—then you are in a state of allowing.

The **evolution** of your time-space-reality is nothing more than people having experience and coming to conclusions of desire that then Source Energy answers. And the evolution, actually the speed of it, has to do not so much with the desires that are being born, although they certainly are a significant part of it, but the speed is more about how quickly do people let go of the old thought and begin addressing the new thought, and it works for you and against you, depending upon what you are giving your attention to.

Hypothetically, people worry about everyone being selfishly oriented. **"If everyone did exactly what they want to do, what kind of world would this be?"** And we say, a really, really good one. Because if everyone did what they wanted to do, everyone would feel free. And if you feel free, you feel empowered. And every negative emotion that exists—hear

this—every negative emotion that exists is because there is some sense of loss of freedom somewhere in there.

What **children** do you know who have not had sexual curiosity, and who have exposed each other to sexual experiences, that don't grow up feeling guilty about it? But when there's an adult involved in it, it all wraps around the feeling of guilt and the feelings of not being able to express yourself sexually. There are all kinds of sexual deviants in your culture that almost without exception all exist because of the pressing of the irrational laws around the subject, both religious and secular. The surest way to make a deviant society, is to make a whole lot of deviant laws

I'm going to be happy. I'm going to skip. I'm going to be glad. I'm going to smile a lot. I'm going to be easy. I'm going to count my blessings. I'm going to look for reasons to feel good. I'm going to dig up positive things from the past. I'm going to look for positive things where I stand. I'm going to look for positive things in the future. It is my natural state to be a happy person. It's natural for me to love and to laugh. This is what is most natural for me. I am a happy person!

Achieve, first, the vibrational essence of your desire—and then, through the **crack of least resistance** the manifestation will be delivered... work on the essence of the feeling of freedom; work on the essence of the feeling of empowerment—work on the essence of the feeling of Well-Being... And how do you do that? You can imagine it already having happened and pretend what it will feel like when it is that way. Or, you can look for things in your life that are already like that and beat the drum of that until they play a higher percentage of time in the vibrational signal that you are emanating.

Everything that I think that I need to do is all only in order to propel me to some place that when I get there, I think I will be happier. So, everything that I am doing, no matter what it is, all of my lists of rights and wrongs... are all about me getting to a manifestation that I believe I will then be happier... **So, why don't I take a short cut and just go get happy?**

People do not die of diseases. They die of fear of diseases; they die of the resistance that is amplified by the fear. The physical body has the ability to rebalance if the environment of rebalancing is allowed. People don't come from healthy mental mindsets into disease and then get unhealthy mentally. They have the resistance going on before the disease, and then the diagnoses, (and often the treatments) amplify it. And often it helps too.

No one experiences freedom until they stop pushing against others. The only thing that binds you is the pushing against that which is unwanted. And so, if a religion could just be excited about what it is, or a person within a religion could just speak with appreciation about what it is, without justifying what it is by pushing against everything else, then each religion, in all of its difference, could be just exactly what you're reaching for.

Start taking pleasure from your inner reality. Most people are approaching this backwards. Most people are saying, Okay, I want that, and I am not fulfilled until I get that manifestation. The reason for that promise of manifestation out there, to begin with, is that it gives you the reason to play the game in the inner reality. It is your imagination, it is the feeling of Energy flowing through you that is life.

Emotion

Mining the moment for something that feels good, something to appreciate, something to savor, something to take in, that's what your moments are about. They're not about justifying your existence. It's justified. You exist. It's not about proving your worthiness. It's done. You're worthy. It's not about achieving success. You never get it done. It's about "How much can this moment deliver to me?" And some of you like them fast, some of you like them slow. No one's taking score. You get to choose. The only measurement is between my desire and my allowing. And your emotions tell you everything about that.

So, the truth is, there's not one path. The truth is, there's not only one right path. The truth is, all paths can be made to be the right path. The truth is, that every individual has a different path. And that different path that every individual is launching incrementally—and amending constantly—that true path is known by Source and is guided by Source if you will pay attention to the way you feel.

When you start adding the "why's" to what you want, then you really begin **to vibrate in concert** with that which you are, and when you begin to vibrate in concert with that which you are, oceans part and mountains move, and people come out of the woodwork to accommodate you.

No matter what the issue is, don't try to **justify** why you don't feel good. And don't try to justify why you should feel differently. Don't try to blame whatever it is you think the reason is that's keeping you from feeling good. All of that is wasted effort. Just try to feel better right now.

No matter what it is, if you really want it, **and if you get out of the way of it**, it will happen. It must be. It is Law. It can be no other way. It's the way this Universe is established. If you want it and you relax, it will happen.

You acknowledge that your Inner Being exists? And we say to you that your Inner Being is very old, it has lived thousands of Life experiences. Your Inner Being sits now as the culmination of all that you have lived — very decided, very sure and very happy — in a place that by your standards, you would say is pure ecstasy. Your role, your work is to harmonize with you, which means — think thoughts that make you feel good — Speak words that make you feel good.

The Universe can please all of you at the same time. "Well, how can that be? If I want to live in the mountains and she wants to live at the ocean, how could the Universe possibly please us both?" And we say, as each of you gets to the essence of why you want what you want, and are not pointing at the other and saying, "No, no, not that, please not that," the Universe can fulfill both. Be playful. Know that it's going to be alright no matter what. Have as much fun as you can. Be as easy as you can. Don't take anything very seriously, because everything blows over, good and bad. You can't stand still. So nothing lasts very long. The best of experiences you must move beyond — and the worst of experiences you must move beyond. Don't make where you are too big of a deal

That's all that it ever is.

As physical creatures, you are upon the leading edge of thought. You are here so poignantly, so deliberately, so finely **focused** in this time and place...that in your very precision of experience, you are taking thought beyond that which it has been.

If you **connect** with your Inner Being, then you fulfill your purpose for being. If you do not connect with your Inner Being, then you just spin circles. You die feeling unfulfilled and that the life experience was for naught; there was no value from it, no growth—not any joy either. The two go hand in hand. So the happier you are, the more of that value you are fulfilling.

"Close your gap between where you are now and where you want to be, by stating daily, 'I'm free to do what pleases me, and I'm going to do what pleases me today, and a couple of things that I have to do'. We would never do anything out of obligation or responsibility."

Contrast helps you to identify desire. Desire is summoning. It's always flowing through you. You have the opportunity of opening to the harmony of the vibration of your desire or not. As the desires are being summoned through you, and you go with the flow, you thrive, but if you use things to be your excuse for not going with the flow, you are arguing for your limitations. We want to show you how to go with the flow. Which means nothing more than finding vibrational harmony with your own desire, and letting the Universal Energy that your desire is summoning to it flow to it through you. **It is optimum creative experience.**

**"You say, 'Some things resolve themselves'
... We say, ALL things resolve themselves..."**

Your child is naturally joyful. Your child is naturally tuned in to Source Energy. And as he is diving through and **digging through contrast**, it is natural that there would be some things that might disconnect him. Just don't let his disconnection then inflame your disconnection. Many parents have discovered that their children, for the most part, feel good when they do — and the ornerier you are, usually the ornerier your children are. They are a strong reflection of the way you are feeling much of the time.

See this world as a free world, and see everyone in it as trying—through their individual experiences—to find their way back to that calling, back to that Source Energy. And even though there are billions of them going about it in a way that is different than you would choose, **there's no right or wrong way.** In other words, bless them all, and get on with the only thing you have any power about, which is opening or closing your vortex to **your** natural state of Well-Being.

Get out into the sunlight, out where everything is, with a vibration that is so dominant that those who annoy you, those who don't agree with you, those who make your life feel uncomfortable don't come into your experience, because your vibration, through your practice, has become so clear, so pure, so clean, so in keeping with what you want, that the world that revolves around you just feels like that. That's what you planned.

There is no risk for you out here on the leading edge, ever. And when you come to understand the true nature of Well-being in which you have come forth—then you can relax and begin to enjoy this magnificent adventure which is your creative life experience. We are not here to guide the specifics of that which you choose. You get to choose that, and you can't get it wrong. We are here to assist you—only to assist you—in finding **vibrational**

harmony with your desire; knowing that when you find vibrational harmony with your desire, you are, in this moment, a joyful Being. And that is our dominant wish for you.

" In a vibrational Universe, NO means YES. YES doesn't mean NO, YES means YES too. NO means YES and YES means YES.

Attention to it means- since I'm looking at you, I've activated you in my vibration and the Law of Attraction says, what's activated in you will come to you.

So if you're seeing something you want and you're shouting ' YES YES more of that please!' the Universe says 'But of course.' And if you look at something and shout 'NO NO NEVER! That's the LAST thing on this earth I would ever want!', the Universe says ' We're sending it right to you.'

And you say, ' But NO, you are misunderstanding me! I DON'T WANT THIS! 'and the Universe says, ' Here it comes!' (audience laughter)

And you say ' NO NO! Hear my words!' and the Universe says 'We hear your VIBRATION, your words are irrelevant.' (more laughter)

Interesting isn't it? So all the shouting was for not."

Focusing upon the solution brings forth and makes you feel positive emotions.
Focusing upon the problem makes you feel negative emotions.
And so you see while the difference is subtle they are very important differences.

For when you feel positive emotions you are attracting into your life's experiences that which you want.

When you feel negative emotions you are attraction into your life's experiences what you do not want.

Because society is not happy, society **disempowers** the individual. And so, every lifetime you have ever participated in, as in every lifetime that we have participated in, we have been reaching for the new thought. Which makes us not popular. There is never a crowd on the leading edge, and we have never been happy anywhere other than on the leading edge.

You literally teach each other your vibrations. Someone who empathizes with sickness, gets sick. Someone who empathizes with poverty, is poor. Someone who empathizes with abundance finds abundance. Someone who empathizes with wellness lives wellness.

As you have made the decision to be here, to experience life, you have intended to understand, through this physical life process, the Creative Process, that you may **deliberately create** that which you choose within this physical life experience. It is your dominant intention as you are in physical form at this time.

[Us saying to the newborns] "What's really important is that you point upstream and if you do, others who are sweating and struggling too, will really really like you!"

You can paddle upstream if you want to, but you're going to get tired and you're going to get sick and you're going to get ornery and you're going to complain that life isn't good to you.

Just let go of the oars.
Just let go.
Just let go.
And stop struggling.

... Trust and KNOW your worthiness. And RELAX into the loving, liquid, love of Source Energy ... You could in a DAY get up to speed with where those little ones are as they are born.

Nobody else knows your reason for being. You do. Your bliss guides you to it. When you follow your bliss, when you follow your path to joy, your conversation is of joy, your feelings are of joy — you're right on the path of that which you intended when you came forth into this physical body.

By paying attention to the way you feel, and then **choosing** thoughts that feel the very best, you are managing your own vibration, which means you are controlling your own point of attraction — which means you are creating your own reality. It's such a wonderful thing to realize that you can create your own reality without sticking your nose in everybody else's, and that the less attention you give to everybody else's reality, the purer your vibration is going to be — and the more you are going to be pleased with what comes to you.

Somehow, you have being the creator of your experience tied to your sense of value or worth. You can't get it wrong! **This is not a test of worthiness**

Your **Inner Being** is aware of where you stand and what you want and where you stand relative to what you want. Your Inner Being knows how close or how far you are, vibrationally and time wise, from all things. Your Inner Being is also knowing what is in your heart and what is in your mind, and what is in your vibration, that at any point in time, your Inner Being knows exactly the appropriate action or thought or word...that would be appropriate for you.

Next time you feel any discomfort... stop in the middle of it and say to yourself, "This discomfort that I'm feeling is nothing more than my own awareness of resistance. Time for me to relax and breathe. Relax and breathe. Relax and breathe." And you can, in seconds, bring yourself back into comfort.

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AbrahamQuotes

Everything you do is for the purpose of the **joy** that it is giving you. And so, when you don't see something through, it means that it stopped producing the joy that you were hoping to receive. Of course, it is always better if you have anticipated something and you've stayed lined up with it. If you're lined up with it, then it's joy when you're thinking about it even before you start, and it's joyful as you start, and it's intoxicating as you're going, and it's fulfilling as you do it, and it's satisfying as you finish it—and you're in alignment the whole way on that.

We are really advocates of just getting as happy as you can be—which takes care of everything. Even if you don't have reason to be happy—make it up. **Fantasize it.** Make a decision that you're going to be happy one way or another—no matter what. "No matter what, I'm going to be happy! If I have to ignore everybody; if I have to never watch television again; if I have to never pick up a newspaper again, I'm going to be happy. If I never have to see that person's face again, I'm going to be happy. If I have to see that person's face, I'm going to find something to see in that person's face that makes me happy. I'm going to be happy. I'm going to be happy. **I'm going to be happy.**

Even when we are encouraging you to selfishly seek your own joy, we are actually saying to you: Your **joy** is the greatest gift that you can give to anyone. Because unless you are in your joy, you have nothing to give, anyway.



"When I hold a desire and it thrills me, I am a match to my desire.

When I hold a desire and it tortures me, I am far from a vibrational match. When I hold a desire and love pours through me whenever I think about it, my desire and I are one. And manifestation is around the corner.

No one is holding me apart from this thing that I want but me and my choice of thought. **Am I letting it in?**

"When I hold a desire that frightens me or threatens me, when I feel unworthy of it, or blameful of others who have achieved it, when I feel jealousy, yearning, or fear, then I am holding myself in vibrational disallowance. No one, not God, not Mother, not my sister, not my mate, not my friend—no one is holding me apart from this thing that I want but me and my choice of thought.

Am I letting it in? Letting what in? What might that be?" Well-being, clarity, vitality, enthusiasm, abundance, stamina, the ability to articulate, understanding, broader view, Inner Being, God, all that you consider to be good. There is not anything that you want that you will not be in a place of letting in once you understand how important it is to ask yourself in this moment, "Well, how am I feeling? Am I letting it in?"
The Art of Letting It In.

We want to help you regain clarity about your individual power. Everyone has it. No one can ever take it away from you. No one can ever do anything "bad" to you. No one can assert into your experience. Everything, without exception, comes only by your individual invitation to it. Do you understand the process of asking? When you give something your attention and it becomes your dominant vibration relative to the subject—that is your asking. So, deliberate creating is not so much about looking out into the world and saying, "Oh, there are things that are good that I want to create or attract into my experience, and there are things that are bad that I don't want to create or attract into my experience." Deliberate

creating is more about deliberate allowing. Deliberate allowing is more like **deliberate vibration.**

It's interesting that the path to peace often is **war**. We, like you, don't agree that it's making things better, but we don't think they're wrong; and we understand the thinking behind it. And if you get involved in every disagreement of every point of Consciousness, your life's just going to be in a scramble. Finally you have to say, "This isn't about me. I didn't wage this war. I didn't pick this war. I don't understand this war. I'm not going to think about this war, and I'm not going to use it as my excuse to not feel good any more."

As humans have come to believe that the **longevity** of life is more important than the quality of life, you have found ways to keep yourselves alive for longer and longer periods of time, under the fear that something could go wrong. If we were in physical shoes, we would be looking for the path of least resistance to believe in the self-healing qualities of our physical body. We would not be promoting so much outside intervention, because the outside intervention keeps squirreling around. In other words, every time you turn around they have a new idea about what is the best procedure for all of that.

You are here seeking avenues through which to assist others in feeling clearer about things — for it is through your clarity that you uplift others to greater clarity.

You're never satisfied. That's what life is, it's just this ongoing, neverending vacation adventure, you see. You can't get it wrong and you never get it done—and we recommend that you have as much fun as you can along the way.

This physical experience is the **leading edge of creativity**. This physicalness is the application of thought to matter — it is the fine-tuning of creation and it is essential to growth — even from Non-physical perspective. You are providing a very valuable service to your broader Inner Being!

None of you will ever really live until you are able to quell your fear of death. None of you will be able to quell your fear of death, until you are embracing the idea of life. None of you will ever embrace your idea of life—unless you understand that there's no such thing as death. You are **Eternal Consciousness**. It's time to stop making this inevitable thing called death the issue that keeps you bound and afraid of the adventure that is life.

It does not matter what path you take, but it does matter if the path you are taking is something that you are believing is appropriate. Nothing is more damaging to you than to do something that you believe is wrong.

You did not come here as teachers in this time to teach everyone, because everyone isn't seeking what you are. You came forth in absolute vibrational response to those upon your planet who are seeking that which you are knowing. So, as you **focus upon your connection first**, and you understand that those who will benefit from it will gravitate towards you, then you will get together in gatherings — usually it is one on one — with others who feel uplifted by their interaction with you.

There is nothing that you're **wanting to know** that you do not have the capacity to understand fully. And there is nothing that you're wanting to know that the Universe does not already know that you want to know, and has already begun the process of answering. And so, go forth in excited anticipation that the new ideas will continue to bubble forth, and that the Universal Forces will continue to come forth in loving, benevolent, eternal answering to that which you are about. There is great love here for you. We are complete.

Regardless of whether your thoughts are in the direction of what is wanted, or in the direction of what is not wanted — in the direction of that which excites you and pleases you, or in the direction of that which you fear, which does not please you — every thought has **creative power.**

"Do you have to change your vibration on a particular subject in order to let it in?"

No, you don't. You could pet your pet and let it in. You could sit with your feet dangling in the bay, and let it in. If it is a subject that you often think of in an attitude of resistance, it is really worthwhile reaching for some thoughts that feel better. You could launch an intention and never think about it again, and the Universe would yield it to you. You don't have to clean up your vibration relative to anything, if you can just not think about it any more. That's why we teach meditation. It's easier to teach you to have no thought than to have pure positive thought. When you quiet your mind you stop thought; when you stop thought you stop resistance;

when you stop resistance—then you are in a state of allowing.

The **evolution** of your time-space-reality is nothing more than people having experience and

coming to conclusions of desire that then Source Energy answers. And the evolution, actually the speed of it, has to do not so much with the desires that are being born, although they certainly are a significant part of it, but the speed is more about how quickly do people let go of the old thought and begin addressing the new thought, and it works for you and against you, depending upon what you are giving your attention to.

Hypothetically, people worry about everyone being selfishly oriented. **"If everyone did exactly what they want to do, what kind of world would this be?"** And we say, a really, really good one. Because if everyone did what they wanted to do, everyone would feel free. And if you feel free, you feel empowered. And every negative emotion that exists—hear this—every negative emotion that exists is because there is some sense of loss of freedom somewhere in there.

What **children** do you know who have not had sexual curiosity, and who have exposed each other to sexual experiences, that don't grow up feeling guilty about it? But when there's an adult involved in it, it all wraps around the feeling of guilt and the feelings of not being able to express yourself sexually. There are all kinds of sexual deviants in your culture that almost without exception all exist because of the pressing of the irrational laws around the subject, both religious and secular. The surest way to make a deviant society, is to make a whole lot of deviant laws

I'm going to be happy. I'm going to skip. I'm going to be glad. I'm going to smile a lot. I'm going to be easy. I'm going to count my blessings. I'm going to look for reasons to feel good. I'm going to dig up positive things from the past. I'm going to look for positive things where I stand. I'm going to look for positive things in the future. It is my natural state to be a happy person. It's natural for me to love and to laugh. This is what is most natural for me. I am a happy person!

Achieve, first, the vibrational essence of your desire—and then, through the **crack of least resistance** the manifestation will be delivered... work on the essence of the feeling of freedom; work on the essence of the feeling of empowerment—work on the essence of the feeling of Well-Being... And how do you do that? You can imagine it already having happened and pretend what it will feel like when it is that way. Or, you can look for things in your life that are already like that and beat the drum of that until they play a higher percentage of time in the vibrational signal that you are emanating.

Everything that I think that I need to do is all only in order to propel me to some place that when I get there, I think I will be happier. So, everything that I am doing, no matter what it

is, all of my lists of rights and wrongs... are all about me getting to a manifestation that I believe I will then be happier... **So, why don't I take a short cut and just go get happy?**

People do not die of diseases. They die of fear of diseases; they die of the resistance that is amplified by the fear. The physical body has the ability to rebalance if the environment of rebalancing is allowed. People don't come from healthy mental mindsets into disease and then get unhealthy mentally. They have the resistance going on before the disease, and then the diagnoses, (and often the treatments) amplify it. And often it helps too.

No one experiences freedom until they stop pushing against others. The only thing that binds you is the pushing against that which is unwanted. And so, if a religion could just be excited about what it is, or a person within a religion could just speak with appreciation about what it is, without justifying what it is by pushing against everything else, then each religion, in all of its difference, could be just exactly what you're reaching for.

Start taking pleasure from your inner reality. Most people are approaching this backwards. Most people are saying, Okay, I want that, and I am not fulfilled until I get that manifestation. The reason for that promise of manifestation out there, to begin with, is that it gives you the reason to play the game in the inner reality. It is your imagination, it is the feeling of Energy flowing through you that is life.

Emotion

Mining the moment for something that feels good, something to appreciate, something to savor, something to take in, that's what your moments are about. They're not about justifying your existence. It's justified. You exist. It's not about proving your worthiness. It's done. You're worthy. It's not about achieving success. You never get it done. It's about "How much can this moment deliver to me?" And some of you like them fast, some of you like them slow. No one's taking score. You get to choose. The only measurement is between my desire and my allowing. And your emotions tell you everything about that.

So, the truth is, there's not one path. The truth is, there's not only one right path. The truth is, all paths can be made to be the right path. The truth is, that every individual has a different path. And that different path that every individual is launching incrementally—and amending constantly—that true path is known by Source and is guided by Source if you will pay attention to the way you feel.

When you start adding the "why's" to what you want, then you really begin **to vibrate in concert** with that which you are, and when you begin to vibrate in concert with that which you are, oceans part and mountains move, and people come out of the woodwork to accommodate you.

No matter what the issue is, don't try to **justify** why you don't feel good. And don't try to justify why you should feel differently. Don't try to blame whatever it is you think the reason is that's keeping you from feeling good. All of that is wasted effort. Just try to feel better right now.

No matter what it is, if you really want it, **and if you get out of the way of it**, it will happen. It must be. It is Law. It can be no other way. It's the way this Universe is established. If you want it and you relax, it will happen.

You acknowledge that your Inner Being exists? And we say to you that your Inner Being is very old, it has lived thousands of Life experiences. Your Inner Being sits now as the culmination of all that you have lived — very decided, very sure and very happy — in a place that by your standards, you would say is pure ecstasy. Your role, your work is to harmonize with you, which means — think thoughts that make you feel good — Speak words that make you feel good.

The Universe can please all of you at the same time. "Well, how can that be? If I want to live in the mountains and she wants to live at the ocean, how could the Universe possibly please us both?" And we say, as each of you gets to the essence of why you want what you want, and are not pointing at the other and saying, "No, no, not that, please not that," the Universe can fulfill both. Be playful. Know that it's going to be alright no matter what. Have as much fun as you can. Be as easy as you can. Don't take anything very seriously, because everything blows over, good and bad. You can't stand still. So nothing lasts very long. The best of experiences you must move beyond — and the worst of experiences you must move beyond. Don't make where you are too big of a deal

That's all that it ever is.

As physical creatures, you are upon the leading edge of thought. You are here so poignantly, so deliberately, so finely **focused** in this time and place...that in your very precision of experience, you are taking thought beyond that which it has been.

If you **connect** with your Inner Being, then you fulfill your purpose for being. If you do not connect with your Inner Being, then you just spin circles. You die feeling unfulfilled and that the life experience was for naught; there was no value from it, no growth—not any joy either. The two go hand in hand. So the happier you are, the more of that value you are fulfilling.

"Close your gap between where you are now and where you want to be, by stating daily, 'I'm free to do what pleases me, and I'm going to do what pleases me today, and a couple of things that I have to do'. We would never do anything out of obligation or responsibility."

Contrast helps you to identify desire. Desire is summoning. It's always flowing through you. You have the opportunity of opening to the harmony of the vibration of your desire or not. As the desires are being summoned through you, and you go with the flow, you thrive, but if you use things to be your excuse for not going with the flow, you are arguing for your limitations. We want to show you how to go with the flow. Which means nothing more than finding vibrational harmony with your own desire, and letting the Universal Energy that your desire is summoning to it flow to it through you. **It is optimum creative experience.**

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... We say, ALL things resolve themselves..."**

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Quotes Abraham

Statistics are only the results of how others are thinking. They are the calculated results of the way others are flowing Energy. They have nothing to do with you.

Be as **happy** as you want to be in a world gone mad. Be as safe as you want to be in a

world that is afraid of everything. Be as healthy as you want to be in a world that is mostly sick. Don't let the statistics that someone else has created affect you. You get to choose - you are wise enough, smart enough, deliberate enough.

We would begin saying, "I'm not ever going to get it done. I'm an eternally expanding Being, and I'm doing great where I am, and I'm so eager about what's coming." That's the essence of the **vibration** that keeps adventurous things coming, keeps you feeling always excited, stable and secure, keeps you feeling in love with life. All day, every day, count your blessings! All day, every day, make your lists of things you appreciate. And as you keep activating what is working in your life, then more pleasing things on all subjects will flow to you.

A rising tide may "raise all ships" - but it won't raise the rocks. In your desire to empower one another you are often met with disappointment, for you can influence the **empowerment** of only those who are in harmony with self-empowerment. You can't get poor enough to enrich the poor ones. You can't get sick enough to heal the sick ones - and you can't disempower yourself enough to empower those not in harmony with being self-empowered. And, you can't influence the empowerment of another before you are self-empowered.

As you are born into these physical bodies, you experience the vibrational continuum of the generations that have come before you. Their desires as they have lived as individuals - and their Collective Mass Consciousness desire - has emanated to the boundary-less boundaries of the Universe, and Law of Attraction is answering all of those requests. So, each generation who follows the previous generation benefits by the desires that have been exuded by Mass Consciousness.

What you are really wanting to do, as you try to **empower** yourself, or as you are trying to find that passion, is to just stay focused more of the time on things that make you happy - truly, that is the key!

Your influence is far more than one on one. As you are living happily ever after, you are a vortex through which pure Non-physical Energy flows. And the more you allow pure Non-physical Energy to flow into this time and place, the more the vibrational level of your planet is raised. So that more beings, even when they are not asking openly, can begin receiving this influence.

Your **ego** is this physical, conscious perspective. It is the part of you that allows you to add definition to your broader perspective. In other words, if you did not have this perspective, this ability to see and perceive, this "ego", then you would not be as beneficial to the broader scheme of things.

Source never wields vengeance or offers **punishment**, for Source understands you are valuable; you are worthy; you are blessed. Source understands that you never get it done and you cannot get it wrong, and that even when you stand in a place that currently feels wrong, that, ultimately, you will return to what feels right. You can return now to what feels right with an adjustment of your thought process and an adjustment of your vibration and a changing of your point of attraction and a finally letting in of the Well-Being that is flowing to you always.

You are here seeking avenues through which to assist others in feeling clearer about things - for it is through your clarity that you uplift others to greater clarity.

We would never move forward in the face of **negative emotion**. There are many people who would teach you otherwise. They say, you've got to face fear to get over it. And all they do is desensitize themselves to the point that they get themselves into situations where they have no idea what's going on, and the end of them comes rather abruptly... And then everyone calls them brave.

Your **Inner Being** is eternally aware of you, here in this physical body, offering guidance in the form of emotion to help you know - in the moment of the emotion - whether you are moving toward or away from that which you want.

Your **Sixth Sense** is your Inner Being who has a full view of all you are living, all that you have ever lived, and all that is in your future. Your Sixth Sense is your Inner Being with broader perspective of that which you are. Your Sixth Sense is your broad perspective, you can call it God perspective, you can call it Inner Being, you can call it Soul, you can call it spiritual guide. It is the Non-physical part of you that has very keen awareness of that which you are. Your Sixth Sense is your feeling barometer that lets you know the distance between what you want and what you are currently vibrating....your gut feeling.

So many people need you to behave in a certain way for them to feel good. They condemn you for your **selfishness**. "How dare you be so selfish as to follow what

makes you feel good? You should follow what makes us feel good." At an early age, you were convinced that you weren't smart enough to know, and that somebody else should make the decisions... You could not live in this culture during the times of your life without getting a huge amount of information relative to that, just in the way people respond to the things you do and say.

We would never do anything that didn't make our **heart sing!...** And so you say, "But that choice doesn't seem to be there. There's this choice that doesn't make my heart sing, or sort of staying where I am. So what should I do?" And we say, we'd hang around and wait for something that makes our heart sing-and then we'd jump in with all four feet.

We want to speak about **freedom**: This is a Vibrational Universe. The only Source that flows is the Source of Well-Being. And, physical and Non-physical, we are all free to allow that Well-Being to flow to us and through us, or we can pinch it off. It is our call-every time..

When you know that you want something, and you give your **attention** to that which you are wanting, and you vibrate with it - it always comes to you. When you know that you want something and you notice that it isn't coming, by your attention to the lack of it, you hold it away from you - it is really that simple.

Have you noticed that when your calendar is full that you do not get influenced to distraction by what everybody else is doing? It is the same with your thoughts - if you are not deliberate about what you are **thinking**, then you can be swept up with that and that and that...and then your life becomes confusing.

All-That-Is, or **God**, is not finished and waiting for you to catch up. You are the leading edge of thought, here seeking more: more of all that feels good to you, more of that which is fresh and gloriously uplifting. (You are, in essence, bringing heaven to earth.)

Keep remembering: there is not only one prize. And so, say to yourself things such as, "You appeal to me in all of these ways, and I am going to draw the essence of you to me. I will use my visualization of you to align my Energy, and then I will trust that **Law of Attraction** will bring me an exact replica of (the essence of) that which I believe you are.

You are **magnificent, creative beings** who said, "I will go forth into this physical environment, and I will chew upon the data of this new time and place for stimulation of thought." I will come together with other magnificent thinkers and creators, and vibrators of thought, and together - in combination with that which we are from within - we will take thought beyond that which it has been before.

As you think, you **feel**. As you feel, you radiate, And All-That-Is (physical and Non-physical) is affected by your offering. That is your power of influence.

All of you are **Non-physical** as well as physical. In other words, your physical body has sprung forth from a physical place, and certainly you are focused within a physical place. But, the Life Force - the current or Energy that streams into you - that Life Force comes forth from Non-physical, and all of you are receiving it. And so, you are the embodiment of Non-physical.

Those who are ready to hear, do hear, and those who are not ready, do not. And that which is asked for is received, and that which is thrust upon is not.

Achieve, first, the **vibrational essence** of your desire-and then, through the crack of least resistance the manifestation will be delivered... work on the essence of the feeling of freedom; work on the essence of the feeling of empowerment-work on the essence of the feeling of Well-Being... And how do you do that? You can imagine it already having happened and pretend what it will feel like when it is that way. Or, you can look for things in your life that are already like that and beat the drum of that until they play a higher percentage of time in the vibrational signal that you are emanating.

You have an **Inner Being** within you, that has been walking with you all the days of this experience, who is aware of all that you want, and all that you are. We are wanting you to find a very real connection with that which you are - with your broader Non-physical counterpart - with your God-force - with All That Is - with your Higher Self - with your Soul or Inner Being or whatever label you are wanting to assign it, so that you can be and do and have that which you've come forth to be, do and have.

The **"devil"** is a fictional character made up (and perpetuated) by insecure humans who want to control other insecure humans. There's a lot of power in fear, isn't there? There shouldn't be, because, really, what fear is, is power-less. If you understood Source, as we do, you would never fashion such fiction because there is only Well-Being that flows from that which is your Source.

Children's Formative Years - those years when physical man tramples the intuitiveness out of the child.

Every time a new **baby** is born, that baby is pure essence of Non-physical Energy, and is another funnel through which pure Energy comes forth.

Once you emerged into these bodies, all of you did not come into this **body**, just a part of you. A part of your focus is come forth here, while a larger part of you, a broader part of you, a very much older, wiser part of you remains in Non-physical.

See this world as a free world, and see everyone in it as trying-through their individual experiences-to find their way back to that calling, back to that Source Energy. And even though there are billions of them going about it in a way that is different than you would choose, there's no right or wrong way. In other words, bless them all, and get on with the only thing you have any power about, which is opening or closing your vortex to your natural state of **Well-Being**.

The hypocrisy around the subject of **sexuality** is huge. Early on, there were others who were a lot more interested in you satisfying what made them feel good than in satisfying what made you feel good. There were so many things that you felt inclined to go this way, that you were forced to go that way, that at an early age, you made a conscious decision that if it felt good, it was wrong. And if it felt wrong, it was probably right

You acknowledge that your **Inner Being** exists? And we say to you that your Inner Being is very old, it has lived thousands of Life experiences. Your Inner Being sits now as the culmination of all that you have lived - very decided, very sure and very happy - in a place that by your standards, you would say is pure ecstasy. Your role, your work is to harmonize with you, which means - think thoughts that make you feel good - Speak words that make you feel good.

Your **Inner Being** knows exactly the appropriate action or thought or word or contact or synchronistic rendezvous that would be appropriate for you and is eternally offering impulses that give you the feeling to move toward it. So many synchronistic meetings that you experience are encouraged by that broader perspective.

Your **Inner Being** vibrates powerfully and pointedly and, when and if you harmonize with that vibration - it is like a rocket going off...your vibration raises to the point where you can have connection with who you really are. That's when you feel uplifted, that's when you feel inspired, that's when you feel elated, that's when you feel those goosebumps come, that's when it happens...things really begin to happen quickly within your experience...Your work is to more of the time deliberately think thoughts that will lead to thoughts that will lead to thoughts that will lead to that fuller connectedness with who you really are.

Your **Inner Being** is aware of where you stand and what you want and where you stand relative to what you want. Your Inner Being knows how close or how far you are, vibrationally and time wise, from all things. Your Inner Being is also knowing what is in your heart and what is in your mind, and what is in your vibration, that at any point in time, your Inner Being knows exactly the appropriate action or thought or word...that would be appropriate for you.

You are physically focused beings with Non-physical Energy flowing through you. And it is impossible to separate one from the other. So act - act as much as you have physical time or energy or breath within you to act. Action is a delicious way to spend life experience. **Action** is one of the predominant reasons that you have decided to come forth and be in a physical body.

We are wanting to **awaken** within you, your memory of how wonderful you are! How brilliant you are! How good you are! How worthy of whatever you are wanting you are!

Can you feel the perpetual **evolution** of that which you are? In other words, you envisioned you. Now you are you. Now you summon you back through you, and

extend it further. That is the reason for physical experience. You are not here to prove worthiness. You are here to extend the creation, creator, creating that you are.

You cannot be joyful without spreading your joy. You cannot be sad without spreading your sadness. You cannot be well without spreading your wellness. You cannot be sick without spreading your sickness. You cannot be poor without spreading your poverty. You cannot be prosperous without spreading your prosperity. Whatever you be, you exude to the ends of the Universe. The entire Universe benefits by that which you be.

A **belief** is only a thought that you keep thinking. So as you keep thinking this thought, you keep vibrationally attracting relative to that thought. So you confirm your own beliefs again and again and again and again and again. That's why someone who believes in cancer can confirm that belief, or someone who believes in robbery can confirm that belief. So everything is a sort of conformation of belief.

This physical **experience** is the leading edge of creativity. This physicalness is the application of thought to matter - it is the fine-tuning of creation and it is essential to growth - even from Non-physical perspective. You are providing a very valuable service to your broader Inner Being!

When you start adding the "**why's**" to what you want, then you really begin to vibrate in concert with that which you are, and when you begin to vibrate in concert with that which you are, oceans part and mountains move, and people come out of the woodwork to accommodate you

You have within you an **Inner Being**, who will guide you through the path of least resistance, or through the path of most allowance, to the swiftest, surest route for the satisfaction of your intentions.

Friends, there is absolutely nothing in this **Universe** to be guarded against. You exist as beings that vibrate in a place of absolute Well-being. Tell yourself that again and again. Know it. Feel it. Allow it! Be the evidence of it! Be the evidence of it for others - so that they will know it a little more, and trust it a little more. Let your life be the one life that is not out of control, so that you can give one other person the reason to believe that all can be well.

Yes, **act** all that you want - after you have flowed Energy towards the outcome that you seek. Let your action be inspired action, not motivated action. Motivated action is doing it because there is lack if you don't. Motivated action is trying to overcome something. Motivated action is very often trying to perform action that someone else wants you to perform. Let all of your action be inspired action. So how do you do that? You do that by talking about what you want and why you want it. That will bring you to the vibrational connection with who you are, and from that place you will be inspired to the how, and the who, and the when, and the where.

More and more you are beginning to recognize that there is an ecological balance. Well, there is more than just an **ecological balance**. There is an Energy balance, there is an intention balance. In other words, you come forth in great diversity and intensity of wanting and believing, because you know that in the mix there is great clarity, that more thought will come forth.

As physical creatures, you are upon the **leading edge of thought**. You are here so poignantly, so deliberately, so finely focused in this time and place...that in your very precision of experience, you are taking thought beyond that which it has been.

You are much more than you see in these physical bodies. And that is not always easy for you to see, as you are using only your physical senses to make the valuation. But there is another part of you - a greater, broader, and older - that exists, right now, in the **Non-physical** dimension. That is a surprise to most of you. While many of you accept that you have lived before this, that there was something before this physical experience, and while many of you want to believe - you are hoping - that there is something beyond this physical experience, very few acknowledge that, right now, while you are physical, that there is another part of you, a greater part of you that remains in Non-physical dimension. And we are wanting you to know that, so that you may reconnect, consciously and deliberately, with that inner you. We call it your Inner Being. Some of you call it your Higher Self or your

Soul. It matters not what you call it, but it is of great value for you to acknowledge that it exists, for there is wondrous guidance that is available to you through this inner you

Our growth, without exception, comes from our **contrast** - comes from our diversity. If we were all same we would be bored.

You wanted the opportunity to experience this delicious **contrast** in time and space, and with great anticipation you came to co-create with other joy-seeking beings, to fine-tune the process of deliberate thought. (What, where, when and with whom are your choices, too.)

Your **beasts** are here for the purpose of adding balance to the Universe. They are here to enhance your experience. Their greatest value is not the food that they offer you - while that is the way man would look at it. Their greatest value is that they emanate predominantly (it is not always true but it is usually true) they emanate positive Energy. They focus in the moment. They are eternally looking for the positive aspects and they are gloriously oozing positive emotion, which adds to the balance of your Universe

You did not come here as **teachers** in this time to teach everyone, because everyone isn't seeking what you are. You came forth in absolute vibrational response to those upon your planet who are seeking that which you are knowing. So, as you focus upon your connection first, and you understand that those who will benefit from it will gravitate towards you, then you will get together in gatherings - usually it is one on one - with others who feel uplifted by their interaction with you.

No one can create in your **experience**, for no one can control where you direct your thoughts. On the path to your happiness, you will discover all you want to be, do, or have.

Words truly do not teach. True knowing comes from life experience, and that is the reason that we are all continually engaging in life experience. But we offer these words, that they might stimulate your thinking, that through your thoughts, you may draw life experience that will bring you to a clearer understanding or to more knowing. Truly, a teacher is a stimulator of thought.

It is only in your physicalness that you feel singular in your ability to be: "I can only be in one place at one time, I can only do one thing at one time." But from your broader perspective, you are multi-dimensional

You did not intend to remember the details of **past lives** because they would serve only as clutter and confusion in this one

This is one of the most **remarkable times** of physical man being physically focused and Non-physically intertwined. It's the reason we call it time of awakening. So let's begin by saying, you wouldn't have missed it for anything. Every Non-physical Energy of good report, praiseworthy and eager to be of value to the Universe and to the All-That-Is, is present in some form or other on this planet at this time. We don't know of any intense Energy that is not represented by one of you. In other words, we are here in all of our fanfare and all of our glory to experience the remarkable planet Earth experience

As you have made the **decision** to be here, to experience life, you have intended to understand, through this physical life process, the Creative Process, that you may deliberately create that which you choose within this physical life experience. It is your dominant intention as you are in physical form at this time

So, your **reason for being** here is to be physically focused and connected to your Source for the purpose of taking the Source of pure, positive Energy beyond that which it has been before. That's how this physical earth plane got here. Somebody like you from broader, Non-physical perspective imagined a delicious physical experience, and in that pure flow of Energy it is come to be.



When you are **counting on action** to get what you want, it is hard work. And that's why most of you don't have the life experience of joy that you seek. In other words, it becomes a life experience of just gathering up stuff, and even in the gathering up of stuff in this mediocre creation, you're tired. You work long hard hours and you get very much disconnected from your feeling of freedom, just to eke out a meager living, because you are counting on action to make things happen. And action isn't where it's at - it's in the vibration

You are the creator of all that occurs in all of your life experience. You create your physical life experience through your thoughts. Literally, every thought that you think gives birth to a creation.

What is it about you **Physical Creatures** that makes you believe that you must justify your existence? Is that not what makes you clamor and climb and struggle so hard? As if someone else is taking score, and if you are not moving far enough fast enough, then you will be judged? And we say: There is none of that! You don't have to justify your existence. Being here justifies your existence!

More of you are creating by **default** rather than by conscious and deliberate intent, and it is our desire that we may stimulate your thoughts, as you read these words, to the point of understanding how it is that this creating is occurring. And as you understand the process by which you are creating, then you will have more possibility of being in deliberate control of your current life situation.

You cannot judge the value of a life by its length.

By satisfying the **intentions** that you identify in this delicious physical time and place, and using those wonderful experiences as touchstones to flow Energy toward, you allow yourself to be a funnel where pure positive Energy streams through you into this time and place, part of your fulfillment of life. And the other thing that you do, is that you vibrate so in harmony with who you are, and by virtue of the new stimulation of thought, of the new data of the physical time and place, you take thought beyond, and experience beyond, what it has been before, fulfilling another very clear intent of your reason for existence.

You are **physical beings** in this physical dimension - because you have intended it to be that way. As you are experiencing this life experience, you are fulfilling that decision that you have set forth prior to your physical birth.

Seeking a **beginning place** is not an easy thing to do, for each of us is at a different point of understanding. There is not a specific order to learning or to growth. Each of us, at our current point of understanding or from our current perspective, set our

thoughts into motion, and they attract life experience - and from that life experience we draw our knowing.

Nothing is more exhilarating than to dance through life recognizing that the Universe is there to yield to you whatever you want whenever you want it

The **numbers on your planet** do not vary as much as time progresses as you think. The balance of your planet, in terms of physical humans or squirrels - is always perfectly maintained. You worry about population as if is something that is controlled from the physical perspective. It is not! The numbers that exist upon your planet today are actually fewer than in other civilizations. There have been many occasions when the population of your planet was much more

"Enjoy the **journey**, and if it isn't created today, it is all right - if it isn't created tomorrow, it is all right. Don't become so fixated upon your ending places that you run through life with your tongue hanging out! Because when you are feeling the lack of time, or the pressure of time, then there is no value."

When you are **deliberately deciding** that you want a thing and are giving your conscious deliberate thought to it - that is creation at its best, but when you are giving thought to that which you do not want, but nevertheless creating it - that is creation by default.

While you have lived many **life experiences**, both physical and Non-physical, you have no conscious memory of that which you have experienced before this physical lifetime, and that enables you to consciously remain focused upon this lifetime, and upon that which you are now wanting to accomplish.

Regardless of whether your **thoughts** are in the direction of what is wanted, or in the direction of what is not wanted - in the direction of that which excites you and pleases you, or in the direction of that which you fear, which does not please you - every thought has creative power.

If you are to be the **joyful beings** that you intended to be

as you emerged into these bodies, it is necessary for you to understand that what you seek, is harmony with you. And once you find harmony with you, then everything in your world will fall into place

You have not come here to prove yourselves **worthy**. You've come here because you saw physical life experience as delicious and you wanted the experience. You wanted the environment, you wanted the data, you wanted the process, you wanted the sensualness, you wanted the physicalness of thought, you wanted the combination of that which you are from Inner Perspective and that which you are from physical perspective - because the combination is so very, very good.

There is a tendency to feel yourself **rushed**, in other words, "we have very little time for this." And that, above all things, takes the joy out of your journey, doesn't it? When you have to do something with your attention upon the pressure of time, rather than enjoying the delicious creativity of the project, we say, it is of little value to create anything under those conditions.

To summarize the **Creative Process**: All thoughts create - and the more emotion that is present at the time that a thought is set in motion, the faster the creation is being received - and as frequent thought is given in any direction, without the hindrance of negative thought, there is certain creation, eventually

Just as there is no ending to life, there is no ending to **growth**. For both growth and life are eternal, or everlasting. And while physical experience does have decided beginnings and endings, the ending of a physical life experience is certainly not the ending of life - nor is it the ending of growth. And while all life experience is growth experience, physical life experience provides an opportunity for a specific sort of growth that is available only through physical life experience. And it is for that reason that each of you, in physical form, has so specifically and so deliberately intended, and wanted, to be a part of this physical life experience.

It was a lot of **Non-physical Energy** imagining a physical environment of sensuality, a physical environment where the Earth itself was self-sustaining, and that everyone on it, a guest upon it, could have all of the resources that would ever be necessary to provide for a luxurious and delicious physical experience. Thousands upon thousands upon thousands of Non-physical Energies imagined this place of bliss and opened this vortex that was so powerful that it literally reached to the boundaries of the Universe to draw the mass that was necessary in

the creation of it. And this "big bang" they talked about wasn't one fast explosion. It was a series of explosions, as the ideas and mass met

Thoughts that you set forth in combination with great emotion are the most powerful of your thoughts, whether they are positive thoughts (in the direction of what is wanted) coupled with positive emotion, or negative thoughts (in the direction of what is not wanted) coupled with negative emotion - the strong emotion that you feel as you are giving thought, indicates that you are bringing into physical realization, that which you are giving thought to, very quickly.

You are powerful, **powerful creators**, here with tremendous intent - but the intent cannot be measured by physical terms. That gets so confusing as you try to decide the path you are meant to follow. You become overwhelmed with the possibilities. And so, we are wanting to remind you, you did not come forth with one path - you are too broad for that

The only way for you or any to reach this place of understanding of this life experience, in the context in which it was intended, is to reconnect with who you are - to gain that sense of the overall picture - sense of the, I am and why I am here.

The **thoughts** that you think, regarding those things that you want, set into motion the creation, and eventual fulfillment, of that which you want. The thoughts that you think, regarding those things that you do not want, set into motion the creation, and eventual fulfillment, of that which you do NOT want.

It is not possible to create within the **life experience** of another. You cannot create in their experience - and they cannot create in yours. Therefore, everything that you are experiencing is by your own creative hand, or more appropriately said, by your own creative thought.

As you are **noticing** that what you have intended has not yet occurred, what you are giving your attention to is the lack of that which you want. And as you give your attention to anything, you create more of it. And so your notice that it has not yet occurred creates more of it not yet occurring. Your notice of the lack creates more of the lack.

The laws of the universe remain constant, regardless of the dimension in which you dwell. The Law of Creation is such a Law.

That part of you who made the **decision** before your physical birth is still a part of you. We call it your "inner being," for there are not accurate physical words to describe this part of you. It is a broader, wiser, certainly older you - the part of you that transcends physical birth and death. It is the part of you that is aware of all of the experiences that it has participated in, both physical and Non-physical, - and you may have access to the knowing that is held by your Inner Being, if you will allow it.

What is, "**creating by default**"? It is setting into motion the creation of something that you really do not want, by giving your attention, or focus of thought, to it until it is created, and much of what you are experiencing would fall into that category. The usual response when one hears for the first time that they are the creator of their life experience - and that all that they are experiencing, without exception, is by their own doing - is, "How can that be? I would not have created this thing that I do not want.

It is the **allowing** part of this equation that is out of balance for most of you. Many of you have long lists of unfulfilled wants, and although there is always room for improvement in clarifying precisely what it is that you are intending, as more of you begin to allow yourself the receipt of that which you want, there will be much more deliberate creating occurring, and as a result, there will be much more joy and contentment experienced.

We will state the **law of creation** in simple terms here: want it, and allow it to be - and it is. (Perhaps even a better term than "want," would be, "intend," for in the intending, there is wanting, certainly, and also an expectation for the receiving. "Intend" is a broader, more inclusive word) We will restate the Law of creation: Intend it, and allow it - and it is.

You **attract** by your vibration. Everything in the Universe is experiencing the powerful Law of attraction...And when you are vibrating in pain, you cannot attract joy. The vibration of pain attracts only pain. The vibration of joy attracts joy, the vibration of illness attracts illness...The Law IS, and the wonderful thing is that once you understand the Law, and you are sensitive enough to feel how you are vibrating, then you have control of your experience.

Recognize that you have only to state, "**I want a new red car,**" and leave it at that - not setting forth your counter-creation, your contradictory-creation, your destructive-creation, your anti-creation or your un-creation. Offer only those thoughts and words that are in the direction of what you want.

Many of you, as you set a **creation into motion**, remove the possibility of its creation at the time you give birth to the creation. For example: "I want a new red car, but it is too expensive." You see, you have given birth to your new red car, on the one hand, and in the same breath you have removed the possibility of receiving it by your statement, "but it is too expensive". And much of that which you would create is voided in just that way.

You wanted the opportunity to experience this delicious **contrast** in time and space, and with great anticipation you came to co-create with other joy-seeking beings, to fine-tune the process of deliberate thought. (What, where, when and with whom are your choices, too.)

We are wanting you to understand who you are and **why you are here**. And we are very much wanting you to "feel" your connection with your Inner Being, because when you make that connection, never again do you feel insecure or fearful or unable or incapable or alone. Once you make that connectedness with who you are, then you can get down to the business of doing and being and having that which you've come forth into this physical experience - to be and do and have

What you're beginning to **understand** is that first of all - all things are possible, everything that you can flow Energy toward, you vibrate with and you attract the physical tangible proof of it. Then you come to the place that you have really intended to be, you come to the place of saying - What do I choose to give my attention to? What part of this immense spectrum of possible thought am I wanting to contribute to?

It doesn't really matter what **religion** anybody believes. If

their life is working (and there are many different approaches to life that are working very well) then why not let them believe whatever they want to believe? It's all working in the way that it is supposed to be. There are religions that you wouldn't want anything to do with, that are perfect mechanisms for the people who are involved in them. And therefore, they are a very good thing

No one connected to **Source Energy** would ever harm another. It's an interesting thing: More injustices, more discomfort, and more unhappiness is projected at others under the name of righteousness, under the name of law abiding, under the name of law, and under the name of religion, than all other things put together. In other words, don't worry about it.

If you have the ability to **desire** it, the Universe has the ability to deliver it. You've just got to line up with what you want, which means-be as happy as you can be as often as you can be there, and let everything else take care of itself.

You are all **perfect** and expanding; you are all adored and worthy; you are all here having your exposure to experiences and doing the best that you can from where you are. You have not been sent here in a test or trial; you're here as creators as part of an expanding Universe. You can't have it both ways. You can't have, at the root of that which you are, Well-Being, and then have that same root of Well-Being have the capacity to pronounce you evil. It is vibrationally impossible. That judging, vengeful God is manufactured from humans' place of deepest despair.

There has never been an injustice anywhere in this physical time/space reality or anywhere else. Law of Attraction does not promote injustice. Law of Attraction amplifies the vibration that is within you.

Everything that I think that I need to do is all only in order to propel me to some place that when I get there, I think I will be happier. So, everything that I am doing, no matter what it is, all of my lists of rights and wrongs... are all about me getting to a **manifestation** that I believe I will then be happier... So, why don't I take a short cut and just go get happy?

You cannot receive **vibrationally** something that you are not a vibrational match to. And so, bless those who are finding abundance. And in your blessing of them and their abundance, you will become abundant, too. But in your cursing of their abundance, you hold yourself apart from it. It is a law - it is a powerful law.

Your **government** is the by-product of the vibration of the masses. A war is the by-product of the vibration of the masses. In other words, this is not a war that your government has waged against your will. This is a war that has grown vibrationally from the vibration of the masses.

You're not ever going to **teach** them how to vibrate, nor would you want to change them all to a place of vibrating just like you. Your work is not to fix them; they are not broken. Your work is to choose from among all of that which feels best to you, and fixate on it as long as it gives you pleasure and joy. And in doing so, you will align with the Energy of your Source, and you will live a magnificent experience. You just have to not let your joy depend upon what anybody else is living, 'cause that'll get you every time.

So, look at your world that seems bent on **revenge**. The suicide bomber didn't just wake up one morning in the middle of a joyful life and decide to go kill some people. That person, whoever it was, was living such a feeling of disempowerment, that the only access they had to anything that gave them even an opportunity to have a breath of air, in that moment, was a feeling of revenge. We agree, we don't want them to get stuck in that feeling of revenge and then go kill themselves and other people. But we certainly understand how they got there. Nobody wants to feel powerless. And so, the suicide bombers are just those who are saying, "Well, I can do this one thing. You've taken away my power in this way, and in this way, and in this way, but there's one thing you cannot take away from me: my power to take myself out and a bunch of other people with me, hopefully."

Every bit of it is about **economics**. Every bit of it, without exception. Everything about religion is about economics. Everything about politics is about economics. And everything about economics is personal satisfaction. Everyone is personally motivated to do the best that they can possibly do for themselves.

You are free to choose to discover new avenues for **joy**. In your joy you will grow, and in your joyous growth you will add to the growth experience of All-That-Is. (However, you are also free to choose bondage or pain.)

It's interesting that the path to **peace** often is war. We, like you, don't agree that it's making things better, but we don't think they're wrong; and we understand the thinking behind it. And if you get involved in every disagreement of every point of Consciousness, your life's just going to be in a scramble. Finally you have to say, "This isn't about me. I didn't wage this war. I didn't pick this war. I don't understand this war. I'm not going to think about this war, and I'm not going to use it as my excuse to not feel good any more."

When you take the **problems of the world** on your shoulders, your body doesn't feel good. It's just that simple. Leave the problems of the world to the individual problem-makers of the world, and you be the joy-seeker that you are.

Each of us gets to have our own **perspective** from which we desire or prefer, and Source Energy answers every single one of us. There's no shortage of Source; there's no shortage of answers; there's no shortage of substance. There's no shortage of all of the stuff or non-stuff that any of us wants-there's no shortage of it. It expands proportionately to our ability to desire it.

We would not **role-play** anything that we don't want to live. We wouldn't watch movies that play out scenarios that we wouldn't want to attract-because your vibration is your everything. Why would you deliberately activate something within you-that is going to be a player in your point of attraction-that could bring you something that you do not want?

If you connect with your **Inner Being**, then you fulfill your purpose for being. If you do not connect with your Inner Being, then you just spin circles. You die feeling unfulfilled and that the life experience was for naught; there was no value from it, no growth-not any joy either. The two go hand in hand. So the happier you are, the more of that value you are fulfilling.

**You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves...**

No one can create in your **experience**, for no one can control where you direct your thoughts. On the path to your happiness, you will discover all you want to be, do, or have.

What can we gain by **sailing to the moon** if we are not able to cross the abyss that separates us from ourselves? This is the most important of all voyages of discovery, and without it, all the rest are not only useless, but disastrous.

When you are in sync with the Energy of Source, which is the Energy of Well-being, Well-being is your experience. And when you're not you don't feel so good. Everything that you're living is a perfect replica of the vibration of your being.

The more playful you are about it, then the easier it all is.

Nobody else knows your **reason for being**. You do. Your bliss guides you to it. When you follow your bliss, when you follow your path to joy, your conversation is of joy, your feelings are of joy - you're right on the path of that which you intended when you came forth into this physical body.

Is it an employment "opportunity" or bondage? Because what you really want is **freedom**, many of you equate working for other people as bondage, but if you would realize that the corporation, as an entity, is not so different from the individual, it might be easier to understand the employer's decisions. Long before the buildings or the workers, the visionary of the corporation had an idea for something that began summoning Energy. So years later maybe you are hired as a part of that team, and without realizing it you are now the beneficiary of that continuing flowing Energy. When you step into one of those employment positions, Life Force is summoned through you because of the vision of the founder-unless you're bucking the current. Most get into that fast moving stream and paddle against the current-and then complain about it being a hard ride-where they could get into their canoe and easily paddle with the fast moving current. You can soar and thrive in any environment as long as you are not seeing things that you are using as your reason to paddle against the current. And so, it doesn't really matter what others are deciding. The question is: "As I am

choosing to stand here, it's a way for dollars to flow through me in exchange for the effort I am offering. Am I predominantly letting the Energy flow through me, or not? Am I letting it in?"

Worthiness, in very simple terms, means, I have found a way to let the Energy reach me, the Energy that is natural, reach me. Worthiness, or unworthiness, is something that is pronounced upon you by you. You are the only one that can deem yourself worthy or unworthy. You are the only one who can love yourself into a state of allowing, or hate yourself in a state of disallowing. There is not something wrong with you, nor is there something wrong with one who is not loving you. You are all just, in the moment, practicing the art of not allowing, or the art of resisting.

Aren't you just thrilled that there are **billions of beings** of intelligence within you? Cells that each know what's best for them? And as they find what's best for them, it is ultimately what's best for you-unless you're focused upon something unwanted and using that as your excuse to block the flow. They are asking, Non-Physical is answering. Are you in the way or are you letting it flow? That's what this "Letting go and letting God" is all about. It's about relaxing and no longer hindering the communication between the individual askers. Every particle gets to individually decide. And as every particle asks, it is answered-and the Whole continues to thrive.

Do you have to change your **vibration** on a particular subject in order to let it in?" No, you don't. You could pet your pet and let it in. You could sit with your feet dangling in the bay, and let it in. If it is a subject that you often think of in an attitude of resistance, it is really worthwhile reaching for some thoughts that feel better. You could launch an intention and never think about it again, and the Universe would yield it to you. You don't have to clean up your vibration relative to anything, if you can just not think about it any more. That's why we teach meditation. It's easier to teach you to have no thought than to have pure positive thought. When you quiet your mind you stop thought; when you stop thought you stop resistance; when you stop resistance-then you are in a state of allowing.

Is it **reality**, or is it not reality? All things are reality. Even if only one is imagining it, it is a reality in that the thought has been offered and someone, who has the ability to translate that vibration, will perceive it. It must be fair to say that anything that can be perceived must be reality. Because, as creators, your reality depends upon what you are willing to imagine and allow

Is this pill really an effective pill? Is this process really an effective process?" Anything that causes you to allow what you desire is the process of coming into **alignment**. And so, we're not, in any way, validating or invalidating anything. Many offer their "dog and pony show" as being the one that works. And good for all of them. We applaud anything that assists someone in allowing the Well-being, that they so much want and deserve, to flow.

Reduce your **workload** by 30% and increase your fun load by 30%. And you will increase your revenues by 100%. And you will increase your productivity by 10,000%. (If there could be such a percentage.) More fun, less struggle - more results on all fronts.

Sexual Energy and Spiritual Energy are identical Energy. When you are tuned in, tapped in, turned on-that's the "turned on". When Source Energy flows through you, it flows through you. You cannot separate one from the other.

If there is no **source of illness**, why are there so many sick people?" It is because they have found lots of excuses to hold themselves in vibrational discord with wellness. They are not letting it in. And when they don't let it in, the absence of it looks like sickness. And when enough of them do it you say, "Oh, there must be a source of sickness. In fact, let's give it a label. Let's call it cancer. Let's call it AIDS. Let's call it all kinds of terrible things, and let's imply that it jumps into people's experience." And we say it never jumps into anybody's experience. It's just that people learn through trial and error, and through banging around with each other, patterns of thought that don't let it in.

In most **lawsuits**, most people just use each other as their excuse to disconnect from the Stream. And then they just suffer until the one who is the least disconnected wins the lawsuit. But it is still an exercise, in disconnecting from Source Energy, that we think is never worth the price of the reward, no matter how great the reward of a lawsuit is.

You are **killing** more of each other every day over your quarrels over religion than all other things put together, because you cannot even come to an agreement about what you think God says, or wants for you. On one side of the world God wants something different than the other. On one side of the room, in one side of your mind, God wants something different than on the other. The power is within you. You are extensions of this powerful Source

Energy. You are literally God expressing in this physical body. And so, as you are standing in a thought, or in a word, or in an action that feels good to you as you are standing there-then you are fully open and allowing all of that Divine Energy to flow through you. And in that moment you are all that you said you would be when you decided to come forth into this body. You are the extension of pure positive energy. You are in your full creative power. You are thriving. You are clear-minded. You are joyful. You are filled with love. You are who you are-you are allowing that which you really are.

We practice the **Art of Allowing**. Which means reaching for the thought that feels best, not the thought that is the real thought, not the thought that is telling it like it is. Telling it like it is only holds you where it is: "Damn it, I'm going to tell it like it is. I'm going to tell it like it is, because everybody wants me to tell it like it is." Tell it like it is if you like it like it is. But if you don't like it like it is, then don't tell it like it is-tell it like you want it to be. If you tell it like you want it to be, long enough, you will begin to feel it like you want it to be, and when you feel it like you want it to be, it be's like you want it to be.

Could I think too little about my **desire**, for it to manifest?" Actually, no, because as the contrast launches the desire, and then you do not offer any opposing thought, then you're letting it in, and it will manifest. Many of our physical friends really believe that they must find a desire and then hold tenaciously to it. And we say, you do not need to do that. Let the variety of your life keep balance in your life. You just concentrate more on holding yourself in the good-feeling place where you're letting it in.

"The **beasts** that came before you, who banged around on this planet, denoted, at cellular, conscious and unconscious levels, their preferences. And that is how the atmosphere was prepared for you. They did not write one thing on their "things to do today" pads. They just be'd and perceived and concluded and asked vibrationally. And the Universe expanded as a result of their willingness to have exposure to the contrast. And you are not different from them. You have no greater responsibility than they did. The contrast produces the desire within you, and the Universe expands as a result of it. The only question is, the question that we want so much to answer is, are you letting it in? Are you letting yourself experience the benefit of your precious focus and your vast experience in the here and now? You'll never get it done. You cannot get it wrong. So don't you think it's time for you to lighten up and start having more fun with all of this, and accept that you are Eternal Beings? And since you are Eternal Beings, then there's no point in rushing, because there's never going to be a time when you don't exist."

Everything is **vibrational**. "I'm letting it in or I'm not. And I'm using lots of things as my excuse to let it in, or as my excuse not to let it in." But it's all vibrational. Otherwise, we should be able to take 100 people, give them all identical exposure to experience, and get identical results. And you can't do that. You'd get 100 different results, and you'd get several big differences in results.

If you feel **drawn to someone**, but you are annoyed because you think that they are telling you some lies, try to look beyond the lies and try to focus upon the feeling. People offer all kinds of words for all kinds of different reasons. Most lies are offered to try to keep things in alignment. We're not encouraging it, but the motive behind lying is usually a pretty honorable motive. In other words, when a child lies to their parents, it's usually because they want to be free to do what they want to do, and they don't want their parents to be upset about it. It's about wanting an alignment. Physical ears have a hard time hearing this. You keep talking about "We need to be honest." And we say, we don't meet any of you who are honest. Even those who claim to be the most virtuous, are not honest, but your vibration always is. We would trust the feeling more than the words.

You cannot be all things to all people to keep them in the place of **connection** because it's not about you. Their connection is about them. Finally, with enough trial and error, you come away from it saying, "Oh, it's not my job to please them. It's their job to please them. It's my job to please me." It's your job to find vibrational harmony with you and You. Sometimes people hear us say these words, and they worry. They say, "Abraham, you teach selfishness." And we say, indeed we do, because if you're not selfish enough to connect to Source Energy, you don't have anything to give anybody anyway. They say, "But, we worry, if you teach people to just please themselves, then will not they be out there doing all kinds of abhorrent things that will negatively affect the rest of us?" And we say, any abhorrent things that they do, only affect them and others that are a vibrational match to them. They cannot assert themselves into your experience. Everything is about attraction.

What **children** do you know who have not had sexual curiosity, and who have exposed each other to sexual experiences, that don't grow up feeling guilty about it? But when there's an adult involved in it, it all wraps around the feeling of guilt and the feelings of not being able to express yourself sexually. There are all kinds of sexual deviants in your culture that almost without exception all exist because of the pressing of the irrational laws around the

subject, both religious and secular. The surest way to make a deviant society, is to make a whole lot of deviant laws.

Contrast helps you to identify desire. Desire is summoning. It's always flowing through you. You have the opportunity of opening to the harmony of the vibration of your desire or not. As the desires are being summoned through you, and you go with the flow, you thrive, but if you use things to be your excuse for not going with the flow, you are arguing for your limitations. We want to show you how to go with the flow. Which means nothing more than finding vibrational harmony with your own desire, and letting the Universal Energy that your desire is summoning to it flow to it through you. It is optimum creative experience.

There are **endless paths** that lead to Source. And it is the connection to Source that is ultimately sought after by all. Everyone wants to believe that they have found the path. And, oh, it is glorious when you find that which you believe is your path. That is alignment with Source Energy. But when you say, "I have found my path, and you over there on that other path, you're not on the path," in that moment of judgment, you're not on your path either. Compliment them on their choices. Never push against their path. Never put them in the position where they must defend their path by condemning yours. Instead, appreciate their path. Appreciate it as their method of connecting with Source Energy. And we promise you, there is not one method that is better than the other.

Many say to you, "Don't be selfish." And what they mean is, "Satisfy my selfish intent, not your own. I'd be a lot happier if you were doing the things I need you to do in order for me to be happy". And so, the best gift that you could give to anyone, would be to be a liver of unconditional love. In other words, you're loving them, even though they're not loving you because you're not doing what they need you to do in order for them to love you. But it is not keeping you from loving them.

The **birds** of your planet are often messengers or translators of Non-Physical Energy; all beasts are, to a certain extent. But the birds of your planet are used often in that way. Non-Physical Energy, wanting to express something to physical, often finds a bird as a very easy messenger, because the birds are mobile, they are everywhere, and they are willing. And they are vibrationally intuitive, sensitive to vibration more so than most beasts, and therefore pliable to the will, if you will, of the Energy.

You can be fully satisfied with where you are, understanding that you're **eternally evolving**. When you get into that place of feeling appreciation of where you are and of who you

are, and appreciation of what you are, and you accept that you are a never-ending, always unfolding Being, then you can stand in that delicate balance of being optimistic about what is to come, without being unhappy about where you stand. Find a way of eagerly anticipating future changes, while at the same time you are in love and satisfied with who, what, where and how you be.

You have an **Inner Being** within you, that has been walking with you all the days of this experience, who is aware of all that you want, and all that you are. We are wanting you to find a very real connection with that which you are — with your broader Non-physical counterpart — with your God-force — with All That Is — with your Higher Self — with your Soul or Inner Being or whatever label you are wanting to assign it, so that you can be and do and have that which you've come forth to be, do and have.

Expectation indicates the juncture between where you are and where you want to be... Where you want to be, is your desire, and where you are, is your Set-point or habit of thought. And somewhere, in there, is what we would call expectation. Expectation, whether it is wanted or unwanted, is a powerful point of attraction... Your expectation is always what you believe. But the word expectation does imply more what you are wanting than what you are not wanting. It is a more positive word than it is a negative word, but of course, you could expect negatively—and whatever you expect, you will get!

.....someone said to us very clearly one day, "I have been taught that I should not make clear **decisions** about my desire, that desire is really the root of evil. And that if I desire these material things -- that they clearly cannot be spiritual things at the same time. Materialistic things are not spiritual things, and so I have been taught that I should be without desire.

And we say, And what is the reason for that" And they say, "That I live a good life." And we say, "Is that not a desire?" Or they say, "Then I will be rewarded with heaven," and we say, And is that not a desire? Or they say, "I am taught that I will then be happy," and we say, **Is that not a desire?**

You cannot be without **desire**. The entire Universe is pointed toward a desire formulating within you, and the same

Universe is pointed toward fulfilling the desire that you have identified. This is what the expansion of the Universe is about, you see

Nothing needs to be **fixed. Everything is unfolding perfectly. So when you stand in your now accepting that all is well, then from that vibration, you become surrounded by more and more evidence that all is well.**

But when you're convinced that things are broken, that there is pollution, or that things have gone wrong, or that the government is doing conspiracies... then what happens is you get caught up in that vibration, and you begin to manifest that kind of stuff, and then you say, "See, I told you that things were going wrong."

You cannot be all things to all people to keep them in the place of **connection** because it's not about you. Their connection is about them. Finally, with enough trial and error, you come away from it saying, "Oh, it's not my job to please them. It's their job to please them. It's my job to please me." It's your job to find vibrational harmony with you and You.

Sometimes people hear us say these words, and they worry. They say, "Abraham, you teach **selfishness**." And we say, indeed we do, because if you're not selfish enough to connect to Source Energy, you don't have anything to give anybody anyway. They say, "But, we worry, if you teach people to just please themselves, then will not they be out there doing all kinds of abhorrent things that will negatively affect the rest of us?"

And we say, any abhorrent things that they do, only affect

them and others that are a vibrational match to them. They cannot assert themselves into your experience. Everything is about attraction."

Follow what you know to be true. if it feels good, it's right on. if it doesn't feel good, it's not. that's it, that's all there is to that.

Through the day, our **intent** would be to be sensitive to the way we feel.

And if we found ourselves feeling ornery or aggravated or irritable or disappointed about something, we would stop right in the middle of that feeling, as soon as we identified it, and we would say, "Hum, what is it that I am making a vibrational match with right now?"

This ornery feeling is a match with things going wrong. It's a match with not getting what I want. It's a match..." And within about thirty seconds, you would be laughing about the silliness of this vibrational match.

Your joy factor will remain constant as you are continually refining your ideas of what you want, and that's why it is so important for you to get everybody else out of the equation.
They've got their own game going on; they don't understand your game.

Give them a break; stop asking them what they think.
Start paying attention to how you feel.

Joy will be yours immediately, and everything else that you have ever thought would make you happy, will start flowing, seemingly effortlessly, into your experience."

You're feeling really really **rotten**, and some bright-eyed shiny person comes in and says "you know you are the creator of your own reality", you sort of want to punch their lights out. You wish they would just go away, because you are vibrationally very different from where they are and that's the last thing you want to hear.....we are not asking you to look at something awful and call it good.....Just find something fresh in your now that you are excited about and turn your attention to it.....be selfish enough to reach for the thought that feels better"

We've noticed as we've **watched** all of you that your energy is always pure when you're thinking about what you want and **WHY** you want it than it is when you're thinking about what you want and how you're gonna get it and where it's gonna come from or whose gonna help you because you don't have answers to those questions. And so all it does is activate the vibration of doubt and worry. Where if you're thinking about what you want and **WHY** you want it, it's usually a vibration of allowing that allows the Universe to open more doors for you.

Let's say you have a piece of very fine sandpaper, and you rub it with your fingers. It is so fine that at first, it feels almost like velvet. So you rub it a little more, and a little more, and a little more.

In the beginning, there is no detriment to this experience. But the longer you rub it, the more unpleasant it becomes. Your skin is beginning to feel some sensitivity--and after an hour or two, maybe even some beginnings of blisters. Yet sometimes, that sandpaper is really the only thing visible in the room. And even though the experience is not very pleasant, you've got this habit going. Then, all of a sudden, you realize "Hey, I don't have to do this!" and you simply lift your fingers up off the sandpaper!

Our favourite analogy is the cork that bobs on the surface of the water. And when you hold it under the water, it is unnatural. It is natural for you to let go of it, and it is natural for it to bob. But when you take hold of a thought that does not feel good, and the

negative emotion sweeps over you, you remain in an unnatural state

If we were standing in your **physical shoes**, we would not allow or accept or tolerate long-standing negative emotion. Instead, we would use negative emotion in the way you all intended. We would feel it and know it for what it is: As an indicator that, in this moment, I have my attention upon something that is not in vibrational harmony with who I really am or with what I am wanting. Not forever, but in this moment.

We say, the answer to a good life is in not resisting a good life, because a good life is natural to you. It's your legacy. It is your inheritance. It is flowing to all of you

The one who fears something the most is the one who has it most **activated** in their vibration. And so, it is logical that they would experience it

You want **appreciation**. Even though you like what's happening now doesn't mean that you still don't want appreciation or greater stimulation. It just means you're not using something in your now as your excuse to not let in all those things that you've been wanting. The perfect creative stance is satisfaction where I am, and eagerness for more.

We are all **Vibrational Beings**. You're like a receiving mechanism that when you set your tuner to the station, you're going to hear what's playing. Whatever you are focused upon is the way you set your tuner, and when you focus there for as little as 17 seconds, you activate that vibration within you. Once you activate a vibration within you, Law of Attraction begins responding to that vibration, and you're off and running—whether it's something wanted or unwanted.

A **belief** is only a thought that you keep thinking. So as you keep thinking this thought, you keep vibrationally attracting relative to that thought. So you confirm your own beliefs again and again and again and again and again. That's why someone who believes in cancer can confirm that belief, or someone who believes in robbery can confirm that belief. So everything is a sort of confirmation of belief.

That's why so many of us teach **meditation**. Because when you stop thought, you stop resistant thought. When you stop resistant thought, then you let it in. That's why we teach appreciation, because when you're in appreciation, you are not in the mode of resistance, and you are letting it in.

More of you are creating by **default** rather than by conscious and deliberate intent, and it is our desire that we may stimulate your thoughts, as you read these words, to the point of understanding how it is that this creating is occurring. And as you understand the process by which you are creating, then you will have more possibility of being in deliberate control of your current life situation.

Negative emotion is your indicator of resistance, while positive emotion is your indicator of allowance. And they are on the same meter: allowance; resistance. Allowance; resistance.

Two statements that will serve you very well. The first is: **There will always be war**. There will always be those who aggravate within others a sense of trouble in order to promote the solution that they already have their mind made up about. And so you're never going to come into agreement as a mass consciousness that this is "the way." There will always be disagreements; therefore, there will always be turmoil; there will always be war. The other statement, that is our favorite, is, Well-Being will always abound, so the dominant experience of the majority of people will always be one of Well-Being. So, you can decide, at any point in time, in what part of this you want to play. You can use anything as your excuse to align with Well-being, or you can use anything as your excuse to not align. The thing that we think is at the heart of this discussion, is my own personal power. We think

that's what you are, sort of, struggling for and reaching for.

You are powerful, **powerful creators**, here with tremendous intent — but the intent cannot be measured by physical terms. That gets so confusing as you try to decide the path you are meant to follow. You become overwhelmed with the possibilities. And so, we are wanting to remind you, you did not come forth with one path — you are too broad for that.

World peace, means one mindset big enough to make the decisions about what everybody else wants, and the rest of the world conforming. That is the ultimate definition of world peace. You say, "Oh, let's get along!" And what each of you mean is, "You do what I want." A peaceful world means, "Everybody wanting what I want. Going along with what I want." And the only problem with that is, there are more than one of you, and you have endless desires that are born within you. The ultimate experience is, everyone having their experience and launching their individual rockets of desire, and the Universe yielding to all of them simultaneously. And everybody not worrying about what anybody else created, and so, then allowing what they are wanting. What a world that is, when there are endless desirers, who are allowing the fulfillment of their own desires.

"The greatest destruction that takes place upon your planet, and the greatest sadness that is brought about as a result of it, are your man-made, **man-induced wars**. And yet, when we feel in to the vibration of the masses that are involved (not just the leaders, but the masses that are involved) within the conflict, is a satisfying adventure. Wars are created because they are satisfying something within large numbers of people—or it would not be."

The majority have been programmed from their past experience to expect **physical decline**. And while it is something they don't want, they are programmed to expect it. And so, they're going to get what they expect. It's not that what they expect is the reality that everyone lives, but that everyone lives the reality of what they expect.

Your **Inner Being** vibrates powerfully and pointedly and, when and if you harmonize with that vibration — it is like a rocket going off...your vibration raises to the point where you can have connection with who you really are. That's when you feel uplifted, that's when you feel inspired, that's when you feel elated, that's when you feel those goosebumps come, that's when it happens...things really begin to happen quickly within your experience...Your work is to more of the time deliberately think thoughts that will lead to

thoughts that will lead to thoughts that will lead to that fuller connectedness with who you really are.

We would be called Pollyanna if we were in your physical body. We would be called one who does not face reality. We would be one who ignores facts and evidence. We would be one who would be called unrealistic. We would be one who is so interested in feeling good that we would gloss over everything until it does feel good.

We would ignore warning signs and we would beat the drum of what feels good. We would not vote for new laws. We would attempt never to control conditions. We would adapt attitudes such as, Well, what will be will be.

We would just relax and allow. We would beat the drum of allowing, and we would look for reasons to feel good. And we would walk through space and time with good things happening everywhere we go, with people standing in amazement and saying, "It just doesn't seem possible that that person who doesn't seem to think about anything could be living so well."

Even while virtually everything in our society tells us, reminds us, and insists, that we are limited, aging "creatures", who live lives between luck and fate, in a hard, unforgiving world. The truth however, and this will likely ring bells in your heart of hearts, is that we are INFINITE and POWERFUL... fun loving gladiators of the Universe; Adventurers just being human, with eternity before us, and the power of our thoughts to help shape it.

WE MAKE OUR OWN REALITIES, OUR OWN FATE AND OUR OWN LUCK... that, is how powerful we are... and THAT is how powerful YOU are, and to offset all the contradictory thinking of the masses, YOU NEED TO HEAR THIS KIND OF MESSAGE as often as you have to hear all the others.

It's not necessary for you to exacerbate your **contrast** with struggle in order to get it into a higher place. It is not necessary to suffer in order to give birth to desire. But when you have suffered and you have given birth to desire, so what? You've got a desire. Turn your attention to the desire. Think about where you're going and never mind where you've been. Don't spend any more time justifying any of that stuff.

Those who are ready to hear, do hear, and those who are not ready, do not. And that

which is asked for is received, and that which is thrust upon is not.

You will never reach the place where you will not need to be diligent about your **choice** of thought. Because you live in a world that is determined to show you every pocket of despair. So you must diligently choose. But it gets easier and easier and easier to do so. Right now, it may feel to you like those moments of Connection are the rare ones. There will be a time when those moments of Connection will feel so normal that it will shock you when you get into a place of disconnection.

You are here seeking avenues through which to assist others in feeling clearer about things — for it is through your **clarity that you uplift others to greater clarity.**

As humans have come to believe that the **longevity** of life is more important than the quality of life, you have found ways to keep yourselves alive for longer and longer periods of time, under the fear that something could go wrong. If we were in physical shoes, we would be looking for the path of least resistance to believe in the self-healing qualities of our physical body. We would not be promoting so much outside intervention, because the outside intervention keeps squirreling around. In other words, every time you turn around they have a new idea about what is the best procedure for all of that.

We will state the law of creation in simple terms here: want it, and allow it to be — and it is. (Perhaps even a better term than "want," would be, "intend," for in the intending, there is wanting, certainly, and also an expectation for the receiving. "Intend" is a broader, more inclusive word) We will restate the Law of creation: **Intend it, and allow it** — and it is.

There is thought and there is Thought Form, and there is Manifestation. Manifestation is always in the eye of the beholder. So this time-space-reality that everyone is perceiving is nothing more than vibrational interpretation. So the Thought Form of that which is man was set forth from Broader Perspective, and has continued to evolve by the experience of those who were having the experience here on the planet. And what you actually see as man or human is vibrational interpretation. Now, did man come from ape? No, man was a different idea. So how does the idea of **evolution** occur? And we say, because the idea of each species was set forth, and as the experience of the species is lived, the idea expands. So the expansion is happening from the Leading Edge place, and is supported from the Source Energy that flows everywhere the idea goes

Jerry said to us "Can you choose **foods** that are beneficial to us?"

And so we said "Yes, follow us."

And we went through the grocery store and filled their cart full of different foods from all departments.

And said "If we were standing in your physical shoes this is what we would choose."

And Jerry said, "What is it about this food that has caused you to choose it?"

And we said, "There are no preservatives in any of this food."

And Jerry was not sure he believed that because he had not seen us reading any labels.

He just saw us putting things in the basket.

And so he read every label only to discover that none of the food that we had selected had preservatives in it.

How were we able to choose it?Vibrationally.

In other words, all of the food was more alive, none of the food had been rid of its life qualities by trying to preserve it, by killing most of what's active within it.

In other words if you want your bread to last you better kill the active ingredients otherwise that bread is going to become mouldy just like it is supposed to.

And if you don't want it to do that then you have to put something in it that destroys it's ability to do that which makes it less alive, which makes it less beneficial to you.

We acknowledge that.

And so we are not for a moment saying to you that there are not foods that are more a vibrational match to the mechanism that is you.

Certainly that is true.

But we do not encourage approaching it from the outside in

by making lists of things I should eat.

We encourage that you get in alignment with who you really are and let who you really are choose your food.

You have the ability to control the **power of your thoughts**. You have the ability to control the power of your mind. You have the ability to make a vibration dominant that matches your desire. You do. And that's all it takes. And that's all any successful person ever has done. It's all anyone who has ever achieved anything that they wanted has ever done. They just wanted it, and talked themselves into believing it.

You have to find a way to be all right with thriving because you are always going to want to **thrive**... The economy is moving forward in response to the desires of people. And depriving yourself of something does not make more money for someone else to spend... If there were not people who were purchasing things, then all of the people who are working at manufacturing and marketing them would have to find some other ways of making their living... There are so many people who innately want to thrive, who as soon as they begin thriving a little, begin imposing all of these exterior judgements about how much thriving is appropriate, "It's appropriate to thrive that much, but not that much." And you have to ask yourself, "At what point do I lose the balance of thriving?"

Just like when you set your radio tuner on 98.6, you can't hear what's being broadcast on 101 FM: Your **frequencies** have to sync up. So, the frequency of your desire and the frequency of your day-to-day thought about your desire have to be on the same vibrational wavelength. And how do you know when it is? It feels good to think about it. How do you know when it isn't? It doesn't feel good to think about it.

So, it might be a good idea to start talking about where you're going instead of about where you are, and where you've been. Because, as you talk about where you are, or about where you've been, that's the signal that you offer—and that's the signal that everything Universally is responding to.

That's why it feels sometimes like you're stuck on this spot. You're not stuck because things are always changing.

But if it feels like you're stuck, it's because they're changing to the same thing over and over again.

Your motor's always running and the Universe is always responding to it, and wherever you're pointed is where you're going, and if you're pointed to the past, then you're just recreating more of the same, or if you're powerfully looking at what-is, then you're just creating more of the same thing. But if you are looking forward; if you are looking into the future; if you are looking for change; if you are looking for new, if you are looking for improvement, then that's what's coming to you – it has to be.

It is illogical for it to
be otherwise.

You have the ability to **control** the power of your thoughts. You have the ability to control the power of your mind. You have the ability to make a vibration dominant that matches your desire. You do. And that's all it takes. And that's all any successful person ever has done. It's all anyone who has ever achieved anything that they wanted has ever done. They just wanted it, and talked themselves into believing it.

The Universe can please all of you at the same time. "Well, how can that be? If I want to live in the mountains and she wants to live at the ocean, how could the Universe possibly please us both?" And we say, as each of you gets to the essence of why you want what you want, and are not pointing at the other and saying, "No, no, not that, please not that," the Universe can fulfill both. **Be playful.** Know that it's going to be alright no matter what. Have as much fun as you can. Be as easy as you can. Don't take anything very seriously, because everything blows over, good and bad. You can't stand still. So nothing lasts very long. The best of experiences you must move beyond – and the worst of experiences you must move beyond. Don't make where you are too big of a deal. Let it be what it is: It's a moment in time where you have the choice to feel good or feel bad. That's all that it ever is.

Do you feel capable of **choosing** for yourself? Do you feel worthy of getting to choose, in other words, do you think that it is right that you would choose, that your environment would produce for you opinions and preferences and do you think that you are valued enough or worthy enough or stable enough that it's right that you would get to choose? Or do you think that somebody else has

already chosen it all from non-physical or other wiser physical beings and now it's your job to just figure out what they think you should do and do your best to do that or do you like the idea of getting to choose?

We want you to identify your right to choose. We want you to begin to understand that not only is it something that is all right but it is something that you were born intending to do... You came into an environment of variety and difference and contrast so that you from your unique, oh such a good word, such an important word, from your unique perspective could have your unique experience and you could uniquely put in your two cents worth and it's far more than two cents worth...it is the perspective that causes the expansion of the universe.

Clarity

A very fun and effective tool is, let's say you are feeling unfulfilled about something, and so you imagine doing something different. And even though the idea of it isn't a very strong idea, you still go with it just to see what it will give you. You just play it out: Pretend it either way. Pretend that you are doing it, and then pretend that you don't do it. And often, out of that will be born another idea, or another idea, or another idea.

But most of you are accustomed to responding to the reality that you are living – and so, you are having knee-jerk responses to what already is. You said, "often I find it's better to just clear the deck." So it's sort of like wiping away your launching pad. It is often more beneficial to stand right where you are, even if it's in a place that you don't want to be, so much, and let the contrast net you a really good rocket of desire.

Any subject that you take, if you will run with it long enough, it will do one of two things: It will either produce more clarity of what is wanted, or more clarity of what is not wanted. It will stir something up. And in either way you win, because all genius is, is attention to a subject. So if you get hold of something, and you really focus on it, the Universe is going to give you more information about it.

What often happens, though, is that you're sort of running in two directions with it. You're going with it because you don't know what else to do, but you're not enjoying it fully. And so, you're fanning both ends of that "Stick" (subject) which gives you the feeling that you're standing still, until finally it just becomes unpleasant, and then

you just put the "Stick" down.

Don't spend much time doing anything that isn't feeling really, really good. If it doesn't get to feeling good, pretty darn fast, then leave it and reach for another.

If all you did was just look for things to **appreciate** you would live a joyous, spectacular life. If there was nothing else that you ever came to understand other than just look for things to appreciate, it's the only tool you would ever need to predominantly hook you up with who you really are. That's all you'd need.

The "**devil**" is a fictional character made up (and perpetuated) by insecure humans who want to control other insecure humans. There's a lot of power in fear, isn't there? There shouldn't be, because, really, what fear is, is power-less. If you understood Source, as we do, you would never fashion such fiction because there is only Well-Being that flows from that which is your Source.

What children do you know who have not had sexual curiosity, and who have exposed each other to **sexual experiences**, that don't grow up feeling guilty about it? But when there's an adult involved in it, it all wraps around the feeling of guilt and the feelings of not being able to express yourself sexually. There are all kinds of sexual deviants in your culture that almost without exception all exist because of the pressing of the irrational laws around the subject, both religious and secular. The surest way to make a deviant society, is to make a whole lot of deviant laws.

Metabolism is vibrational response to your moment in time. Metabolism is the way the Energy is moving through your body. And so, everything is in response to the way you feel—everything is. Everything is mind over matter. Every disease is mental first. Everything is about thought. Everything is about vibration. Everything is about the way you feel. Practice scenarios that feel good—and never mind reality. **Reality is only a brief moment in time that you keep repeating.**

Milk every moment for all the pleasure you can get from it. When you say, "It is my dominant intent to look for things that feel good today. No matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, it is my dominant intent to look for what I'm wanting to see, to look for things that feel good," and the more you develop the habit of that kind of vibration — the more the Universe understands that that's who you are! And so, the more you have access only to those kinds of things!

Just as there is no ending to life, there is no ending to growth. For both growth and life are eternal, or everlasting. And while physical experience does have decided beginnings and endings, the ending of a **physical life experience** is certainly not the ending of life — nor is it the ending of growth. And while all life experience is growth experience, physical life experience provides an opportunity for a specific sort of growth that is available only through physical life experience. And it is for that reason that each of you, in physical form, has so specifically and so deliberately intended, and wanted, to be a part of this physical life experience.

There are no quick fixes to society, in general, but there is a quick fix to you as **teacher**. You can get happy right now. You can see it not as a problem, but as an opportunity. You can see it not as something that needs to be fixed, but as co-creation, out here on the leading edge, expanding

Resistance not only shortens your life experience, it dims the quality of your every moment. And so, the recipe for a long and joyful life experience is for you to have many things to think about—with little resistance.

You can reverse anything. As long as you are consciously releasing resistance, and not allowing it to mount...

If you could see an **aerial view of your life**, an aerial view, where we are seeing you, electrically, it's like you are standing here, and over there is a doorway, and on the other side of the door is lined up all of these things that you've been wanting. They're just leaning on the door, just waiting for you to open it. They've been there from the first moment you asked for them: Your lovers, your perfect mates, your perfect bodies, your perfect bodily conditions, all of the money that you could ever imagine ... all things that you've ever wanted.

Things, little and big. Things that you would call extraordinary and significant, and things that you would call not very

significant.

Everything that you have ever identified that you wanted is lined up right outside that door. And in the moment that you open the door, all things wanted flow to you. And, then we will hold a seminar on how to deal with the manifestations, with all this stuff that is flowing in.

It's not your job to create anybody else's reality. It's your job to create your **own reality**. And if you will choose things that feel good while you're thinking about it, you're going to have one whopping of a good reality.

We're not here to save the Universe. The Universe doesn't need saving. We're not here to help the Universe expand; the Universe can't help but expand. We're here to assist you in getting into a **receiving mode** so that you can be the receiver of the benefit that you are providing for the Universe at large.

When you take the **problems of the world** on your shoulders, your body doesn't feel good. It's just that simple. Leave the problems of the world to the individual problem-makers of the world, and you be the joy-seeker that you are.

If you connect with your **Inner Being**, then you fulfill your purpose for being. If you do not connect with your Inner Being, then you just spin circles. You die feeling unfulfilled and that the life experience was for naught; there was no value from it, no growth—not any joy either. The two go hand in hand. So the happier you are, the more of that value you are fulfilling

Regardless of whether your **thoughts** are in the direction of what is wanted, or in the direction of what is not wanted – in the direction of that which excites you and pleases you, or in the direction of that which you fear, which does not please you – every thought has creative power.

We practice the **Art of Allowing**. Which means reaching for the thought that

feels best, not the thought that is the real thought, not the thought that is telling it like it is. Telling it like it is only holds you where it is: "Damn it, I'm going to tell it like it is. I'm going to tell it like it is, because everybody wants me to tell it like it is." Tell it like it is if you like it like it is. But if you don't like it like it is, then don't tell it like it is—tell it like you want it to be. If you tell it like you want it to be, long enough, you will begin to feel it like you want it to be, and when you feel it like you want it to be, it be's like you want it to be.

All the **resources** you will ever want or need are at your fingertips. All you have to do is identify what you want to do with it, and then practice the feeling-place of what it will feel like when that happens. There is nothing you cannot be or do or have. You are blessed Beings; you have come forth into this physical environment to create. There is nothing holding you back, other than your own contradictory thought. And your emotion tells you you're doing that. Life is supposed to be fun—it is supposed to feel good! You are powerful Creators and right on schedule. Savor more; fix less. Laugh more; cry less. Anticipate positively more; anticipate negatively less. Nothing is more important than that you feel good. Just practice that and watch what happens. There is great love here for you.

As you don't allow the **Well-being** in, it shows up in shadows in your life that are illnesses in your body, and deprivation of things that you want. Then you assign those things labels, and over time you come to believe that that is a reality that has a source somewhere. And then you develop whole bodies of information to protect yourself from the "evil source" that never existed to begin with.

It doesn't really matter what **religion** anybody believes. If their life is working (and there are many different approaches to life that are working very well) then why not let them believe whatever they want to believe? It's all working in the way that it is supposed to be. There are religions that you wouldn't want anything to do with, that are perfect mechanisms for the people who are involved in them. And therefore, they are a very good thing.

Negative emotion is your indication from your Inner Being that the action you are considering is not in harmony with your greater intentions.

More and more you are beginning to recognize that there is an ecological balance. Well, there is more than just an ecological balance. There is an Energy balance, there is an intention balance. In other words, you come forth in great diversity and intensity of wanting and believing, because you know that in the mix there is great clarity, that more thought will

come forth.

The right timing

The attitude that we would have is: The Universe is lining it up just right, and the timing will be just exactly right. And I'm not doing anything wrong. I'm doing everything just exactly right. And in the perfect timing, in a timing that I cannot even quite see yet, this is going to happen. And meanwhile there isn't anything else for me to do.

How is it that you all get so involved in things that have nothing to do with you?

The Law of Attraction is a huge Law. So next time you find yourself thinking: Well, I should write one more affirmation, or I should do one more Virtual Reality. I need to do something. I must be doing something wrong, or what I'm wanting would be, we say, what you need to do is chill out. **What you need to do is relax and accept that you've done your work.** You've asked; the Universe is doing it's work; it is answering. Your work is to get into this place where you joyfully receive it.

You can't take score about when it's coming or where it's coming, or how it's coming. In other words, you accept, in this faith-based attitude, it is coming, and all is well. And as you do that, ahh.

Then when you really get there, then it doesn't matter how long it takes -- but it doesn't take any time, then. If you could say, "I don't care how long it takes," you're there! And then it takes no time. But as long as it matters how long it takes, you're not there - and it's going to take a long time. Good, you got that. You all got that. (That was really good, did you write really good?)

You will be guided with a precision that will knock your socks off.

Just get happy in any way you can. Do the things that please you most. Spend time with the people that thrill you most. Go to the places where you bask easily. And most of all make a decision that, "Nothing is more important than that I feel good!"

And under those conditions you will be guided with a precision that will knock your socks off. Not just to an area that will receive little disruption, but to an area where you can thrive. To an area where you can find joy. To an area where you will rendezvous with the others you've

intended.

Law of Attraction says, "That which is like unto itself is drawn." Vibrations are always matched. So, as you experience the contrast which inspires the new desire, this new desire, whether it is a strong one or a soft one, is summoning unto itself proportionately. And as it summons, it is always answered. It is the basis of our Universe: When it is asked, it is always given. Humans think they are asking with their words, or even with their action, and sometimes you are, but the Universe is not responding to your words or your action. **The Universe is responding to your vibrational calling.**

We are wanting to **awaken** within you, your memory of how wonderful you are! How brilliant you are! How good you are! How worthy of whatever you are wanting you are!

You did not come here as **teachers** in this time to teach everyone, because everyone isn't seeking what you are. You came forth in absolute vibrational response to those upon your planet who are seeking that which you are knowing. So, as you focus upon your connection first, and you understand that those who will benefit from it will gravitate towards you, then you will get together in gatherings — usually it is one on one — with others who feel uplifted by their interaction with you.

There is no condition that you cannot **modify** into something more, any more than there is any painting that you can paint and not like and just paint over it again. There are many limiting thoughts in the human environment that make it feel like it is not so, as you have these incurable illnesses, or these unchangeable conditions. But we say, they are only "unchangeable" because you believe that they are.

If you were going on a vacation, you would not say, "I'm going to all of these cities and eventually I'll come back home. Oh, wait a minute -- I'm already home. Why go?" "I think I'll just check vacation right off my list." "Cause you went on the vacation for the fun along the way, and we want you to start fantasizing well-being for the fun along the way. We don't want you to need the end result so much that it hurts you that you don't have it so that you disallow the **well-being**. If you could just see it from our vantage point, oh, you would feel so much relief.

If you could just feel that what you want is there for you, and all you have to do is say, "Okay, thanks. Okay, thanks. Okay, thanks." Instead of, "Okay, but I'm not sure if I really deserve it, and I'm not sure that I've suffered long enough, and I'm not sure that I've paid a big enough price, and I'm not sure that I've worked myself...."

Just, "Okay, thanks. Okay, thanks." That's the place we want you to be. We want you to expect good things to come to you, and then they come in all manner of form and fashion.

Resistance is about believing that you are vulnerable or susceptible to something not wanted and holding a stance of protection, which only holds you in a place of not letting in the Well-being that would be there otherwise. There is nothing big enough to protect you from unwanted things — and there are no unwanted things big enough to get into your experience.

The joyous place you may be standing is **temporary**, and the abhorrent place that you may be standing is temporary. Your now reality is only a temporary, momentary culmination of what you've been thinking about.

"What is my purpose here?"

Abraham: To know that you are God.

What is my purpose, as a physical being, coming forth into a physical time/space reality? Your purpose is to chew on the contrast for the purpose of giving birth to a unique new desire in this moment that will summon Life Force or Energy toward it.

Contrast exists. You don't get brownie points or anything for that. And you don't get any for the desire that is born out of the contrast, because that's the natural process. And so, once the contrast has produced desire within you, and the desire is summoning Life Force unto it, your work is to

Healing would be instantaneous within any body whose thinker could deactivate the thought of **resistance**. You could have been assigned the label of every deadly disease known to man, and if you didn't know it and you were basking in the beauty of something in your now, and were doing it consistently over a period of less than 30 days—those diseases could no longer linger in your body, because the vibrational resistance that was the reason for them would be gone.

Your **choices** of action may be limited--but your choices of thought are not.

If you guide through anything other than your own example, it crosses over into the category of **control**. If you say, "This is what I've found that works for me, try it if you like." That's guidance. If you say, "This is what I've found works for me, and if you don't follow it, you're in trouble," that's control.

Selfishness

You cannot be all things to all people to keep them in the place of connection because it's not about you. Their connection is about them. Finally, with enough trial and error, you come away from it saying, "Oh, it's not my job to please them. It's their job to please them. It's my job to please me." It's your job to find vibrational harmony with you and You. Sometimes people hear us say these words, and they worry. They say, "Abraham, you teach selfishness." And we say, indeed we do, because if you're not selfish enough to connect to Source Energy, you don't have anything to give anybody anyway. They say, "But, we worry, if you teach people to just please themselves, then will not they be out there doing all kinds of abhorrent things that will negatively affect the rest of us?" And we say, any abhorrent things that they do, only affect them and others that are a vibrational match to them. They cannot assert themselves into your experience. Everything is about attraction.

If you connect with your **Inner Being**, then you fulfill your purpose for being. If you don't connect with your Inner Being, you just spin circles here -- You die feeling unfulfilled, and that your life experience was for naught; there was no

value from it, no growth -- no joy either. The two go hand in hand! So the happier you are, the more of that value you are fulfilling. If you connect with your Inner Being, then you fulfill your purpose for being!

Worthiness, in very simple terms, means, I have found a way to let the Energy reach me, the Energy that is natural, reach me. Worthiness, or unworthiness, is something that is pronounced upon you by you. You are the only one that can deem yourself worthy or unworthy. You are the only one who can love yourself into a state of allowing, or hate yourself in a state of disallowing. There is not something wrong with you, nor is there something wrong with one who is not loving you. You are all just, in the moment, practicing the art of not allowing, or the art of resisting.

.....what we are wanting you to come to realize is you can make **well-being** "true".

Or you can make not-well-being true. Cancer is "true". It's just not usually wanted. Violence is "true", it's just not usually wanted.

And we want you to begin to realize that "facing the facts" because they are "true" only perpetuates the "truth" you would not choose for yourself.

No matter what the issue is, don't try to justify why you don't feel good. And don't try to justify why you should feel differently. Don't try to blame whatever it is you think the reason is that's keeping you from feeling good. All of that is wasted effort. Just try to feel better right now.

Before you can live anything, in what you are calling physical manifestation—you have to have conjured it in vibrational form. You have to have imagined it before it can become a reality. Everything that you are living here in this physical body, you have imagined before you are living it.

If there is something that you have to do, resist the temptation to do it under **duress**. Ask yourself "What's the worst thing that would happen if I didn't do this?" If you can get away with not doing it at all, don't do it! Imagine what would it feel like to have it done. Spend a day or two, if you can, just 15 minutes here, 5 minutes here, 2 minutes here, and here, and here imagining it completed in a way that pleases you! The next time you decide that you're going to take action about it, the action is going to be a whole lot easier.

You have to be in the vibrational proximity of your own desire if there is to be any evidence of movement toward your desire. The simple fact is vibrations have to line up.

It is not your initial response to something that sets the tone of your vibration or your point of attraction. It's what you do with it later that has lasting effect.

Our intention is to vibrate so fully that which we are, that that part of you that is same, must assume vibrational resonance with it - so that we literally evoke from you that which you are. Just like some ornery person can evoke the worst from you, that which is at your core, can evoke the truth of you, you see.

...it feels sometimes that you might even be off the track but you are not. You just have a new perspective from which to clarify your wanting.

Expectation indicates the juncture between where you are and where you want to be... Where you want to be, is your desire, and where you are, is your Set-point or habit of thought. And somewhere, in there, is what we would call expectation. Expectation, whether it is wanted or unwanted, is a powerful point of attraction... Your expectation is always what you believe. But the word expectation does imply more what you are wanting than what you are not wanting. It is a more positive word than it is a negative word, but of course, you could expect negatively—and whatever you expect, you will get!

Everything that I think that I need to do is all only in order to propel me to some place that when I get there, I think I will be happier. So, everything that I am doing, no matter what it is, all of my lists of rights and wrongs... are all about me getting to a manifestation that I believe I will then be happier... **So, why don't I take a short cut and just go get happy?**

See this world as a free world, and see everyone in it as trying—through their individual experiences—to find their way back to that calling, back to that **Source Energy**. And even though there are billions of them going about it in a way that is different than you would choose, there's no right or wrong way. In other words, bless them all, and get on with the only thing you have any power about, which is opening or closing your vortex to your natural state of Well-Being.

We want you to feel free. We want you to feel so free, that you can ignore what anybody else says, and not need to even tell them that you're ignoring them. What an art that is, to live your own life and keep yourself happy, and not make waves with them. In other words, that really is the Art of Allowing.

Do you have to change your **vibration** on a particular subject in order to let it in?" No, you don't. You could pet your pet and let it in. You could sit with your feet dangling in the bay, and let it in. If it is a subject that you often think of in an attitude of resistance, it is really worthwhile reaching for some thoughts that feel better. You could launch an intention and never think about it again, and the Universe would yield it to you. You don't have to clean up your vibration relative to anything, if you can just not think about it any more. That's why we teach meditation. It's easier to teach you to have no thought than to have pure positive thought. When you quiet your mind you stop thought; when you stop thought you stop resistance; when you stop resistance—then you are in a state of allowing.

You intended to come forth into physical experience to live, to love, to laugh, to play — to look for reasons to feel good!

There are always those who thrive when masses are dying of sickness. There are always those who thrive economically when economic decline seems to be the order of your nation. There are always those who are

clear-minded, in environments of confusion. You do not need everyone or anyone else to align with your desire—only you need to **align with your desire**.

Your Inner Being is eternally aware of you, here in this physical body, offering guidance in the form of emotion to help you know — in the moment of the **emotion** — whether you are moving toward or away from that which you want.

Wouldn't it be nice if I could decide to make the best of everything.

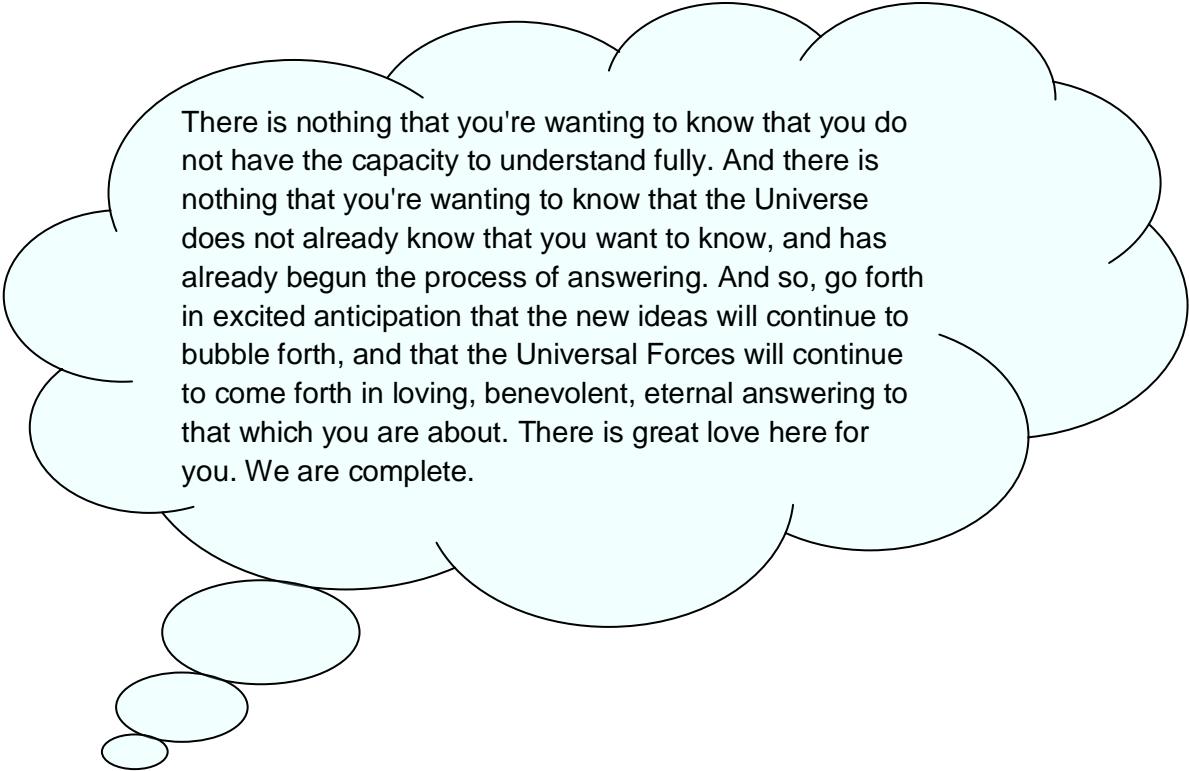
Why don't you do that?

Why don't you *immediately* make the best of something?

It's because in your pain, at not being where you want to be, you sort of lose your place. You get so wrapped up in where you don't want to be, that you forget that help is on the way.

And we want you to know that help is always on the way. It's always there.

Deliberate **vibration** is more about deliberately feeling good — deliberately feeling good. Feeling good: not because there is a reason to, and not because the president is making the best decision, and not because my body looks exactly how I want it to look, and not because everybody is treating me in the way I think I should be treated — but feeling good because I want so much to feel good, that I look only where I feel good when I look.



There is nothing that you're wanting to know that you do not have the capacity to understand fully. And there is nothing that you're wanting to know that the Universe does not already know that you want to know, and has already begun the process of answering. And so, go forth in excited anticipation that the new ideas will continue to bubble forth, and that the Universal Forces will continue to come forth in loving, benevolent, eternal answering to that which you are about. There is great love here for you. We are complete.

This is the Time of Awakening.

This is the time when more physical humans than ever before, in **all** of created history, will be able to find vibrational alignment with their own desires - with their own vibrational escrow, in their own time space reality and begin manifesting right before their eyes that which most previous generations took 3 or 4 or 5 or 10 generations, before they came to the place of beginning to allow.

Without your perspective, Universal expansion would not be. It's time for you to take credit for the important part you play, and yield the good stuff to yourself by virtue of your own **self-appreciation**... If we were standing in your physical shoes, a day would not go by that we would not make a list of positive aspects of ourselves, and of those that are closest to us that mean the most to us in terms of interaction. A day would not go by that we would not count our blessings, and express them in every way we could. In that acknowledgment, you bring yourself in alignment with how You really feel about you. How You really feel about you is absolute adoration. And

if you ever feel anything less about you—or about anyone—you are not You.

The most significant thing for a **parent** to contribute to anyone, is their own Connection and their own stability. An effective parent is a happy parent. An effective parent is a parent who laughs easily and often, and who doesn't take things so seriously.

Within the **seed of your desire** is everything necessary for it to blossom to fulfillment. And Law of Attraction is the engine that does the work. Your work is just to give it a fertile growing place in order to expand.

Whenever you're trying to understand anything that is as huge as all of the **Universe**, or as huge as all eternity, all you have to do is bring it back to something simple that you do understand, and ask the questions and apply them. And then you can understand the Whole. Everything that's true of the Whole is true of the individual.

Enlightenment means literally aligning to the Energy of my Source.

And genius is only about **focusing**. Law of Attraction takes care of everything else.

Physical humans often want to make enlightenment about finding some process and moving through the process that has been pre-described. But true enlightenment is moving to the rhythm of the internal inspiration that is coming in response to the individual desire. Enlightenment is about allowing my Connection to the Source that is me for the fulfillment of the things that I have individually defined here in my time-space-reality. That's as good as it gets!

You don't have to **justify** the way you feel.
The way you feel is the way you feel.

You literally teach each other your **vibrations**. Someone who empathizes with sickness, gets sick. Someone who empathizes with poverty, is poor. Someone who empathizes with abundance finds abundance. Someone who empathizes with

wellness lives wellness.

"When you have lived an experience that helps you understand, in an exaggerated way, the very thing you do not want, you also understand, in an exaggerated way, what you DO want. But when you are painfully aware of what you do NOT want, you are not in alignment with what you DO want.

"When you desire something that you do not believe is possible, you are not in alignment.

"When there is something that you want and you are feeling unhappy that you do not have it, you are not in alignment.

"When you see someone who currently has the very thing that you desire and you feel jealous, you are not in alignment."

"Regarding your creation of your own life experience, there really is only one important question for you to ask:

"How can I bring myself into vibrational alignment with the desires that my experience has produced?

"And the answer is simple: Pay attention to the way you feel, and deliberately choose thoughts -- about everything -- that feel good to you when you think them."

You are Beings who intend to come forth and to continue to expand and grow and change. **What is the perfect age?** "Well, it's the age where I finally understand my freedom, and I finally understand that I am free to create, and it's the age that I am at my most beautiful." And we say, by whose standards? In other words, who gets to decide the perfect age? And we say, rather than determining what the perfect age is, why not decide what the perfect state of being is—and then discover that you can find the perfect state of being at any age.

Our growth, without exception, comes from our contrast — comes from our diversity. If we were all same we would be bored

Nobody can create in anybody else's experience. All you can

do is shine a spotlight on something they already want and then make the trail to what they are wanting easier for them to find. But you cannot create in someone else's reality.

Could I think too little about my **desire**, for it to manifest?" Actually, no, because as the contrast launches the desire, and then you do not offer any opposing thought, then you're letting it in, and it will manifest. Many of our physical friends really believe that they must find a desire and then hold tenaciously to it. And we say, you do not need to do that. Let the variety of your life keep balance in your life. You just concentrate more on holding yourself in the good-feeling place where you're letting it in.

Your influence is far more than one on one. As you are living happily ever after, you are a vortex through which pure Non-physical Energy flows. And the more you allow pure Non-physical Energy to flow into this time and place, the more the vibrational level of your planet is raised. So that more beings, even when they are not asking openly, can begin receiving this influence.

Physical man gets into an uncomfortable place when he concludes, "I and those like me have come to the **right decisions**, and everybody that's living outside of these right decisions is wrong." And then he spends his life pushing against all those "wrong" decisions and cutting himself off from the Life Force that would help him have joy in his, what he concludes to be, right decisions. There is no one right path. There are endless paths, and the differences in the paths are what make them more and more, and more, perfect. The same old path no longer serves.

The beasts that came before you, who banged around on this planet, denoted, at cellular, conscious and unconscious levels, their preferences. And that is how the atmosphere was prepared for you. They did not write one thing on their "things to do today" pads. They just be'd and perceived and concluded and asked vibrationally. And the Universe expanded as a result of their willingness to have exposure to the contrast. And you are not different from them. You have no greater responsibility than they did. The contrast produces the desire within you, and the Universe expands as a result of it. The only question is, the question that we want so much to answer is, are you letting it in? Are you letting yourself experience the benefit of your precious focus and your vast experience in the here and now? You'll never get it done. You cannot get it wrong. So don't you think it's time for you to lighten up and start having more fun with all of this, and accept that you are Eternal Beings? And since you are Eternal Beings, then there's no point in rushing, **because there's never going to be a time when you don't exist.**

It is the **allowing part** of this equation that is out of balance for most of you. Many of you have long lists of unfulfilled wants, and although there is always room for improvement in clarifying precisely what it is that you are intending, as more of you begin to allow yourself the receipt of that which you want, there will be much more deliberate creating occurring, and as a result, there will be much more joy and contentment experienced.

When you have a problem, a desire excudes forth from you, and Source hears it and answers it immediately. Once you remove your attention from the problem, you then allow the solution.

**Give birth to the question and let it go --
and allow the answer to flow.**

Some things you're not letting happen right now because the timing isn't perfect for you. Some you're not letting happen because you are very aware of where you are. But all things, as they are happening, are happening in perfect order. And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going. Content where I am, and eager for more," that is the perfect vibrational stance.

don't have to go the hard way to things, but you do have to go from wherever you are. If one good thing happens today and a hundred bad things, talk about that **good thing** a thousand times -- and talk not about any of the bad things. Play the good-feeling things over andover in your mind -- emphasize everything that feels good . . .

You've just got to get happy -- that's all it takes.

The laws of the universe remain constant, regardless of the dimension in which you dwell. The Law of Creation is such a Law.

There are those that say, if you do the uncomfortable thing long enough, it will become comfortable. But we are really not encouragers of that. We are encouragers of coming into alignment, and then taking the action. We are encouragers always of getting rid of the fear; we would never want you to keep doing things that you feel fearful about. And maybe the **path of least resistance** is just not get on the horse. Maybe the path of least resistance is to get on a different horse—but we would never move forward in fear.

There are no happier people on this planet than those who decide that they want something, define what they want, get hold of the **feeling** of it even before it's manifestation, and then joyously watch the unfolding, as piece by piece, by piece it begins to unfold. That's the feeling of your hands in the clay.

The question that we would put to you is, as you see **starvation** and you feel the hurt of it, and you launch a rocket of desire, wanting the world to be better, and as you stand at this juncture where you can fork in the direction of what you desire, or in the direction of what you do not want, which way are your thoughts taking you? Are you seeing the world better? Are you hoping better for them? Are you imagining governments getting organized? Are you acknowledging that the food exists, that the technology exists? Are you acknowledging that there is enough food for everyone? Are you wanting them to get it? Are you believing that it is possible? Or, are you beating the drum of the ineptness of the governments? Are you beating the drum of things going wrong? In other words, which fork are you taking, and which pathway are you helping chart for not only the future generations, but those that are living here now? You can tell by the way you feel whether you are adding significantly in a helpful way to those who are in need of help.

.....it has always been, ask and it is given.

It has never been "ask and do something right and it is given".

It has never been "ask and get worthy". It is ask and allow. Ask and

allow.

We are really advocates of just getting as happy as you can be—which takes care of everything. Even if you don't have reason to be happy—make it up. Fantasize it. Make a decision that you're going to be happy one way or another—no matter what. "No matter what, I'm going to be happy! If I have to ignore everybody; if I have to never watch television again; if I have to never pick up a newspaper again, I'm going to be happy. If I never have to see that person's face again, I'm going to be happy. If I have to see that person's face, I'm going to find something to see in that person's face that makes me happy. I'm going to be happy. I'm going to be happy. **I'm going to be happy.**

There is no risk for you. When you come to understand the true nature of Well-being in which you have come forth—then you can relax and begin to enjoy this magnificent adventure which is your creative life experience. We are not here to guide the specifics of that which you choose. You get to choose that, and you can't get it wrong. We are here to assist you—only to assist you—in finding **vibrational harmony** with your desire; knowing that when you find vibrational harmony with your desire, you are, in this moment, a joyful Being. And that is our dominant wish for you.

"There are no happier people on this planet than those who decide that they want something, define what they want, get hold of the feeling of it even before it's manifestation, and then joyously watch the unfolding, as piece by piece, by piece it begins to unfold. That's the feeling of your hands in the clay."

The one factor that has been unknown by most humans, that is understood by the beasts, is

that **Well-being** truly does abound, and that you are blessed beings who live in an atmosphere of grace, and that unless you are doing something to pinch off the Well-being, it will be yours. Look for the evidence of the Well-being, and be an advocate for Well-being rather than an advocate for getting rid of what does not feel like Well-being, then little by little, by little, your own personal experience begins to take shape in a way that is more satisfying to you.

"But, what if what I want and what you want are in conflict? If I want rain, and you've just cut your alfalfa...how does that work?" If you will focus upon the essence of what you want (which is a magnificent new crop) and the other will focus upon the essence of what *they* want (which is a successful alfalfa harvest, or whatever)... and if either one of you doesn't get too involved in the details of how you think you want your desire to play out, then both of you can be satisfied. The Universe has the facility to orchestrate circumstances and events to accommodate everyone.

None of you will ever really live until you are able to quell your fear of death. None of you will be able to quell your fear of **death**, until you are embracing the idea of life. None of you will ever embrace your idea of life—unless you understand that there's no such thing as death. You are Eternal Consciousness. It's time to stop making this inevitable thing called death the issue that keeps you bound and afraid of the adventure that is life.

The one who fears something the most is the one who has it most activated in their vibration. And so, it is logical that they would experience it.

Many of you, as you set a **creation into motion**, remove the possibility of its creation at the time you give birth to the creation. For example: "I want a new red car, but it is too expensive." You see, you have given birth to your new red car, on the one hand, and in the same breath you have removed the possibility of receiving it by your statement, "but it is too expensive". And much of that which you would create is voided in just that way

If you could get to the place where you no longer feel a need **to push against** anything that you disagree with—you would become in alignment with what you do agree with. Even within your own body, it is your pushing against those things you don't agree with, that causes you to be out of alignment with what you do agree with.

You might say, "How do I know if I'm in a **receiving mode** or not?" And we say, you always feel good when you're in a receiving mode. When someone offers you a compliment, do you receive it, or do you sort of just shrug it off? There's something about believing that you must justify your existence through your effort or through your perseverance, through your struggle. And many of you just have not practiced the receiving mode.

There is no value in **grief or regret** because regret is always talking about the past, and you have no power there. You can't vibrate in your past.

You are doing all of your vibrating in your now. So whenever you are feeling regret or grief, you've vibrated out of the range of your Inner Being and you feel the emptiness of it."

Wherever you are, is just fine... You can get to wherever you want to be from wherever you are... It's time to stop measuring where you are in relationship to where anybody else is, the only factor that has anything to do with you, is where you are in relationship with where you want to be.

Because we know that life is eternal, and we know that there is no ending to that which you are about, if one of you is killed in an earthquake or crashes your plane, or any number of other very creative ways you have found to make your exit into the Non-Physical, because we know the whole picture, we grieve not a moment for any of you. But from your more shortsighted point of view in physical, a lot of you **grieve** tremendously.

Ask, and it is given means that whether you are a full blossoming genius human, or a cell in one of your bodies, when it is concluded that something else is preferred (no matter how developed the consciousness is) every time a preference is noted—Nonphysical Energy rushes forth to answer it. It is the promise of our evolving beingness

There are three steps, simple steps, (really, laws are like that, aren't they? Simple in

theory and a little trickier in application)

* Step One is ask, and you can't stop doing that; preference is born constantly out of your observing and remembering and focusing, and imagining. So, your asking is the by-product of your living in this focused environment.

* Step Two is not your work; Source answers what you ask for. It answers the cells in your body. It answers spoken requests; Source answers unspoken requests: your vibrational signal, your preference, your desire...

* Step Three is what this essay is all about

Step Three is about you bringing yourself into vibrational alignment with your desire.

Your **Inner Being** is aware of where you stand and what you want and where you stand relative to what you want. Your Inner Being knows how close or how far you are, vibrationally and time wise, from all things. Your Inner Being is also knowing what is in your heart and what is in your mind, and what is in your vibration, that at any point in time, your Inner Being knows exactly the appropriate action or thought or word...that would be appropriate for you.

There are no mysteries, ever — once you understand these points: Well-being abounds. You are the natural recipient of Well-being. You get to ask — and Source Energy is answering — and all you need to do is be **in the place of allowing**. Once you get those things lined up and you've had an opportunity to practice them, here and there, everything makes sense to you. Everything makes sense in your life, and everything makes sense in the lives of those that you are watching. Because as you know their moods and attitudes, you understand exactly why things are turning out for them the way they are. There are no mysteries ever!

Nothing is more exhilarating than to **dance through life recognizing that the Universe is there to yield to you whatever you want whenever you want it.**

When you, as a physician, help someone to accept **Well-being** enough that they allow the Well-being, whether they allow it in this physical body or whether they have to release this physical body to allow it, it's still the same thing. In other words, they can allow the wellness into this body, or they can allow the wellness by leaving this body. But allowing the wellness is what you are assisting them in doing. Focus upon the Well-being, and see them opening and receiving it here, or opening and receiving it from Non-Physical. But focus upon the Well-being. And as you focus upon the Well-being, what we've noticed is, if you can get someone's attention and you can convince them that Well-being is the order of the

day—there is no illness that will not leave them in the moment that they finally get that.

There is no state of **physical decline** or damage that you could not recover from—none—not any, if you knew it... If you wanted it and knew that you could. And that's those miracles that they talk about every day. They're not miracles at all, they are the natural order of things. But because they are rare, people think they are miraculous. They're not. That's the way it is supposed to be. You're supposed to thrive.

What you're beginning to understand is that first of all — **all things are possible**, everything that you can flow Energy toward, you vibrate with and you attract the physical tangible proof of it. Then you come to the place that you have really intended to be, you come to the place of saying — What do I choose to give my attention to? What part of this immense spectrum of possible thought am I wanting to contribute to?

Everything that has ever been lived, everything that has ever been written down or documented, has been **vibration** first. Everything has been conjured in vibration first before it manifests. So if something has manifested and you continue to give it your attention, the fact that it is true should really hold no weight with you. The question that we would ask is not, is it true, or is it undeniable? The question that we would ask is, how does it make me feel when I focus upon it? And if the answer to the question is, it doesn't make me feel very good when I focus upon it, then we would say, true or not, it does not serve you. And if you will activate a different part of your vibration—the "truth" will shift.

Oh, friends, it is so exciting once you begin to feel the deliberateness of flowing energy. You think it's fun to be strong enough that you can pick a lot of things up and move them around.

WAIT UNTIL YOU CAN FEEL THE ENTIRE UNIVERSE FLOWING WITH YOUR DESIRE!

There is nothing more exhilarating than to be physically focused in an environment with so many other participants. There is so much data, so much information, so much movement, so much stuff, so much mass that you have ability to move with the power of your thought and energy flow. There is not an arena anywhere in the universe that a creator takes greater delight in than right here and now where you are. It is like a Playshop beyond description.

If everyone could get this selfish consciousness where they **ask and expect to receive**, everyone would tap into the Energy Stream and thrive. But *your* not knowing it won't help *them* know it. Pretending it isn't important to you to ask your questions won't help them get answers to questions they're not asking.

We love seeing you applauding someone's success, because when you are genuinely thrilled at someone else's success, that means you're right on the track of yours.

The thought that you think, you think, which attracts to it; so you think it some more, which attracts to it; so you think it some more. In other words, when you have an expectation, you've got a dominant thought going on, and Law of Attraction is going to deliver that to you again, and again and again. And you say "The reason that I believe this, is because it is true." And we say, the reason that you believe it, is because you've practiced the thought. **All that a belief is, is a thought that you keep practicing.**

There are those that say, if you do the uncomfortable thing long enough, it will become comfortable. But we are really not encouragers of that. We are encouragers of coming into alignment, and then taking the action. We are encouragers always of getting rid of the fear; we would never want you to keep doing things that you feel fearful about. And maybe the path of least resistance is just not get on the horse. Maybe the **path of least resistance** is to get on a different horse—but we would never move forward in fear.

Your **Inner Being** knows exactly the appropriate action or thought or word or contact or synchronistic rendezvous that would be appropriate for you and is eternally offering impulses that give you the feeling to move toward it. So many synchronistic meetings that you experience are encouraged by that broader perspective.

Anything you desire, the Universe can find a way to let it happen within the context of people's natural, joyful desires. It must be, for this is a **joy-based Universe**. And so, as you watch children playing in the mud and having great joy in it, you might not enjoy playing in the mud, but they do. And so,

there's somebody enjoying doing something you don't want to do. And that pretty much applies to everything. There's someone who would enjoy doing every thing that you don't want to do. And if it really came down to where there was really not one person willing to do that thing, you would develop another way of approaching it. There are a lot of things that were in your history that you no longer participate in. You left them behind because no one wanted to do them

The Universe is not punishing you or blessing you. The Universe is responding to the **vibrational attitude** that you are emitting. The more joyful you are, the more Well-being flows to you — and you get to choose the details of how it flows.

Your emotion, your indicator of vibration, is indicating the ratio between your currently focused desire and any other belief or thought that you hold about same. When you feel negative emotion, anger about something, or fear... the name of the emotion does not matter, it always means that there is a desire within you that, in this moment, you are contradicting with some other thought. **Your emotions are always about your relationship with your own desire, and nothing else.**

Every single person on the planet and every single Consciousness in the Universe has the same experience of being here and having a desire to be there. In other words, it is the promise of this eternal Universe... You're always, always, always going to be on your way to something more—always. And when you relax and accept that, and stop beating up on yourself for not being someplace that you're not, and instead, start embracing where you are while you keep your eye on where you're going—now life becomes really, really, really fun.

Because society is not happy, society **disempowers the individual**. And so, every lifetime you have ever participated in, as in every lifetime that we have participated in, we have been reaching for the new thought. Which makes us not popular. There is never a crowd on the leading edge, and we have never been happy anywhere other than on the leading edge.

Some things you're not letting happen right now because the timing isn't perfect for you.

Some you're not letting happen because you are very aware of where you are.

But all things, as they are happening, are happening in perfect order.

And if you will relax and begin saying, "Everything in its perfect time. Everything is unfolding. And I'm enjoying where I am now, in relationship to where I'm going.

Content where I am, and eager for more,"that is the perfect vibrational stance.

The more fear one has of anything, the more a vibrational match to the thing that they fear they are. Help your **child** discover that if she makes things that are potentially frightening a non-issue to her, then they don't bother.

When you start adding the "**why's**" to **what** you want, then you really begin to **vibrate** in concert with that which you are, and when you begin to vibrate in concert with that which you are, oceans part and mountains move, and people come out of the woodwork to accommodate you.

You cannot let another and their needs supercede your own. Because if you do, you lose your balance. So nothing is more important than that I feel good. Which means, if I lose my footing, then I've got nothing to give you. Trust that they're making their lives work in the way that they're making their lives work. And just teach through the power of your example.

Whatever **abundance** I seek is mine. (It is Law!) Whatever I desire--and then allow--I must experience, There is no exception to that. As I hold myself in vibrational alignment with my own desire, I will experience, in all ways, the fulfillment of that desire."

When I **appreciate**, I feel so very good.

Appreciation is the secret to life.
Become a person who appreciates, and you will thrive;
you will fulfill your reason for being.

Yes, act all that you want — after you have flowed Energy towards the outcome that you seek. **Let your action be inspired action**, not motivated action. Motivated action is doing it because there is lack if you don't. Motivated action is trying to overcome something. Motivated action is very often trying to perform action that someone else wants you to perform. Let all of your action be inspired action. So how do you do that? You do that by talking about what you want and why you want it. That will bring you to the vibrational connection with who you are, and from that place you will be inspired to the how, and the who, and the when, and the where.

Forever, physical humans are saying, "give me the truth, give me the truth." And we say, there are all **kinds of truths**. Choose the truths that serve you. Now, there are a lot of people that would feel great discomfort with that. But the thing that we want you to hear about it is: there is a truth of cancer, and there is a truth of wellness. Which truth serves you? You can activate either of them within you, and make it your truth. Truths are created; they aren't static. They aren't conditions that exist that then it is your obligation to identify and catalog. You are the creator of your truths—and what you are living is your truth.

The more you explore the past, the more you are sure to repeat it, because you keep the vibration active in your experience.

Mining the moment for something that feels good, something to appreciate, something to savor, something to take in, that's what your moments are about. They're not about justifying your existence. It's justified. You exist. It's not about proving your worthiness. It's done. You're worthy. It's not about achieving success. You never get it done. It's about "How much can this moment deliver to me?" And some of you like them fast, some of you like them slow. No one's taking score. You get to choose. The only measurement is between my desire and my allowing. And your emotions tell you everything about that

What is it about you Physical Creatures that makes you believe that you must justify your existence? Is that not what makes you clamor and climb and struggle so hard? As if someone else

is taking score, and if you are not moving far enough fast enough, then you will be judged? And we say: There is none of that! You **don't have to justify your existence**. Being here justifies your existence!

Illness or pain is just an extension of negative emotion. When you are no longer feeling any resistance to it, it's a non-issue.

Even in your **rightness** about a subject, when you try to push your rightness toward another who disagrees, no matter how right you are, it causes more pushing against. In other words, it isn't until you stop pushing that any real allowing of what you want can take place.

Recognize that you have only to state, "**I want a new red car**," and leave it at that — not setting forth your counter-creation, your contradictory-creation, your destructive-creation, your anti-creation or your un-creation. Offer only those thoughts and words that are in the direction of what you want.

When you expose yourself to **contrast**, you expose your Inner Being and All-That-Is to the same contrast. As you conclude a new desire, you summon Life Force forward into this leading edge experience, and whether you are allowing it to flow through you or not, All-That-Is benefits from that.

A rising tide may "raise all ships" — but it won't raise the rocks. In your desire to **empower** one another you are often met with disappointment, for you can influence the empowerment of only those who are in harmony with self-empowerment. You can't get poor enough to enrich the poor ones. You can't get sick enough to heal the sick ones — and you can't disempower yourself enough to empower those not in harmony with being self-empowered. And, you can't influence the empowerment of another before you are self-empowered.

To summarize the **Creative Process**: All thoughts create — and the more emotion that is present at the time that a thought is set in motion, the faster the creation is being received — and as frequent thought is given in any direction, without the hindrance of negative thought, there is certain creation, eventually.

You do not have to figure out why something happens. You just have to understand what the new desire is that is born out of what has happened, and how to then find **vibrational alignment** with that. Or, at least, deactivate any vibration that is opposite of it.

Next time you feel any discomfort... stop in the middle of it and say to yourself, "This discomfort that I'm feeling is nothing more than my own awareness of resistance. Time for me to relax and breathe. Relax and breathe. **Relax and breathe.**" And you can, in seconds, bring yourself back into comfort.

There are endless paths that lead to Source. And it is the connection to Source that is ultimately sought after by all. Everyone wants to believe that they have found the path. And, oh, it is glorious when you find that which you believe is your path. That is alignment with Source Energy. But when you say, "I have found my path, and you over there on that other path, you're not on the path," in that moment of judgment, you're not on your path either. Compliment them on their choices. Never push against their path. Never put them in the position where they must defend their path by condemning yours. Instead, appreciate their path. Appreciate it as their method of connecting with Source Energy. And we promise you, there is not one method that is better than the other.

Your child is naturally joyful. Your child is naturally tuned in to Source Energy. And as he is diving through and digging through contrast, it is natural that there would be some things that might disconnect him. Just don't let his disconnection then inflame your disconnection. Many parents have discovered that their children, for the most part, feel good when they do – and the more you are, usually the more your children are. They are a strong reflection of the way you are feeling much of the time.

In the same way that there is not an instant wanted thing manifesting in your experience, there is not instant unwanted thing happening in your experience. It takes some adapting to vibrations. If you've managed to hold anything, wanted or unwanted, for **17 seconds** — there is a coalescing of thought that takes you a little closer to the vibration of whatever you are turning your attention to. Those 17 second increments, are not discernable. And that's why, when you get into that place, it feels like instant manifestation. Just like when you get into that negative place, it feels like instant manifestation. It's like, "Where did that come from? Seemed like it just sort of snuck up on me," instead of snuck up over a long time.

If you are to be the joyful beings that you intended to be as you emerged into these bodies, it is necessary for you to understand that what you seek, is **harmony with you**. And once you find harmony with you, then everything in your world will fall into place

Your world is pointing toward an insistence on **conformity**, which is causing you enormous grief. It's what's at the heart of all of your religious battles, and religious battles are what are at the heart of all of your battles. In other words, all of your wars and global irritation with one another is over your determination to promote sameness. Your democracy insists that it's the only government that works. And every religion, (it's interesting to note) proclaims that *it* is the only one that works.

Nobody else knows your **reason for being**. You do. Your bliss guides you to it. When you follow your bliss, when you follow your path to joy, your conversation is of joy, your feelings are of joy — you're right on the path of that which you intended when you came forth into this physical body.

All of you are Non-physical as well as physical. In other words, your physical body has sprung forth from a physical place, and certainly you are focused within a physical place. But, the Life Force — the current or Energy that streams into you — that Life Force comes forth from Non-physical, and all of you are receiving it. And so, you are **the embodiment of Non-physical.**

People do not die of diseases. **They die of fear of diseases;** they die of the resistance that is amplified by the fear. The physical body has the ability to rebalance if the environment of rebalancing is allowed. People don't come from healthy mental mindsets into disease and then get unhealthy mentally. They have the resistance going on before the disease, and then the diagnoses, (and often the treatments) amplify it. And often it helps too.

Be glad that you don't have **instant manifestation**. This buffer of time is really your friend. It's your opportunity to observe and to ponder and to visualize, and to remember. It's your opportunity to take an Emotional Journey that might be different from what you're actually observing.

Enlightenment means literally aligning to the Energy of my Source. And **genius** is only about focusing. Law of Attraction takes care of everything else. Physical humans often want

to make enlightenment about finding some process and moving through the process that has been pre-described. But true enlightenment is moving to the rhythm of the internal inspiration that is coming in response to the individual desire. Enlightenment is about allowing my Connection to the Source that is me for the fulfillment of the things that I have individually defined here in my time-space-reality. That's as good as it gets.

But the point of any **truth** is to recognize that it is not true, and to recognize that although it may be one of your truths, that there are choices regardless and that you do incorporate the ability to reconfigure energy and to choose what you want rather than being stuck, as you term it to be, in what you do not necessarily want.

Writing is your strongest point of focus. Your mind doesn't wander as much when you write. Your Energy doesn't get split as much when you write. You keep your vibration purer when you write.

When you try to **justify** where you are by pointing out how bad things are, you are headed in the wrong direction. Reach for the thought that feels better, And allow the natural Well-Being that is yours.

As you are born into these physical bodies, you experience the vibrational continuum of the **generations** that have come before you. Their desires as they have lived as individuals—and their Collective Mass Consciousness desire—has emanated to the boundary-less boundaries of the Universe, and Law of Attraction is answering all of those requests. So, each generation who follows the previous generation benefits by the desires that have been exuded by Mass Consciousness.

A problem cannot be solved by **tending to the problem**. The problem exists because there is resistance—and tending to the problem only makes more resistance, which disallows the resolution or the solution, or the Source, or the Well-being.

You have an **Inner Being** within you, that has been walking with you all the days of this experience, who is aware of all that you want, and all that you are. We are wanting you to find a very real connection with that which you are – with your broader Non-physical counterpart – with your God-force – with

All That Is – with your Higher Self – with your Soul or Inner Being or whatever label you are wanting to assign it, so that you can be and do and have that which you've come forth to be, do and have.

Once you emerged into these bodies, all of you did not come into this **body**, just a part of you. A part of your focus is come forth here, while a larger part of you, a broader part of you, a very much older, wiser part of you remains in Non-physical.

Your **Sixth Sense** is your Inner Being who has a full view of all you are living, all that you have ever lived, and all that is in your future. Your Sixth Sense is your Inner Being with broader perspective of that which you are. Your Sixth Sense is your broad perspective, you can call it God perspective, you can call it Inner Being, you can call it Soul, you can call it spiritual guide. It is the Non-physical part of you that has very keen awareness of that which you are. Your Sixth Sense is your feeling barometer that lets you know the distance between what you want and what you are currently vibrating....your gut feeling.

We would never move forward in the face of **negative emotion**. There are many people who would teach you otherwise. They say, you've got to face fear to get over it. And all they do is desensitize themselves to the point that they get themselves into situations where they have no idea what's going on, and the end of them comes rather abruptly... And then everyone calls them brave.

You've trained yourself to face reality. You've trained yourself to tell the truth. You've trained yourself to tell it like it is. So in the beginning, these fantasies feel a little inappropriate, because it's like you're fooling yourself. Sometimes people will say, "Well, isn't this just **denial**?" And we say, we hope so! We hope that you are denying the absence that you do not want. And we hope that you are embracing the presence of what you do. But somehow the idea of denial has become a dirty word to you; like it is virtuous to face the reality of the horror of your own lives. And we would be ignoring anything that did not please us. We would get our eyes on what feels good.

It is not possible to create within the life experience of another. You cannot create in their experience — and they cannot create in yours. Therefore, everything that you are experiencing is by your own creative hand, or more appropriately said, by your own creative thought.

You are the **creator** of all that occurs in all of your life experience. You create your physical life experience through your thoughts. Literally, every thought that you think gives birth to a creation.

The reason you want every single thing that you want, is because you think you will feel really good when you get there. But, if you don't feel really good on your way to there, you can't get there. You have **to be satisfied with what-is** while you're reaching for more.

Enjoy the journey, and if it isn't created today, it is all right — if it isn't created tomorrow, it is all right. Don't become so fixated upon your ending places that you run through life with your tongue hanging out! Because when you are feeling the **lack of time**, or the pressure of time, then there is no value.

We would begin saying, "I'm not ever going to get it done. I'm an eternally expanding Being, and I'm doing great where I am, and I'm so eager about what's coming." That's the essence of the vibration that keeps adventurous things coming, keeps you feeling always excited, stable and secure, keeps you feeling in love with life. All day, every day, count your blessings! All day, every day, **make your lists of things you appreciate**. And as you keep activating what is working in your life, then more pleasing things on all subjects will flow to you.

Keep remembering: there is not only one prize. And so, say to yourself things such as, "You appeal to me in all of these ways, and I am going to draw the essence of you to me. I will use my visualization of you to align my Energy, and then I will trust that Law of Attraction will bring me an exact replica of (the essence of) that which I believe you are."

Take your **Inner Being** everywhere you go. If you take your Inner Being to the party, it's going to be a good party! If you take your Inner Being, the food that you eat will be

received perfectly by the cells of your body. Every word that comes out of your mouth will be beneficial to everyone who hears them with their ears, or with their vibration. Don't go anywhere without your Inner Being. That's what "Allowing" is. Always having your Inner Being present. And then, anything else that happens is always orchestrated perfectly by Law of Attraction.

We're not wanting you to ever feel bad about feeling bad. Because we know that feeling bad is always a temporary state of being. Good is ultimately all that is. You say, "Why did I ever let it feel bad?" And we say, we've been wondering the same thing.

You attract by your vibration. Everything in the Universe is experiencing the powerful Law of attraction...And when you are vibrating in pain, you cannot attract joy. The vibration of pain attracts only pain. The vibration of joy attracts joy, the vibration of illness attracts illness...The Law IS, and the wonderful thing is that once you understand the Law, and you are sensitive enough to feel how you are vibrating, then you have control of your experience.

Your Inner Being likes to skip and laugh and think about things; your Inner Being likes to offer compliments and feel appreciation and contemplate something that is not fully understood and then feel the understanding come forth. Your Inner Being is just like your frisky two-year old who is eager for life experience. To meet up with your Inner Being just be more like that now.

Thoughts that you set forth in combination with **great emotion** are the most powerful of your thoughts, whether they are positive thoughts (in the direction of what is wanted) coupled with positive emotion, or negative thoughts (in the direction of what is not wanted) coupled with negative emotion – the strong emotion that you feel as you are giving thought, indicates that you are bringing into physical realization, that which you are giving thought to, very quickly.

To hold someone as your object of attention while you're connected to Source Energy, is the greatest gift that anyone could give. When you're not happy, you don't have anything to give. And so, what it literally means is, be happy, because you cannot give anyone something that you do not feel.

Most parents, when they see **children** not terrorized by the things that terrorize them, they work very hard until they've finally got you terrorized. They teach you those irrational fears. Well-meaning, but they do just the same.

It does not matter what **path** you take, but it does matter if the path you are taking is something that you are believing is appropriate. Nothing is more damaging to you than to do something that you believe is wrong.

The hypocrisy around the subject of **sexuality** is huge. Early on, there were others who were a lot more interested in you satisfying what made them feel good than in satisfying what made you feel good. There were so many things that you felt inclined to go this way, that you were forced to go that way, that at an early age, you made a conscious decision that if it felt good, it was wrong. And if it felt wrong, it was probably right.

It seems like you really want different things, or are even choosing different paths. But when you both tend to your **Emotional Journey**, the Universe will cleverly give you both exactly what you want... When you tend to the Emotional Journey, this Universe has the resources and the cleverness to orchestrate for each of you what you exactly want even when you think they are opposites one from another. It's great fun to watch.

No one connected to Source Energy would ever **harm** another. It's an interesting thing: More injustices, more discomfort, and more unhappiness is projected at others under the name of righteousness, under the name of law abiding, under the name of law, and under the name of religion, than all other things put together. In other words, don't worry about it.

No one can create in your experience, for no one can control where you direct your thoughts. On the path to your **happiness**, you will discover all you want to be, do, or have.

You are always molding yourselves into a better feeling place. And you will never get it done. It will never be completely finished. It will never be absolutely right. You will always have some dominant thoughts that are not a vibrational match to the newfound desire. But that is always what your work is. And it's time for you to just begin relaxing about it, and not make it a personal issue of your own valor, or your own value, or your own integrity. In other words, it's just, how many times have I thought this thought?

You have not come here to prove yourselves worthy. You've come here because you saw physical life experience as delicious and you wanted the experience. You wanted the environment, you wanted the data, you wanted the process, you wanted the sensualness, you wanted the physicalness of thought, you wanted the combination of that which you are from Inner Perspective and that which you are from physical perspective — because the combination is so very, very good.

Many think **success** means, getting everything I want. And we say, that's what dead is, and there is no such thing as that kind of dead. Success is not being done; not being complete. Success is still dreaming and feeling positive in the unfolding.

Abraham is not about guiding anyone toward or away from anything. We want you to make all of your decisions about your **desire**. You have that right. You should be able to do that. Our only desire is that you discover the way to achieve your desires.

Every time you praise something, every time you **appreciate** something, every time you feel good about something, you are telling the Universe, "More of this, please. More of this, please." You need never again make another verbal statement of this intent, and if you were allowing your cork to float — all good things would flow to you.

Since nothing matters to you other than your personal alignment with your individual goals or desires, then that is where our work is. We are not here to debate the rightness or the wrongness of what you, or anyone, **chooses**. We are not taking sides, for or against, anything. We are here to help you understand that your life can be as wonderful or as horrible as you allow it to be. It all depends upon the thoughts that you practice. And therein lies the basis of anyone's success: How much do I practice thoughts that bring me joy, and how much do I practice thoughts that bring me pain?

We cannot focus upon the weaknesses of one another and evoke strengths. You cannot focus upon the things that you think they are doing wrong, and evoke things that will make you feel better. You've got to **beat the drum that makes you feel good** when you beat it. And when you do, you'll be a strong signal of influence that will help them to reconnect with who they are.

The **evolution** of your time-space-reality is nothing more than people having experience and coming to conclusions of desire that then Source Energy answers. And the evolution, actually the speed of it, has to do not so much with the desires that are being born, although they certainly are a significant part of it, but the speed is more about how quickly do people let go of the old thought and begin addressing the new thought, and it works for you and against you, depending upon what you are giving your attention to.

In your moving yourself up the **Emotional Scale, your business will begin to prosper in new and profound ways! Your business, your relationships, your finances cannot grow beyond your emotional response—nothing can grow beyond your emotional response. Everything matches your Set-point of emotions on every subject that exists.**

So, who are you? You are magnificent. You are genius. You are in the right place at the right time. You're doing fine. And as you work to appreciate and approve of who you are, right here and now, instead of working so hard to compare yourself with every other point of Consciousness on the planet...and if you let your variety inspire you to your personal preference—you will not worry about how anybody else is doing, and you will let your dominant desire to be to align with You.

Now, you can be a member of this diverse Universe, magnificent in your unique way, complete in your unique way, and, most important therefore, happy in your unique way. That's what we wish for you.

Don't try to recreate peak experiences. Instead, just accept them as the gift that they are, and don't beat up on yourself for not being able to stay there. Because if you stayed there, they wouldn't be peak experiences. They would be normal, every day in time hum drum boring, experiences. So, savor the peak experiences and compliment yourself upon your achieving of them, and expect more of them, and leave everything else out of the equation.

Don't get lost in the diagnosis, the medicine, or in the statistics about what somebody else did about it. If you don't feel good, it's because you're not thinking in a way that allows the Energy to flow. You could just get really, really mad at someone you love and make every muscle in your body stiff. And you would ask, "Why does my body feel this way?" And we say, because you've had a Vibrational tug-of-war going on...Stop looking for anything other than your mental and emotional state of being as answers to why you feel how you feel in your body. It is all **Vibrational** — no exception! And when you get that, then it doesn't matter what diagnosis has been given to you—it doesn't matter—it's temporary.



Birds, they are the symbol of Freedom. They are the closest thing to absolute, pure freedom you can visually witness in your physical experience. They are so flexible and so mobile and so light and so free and so joyful! They represent the pure essence of your Being — and that is why you are drawn to them.

We would like you to reach the place where you're not willing to listen to people criticize one another... where you take no satisfaction from somebody being wrong... where it matters to you so much that you feel good, that you are only willing to think positive things about people... you are only willing to look for positive aspects; you are only willing to look for solutions, and you are not willing to beat the drum of all of the problems of the world.

No one experiences freedom until they stop pushing against others. The only thing that binds you is the pushing against that which is unwanted. And so, if a religion could just be excited about what it is, or a person within a religion could just speak with appreciation about what it is, without justifying what it is by pushing against everything else, then each religion, in all of its difference, could be just exactly what you're reaching for.

Contrast helps you to identify desire. Desire is summoning. It's always flowing through you. You have the opportunity of opening to the harmony of the vibration of your desire or not. As the desires are being summoned through you, and you go with the flow, you thrive, but if you use things to be your excuse for not going with the flow, you are arguing for your limitations. We want to show you how to go with the flow. Which means nothing more than finding vibrational harmony with your own desire, and letting the Universal Energy that your desire is summoning to it flow to it through you. It is optimum creative experience.

on the way, well-being wants in, and at the moment you stop beating the drum -- there's a lot of ways you can do that.

You can take a nap.

You can meditate.

You can watch a television program that makes you feel better.

You can take a walk. You can do any number of things.

ESTHER: Abraham, How do you feel about **New Year's Resolutions**? And how would you approach a New Year's Resolution if you were in our physical shoes.

ABRAHAM: They are a wonderful idea. They fall into the same category as Segment Intending or Positive Expectations or Deliberate Creation.

Most New Year's Resolutions, like any new decisions, are made from a rather clear awareness of what you do not want or of what has not gone well, and so, in order to set your New Year's Resolutions into motion with enough momentum to keep them going, it is necessary to spend some time lining up your energy with your new decision.

Many people make resolutions, and often by the first or second day of the new year they have gone back to their old habits, and then they feel discouraged.

Every day provides a wonderful opportunity to set forth your clear intentions. You do not have to wait for a new calendar year.

Find a comfortable place where you will not be interrupted by. Write at the top of your notebook page: My Dominant Intentions: Then write four sub-headings:

My Current Intentions Regarding My Body,
My Relationships,
My Home,
My Work.

Then, write a general description of how you want to feel and be, regarding each of the four categories. Be general and easy. Let these words come easily from you.

Now, go back to the first category, focus on the topic, and sit back, relax, and daydream about this.

Imagine your body looking just as you would like it to look. See it in your mind's eye. Try to imagine how that beautiful body would feel.

Move it, in your imagination. Take it for a walk, dress it in something that pleases you. Appreciate its stamina and flexibility and clarity.

Spend as much time daydreaming about this wonderful physical vehicle as you can. Stay in your vision until you feel refreshed, and continue to be there as long as you can.

Now, go to the second category, and do the same thing. Bring an image of the most significant person in your life experience and see that person with you.

Feel appreciation for that person.

Mentally speak your appreciation.

Imagine that person loving you back. Praising you, and complimenting you.

Feel your mutual appreciation and admiration. Stay within the vision until you feel refreshed.

Now, go to the third category, and feel appreciation for your home.

Make mental pictures of your home as you want it to be.

See it orderly, if you desire that, and beautifully furnished, if you desire that.

In an easy and carefree manner, imagine it however you would like it to be.

Take pleasure from your vision and stay there until you feel refreshed.

Now, go to the fourth page, and gather a mental picture of your work. Feel appreciation for the excuse it gives you to flow energy toward something.

Acknowledge how expansive it is, and feel appreciation for its ever changing nature. See yourself expanding and thriving. Stay there until you are refreshed.

There is no right or wrong way to approach this. The thing that is important is that you choose areas of your life that matter most and that you conjure positive images that thrill you. And as you do that, you have not only resolved, in your own mind, how your New Year will be, but you have notified everyone and everything in the entire Universe and you have solicited their assistance in achieving your intentions. And from that moment forward - the entire Universe will conspire to assist you.

You cannot be separated from that which you are calling **God**. People hear us say, "Reach for the thought that feels the best." And they think, "Oh no, I need to listen to what God wants." But aren't we talking about the same thing? Aren't your emotions guiding you to that Connection? And doesn't the word God just set you off on all kinds of tangents that don't have anything to do with your relationship with that which is this Eternal Energy of Love that is your Source?

You don't have to go the **hard way** to things, but you do have to go from wherever you are. If one good thing happens today and a hundred bad things, talk about that good thing a thousand times--and talk not about any of the bad things. Play the good-feeling things over and over in your mind--emphasize everything that feels good.

So, the truth is, there's not one path. The truth is, there's not only one right path. The truth is, all paths can be made to be the right path. The truth is, that every individual has a different path. And that different path that every individual is launching incrementally--and amending constantly--that true path is known by Source and is guided by Source if you will pay attention to the way you feel.

Friends, there is absolutely nothing in this Universe to be guarded against.

You exist as beings that vibrate in a place of absolute Well-being. Tell yourself that again and again. Know it. Feel it. Allow it! Be the evidence of it! Be the evidence of it for others — so that they will know it a little more, and trust it a little more. Let your life be the one life that is not out of control, so that you can give one other person the reason to believe that all can be well.

People will say, "Well, I have to work on my goals," or, "I have to work on my visualization." And we want you to think more about **holding the vision** because it is pleasurable to hold the vision, not because you're trying to make the vision work in order to get to some place that you're not now standing. "How much should I work?" We would say, work in the sense of joyously moving forward.

You are physical beings in this physical dimension — because you have **intended** it to be that way. As you are experiencing this life experience, you are fulfilling that decision that you have set forth prior to your physical birth.

Deep breathing is a big part of your well-being, It is the current that carries the vitality to the cells. And so, the more you are breathing, the more you are thriving. Fortunately, it's not left to your conscious mind to prompt you to breathe. It just happens. But you can prompt yourself to breathe more.

As you deliberately breathe in more, breathe in more... you will begin to expand your lung capacity, and in time you will begin to breathe more deeply, voluntarily and naturally--and your bodies will thrive.

Breathing is the way life moves through your physical body. When concentrating on deep breathing, you are focusing on something positive, and so, while feeding the cells of your body, you are also aligning with Source Energy--and every body comes alive. Everything works better: metabolism, clarity... Thriving comes from deliberate, deep breathing.

AbrahamQuotes

Everything you do is for the purpose of the **joy** that it is giving you. And so, when you don't see something through, it means that it stopped producing the joy that you were hoping to receive. Of course, it is always better if you have anticipated something and you've stayed lined up with it. If you're lined up with it, then it's joy when you're thinking about it even before you start, and it's joyful as you start, and it's intoxicating as you're going, and it's fulfilling as you do it, and it's satisfying as you finish it—and you're in alignment the whole way on that.

We are really advocates of just getting as happy as you can be—which takes care of everything. Even if you don't have reason to be happy—make it up. **Fantasize it.** Make a decision that you're going to be happy one way or another—no matter what. "No matter what, I'm going to be happy! If I have to ignore everybody; if I have to never watch television again; if I have to never pick up a newspaper again, I'm going to be happy. If I never have to see that person's face again, I'm going to be happy. If I have to see that person's face, I'm going to find something to see in that person's face that makes me happy. I'm going to be happy. I'm going to be happy. **I'm going to be happy.**"

Even when we are encouraging you to selfishly seek your own joy, we are actually saying to you: Your **joy** is the greatest gift that you can give to anyone. Because unless you are in your joy, you have nothing to give, anyway.



"When I hold a desire and it thrills me, I am a match to my desire.

When I hold a desire and it tortures me, I am far from a vibrational match. When I hold a desire and love pours through me whenever I

think about it, my desire and I are one. And manifestation is around the corner.

No one is holding me apart from this thing that I want but me and my choice of thought. **Am I letting it in?**

"When I hold a desire that frightens me or threatens me, when I feel unworthy of it, or blameful of others who have achieved it, when I feel jealousy, yearning, or fear, then I am holding myself in vibrational disallowance. No one, not God, not Mother, not my sister, not my mate, not my friend—no one is holding me apart from this thing that I want but me and my choice of thought.

Am I letting it in? Letting what in? What might that be?" Well-being, clarity, vitality, enthusiasm, abundance, stamina, the ability to articulate, understanding, broader view, Inner Being, God, all that you consider to be good. There is not anything that you want that you will not be in a place of letting in once you understand how important it is to ask yourself in this moment, "Well, how am I feeling? Am I letting it in?"
The Art of Letting It In.

We want to help you regain clarity about your individual power. Everyone has it. No one can ever take it away from you. No one can ever do anything "bad" to you. No one can assert into your experience. Everything, without exception, comes only by your individual invitation to it. Do you understand the process of asking? When you give something your attention and it becomes your dominant vibration relative to the subject—that is your asking. So, deliberate creating is not so much about looking out into the world and saying, "Oh, there are things that are good that I want to create or attract into my experience, and there are things that are bad that I don't want to create or attract into my experience." Deliberate creating is more about deliberate allowing. Deliberate allowing is more like **deliberate vibration.**

It's interesting that the path to peace often is **war**. We, like you, don't agree that it's making things better, but we don't think they're wrong; and we understand the thinking behind it. And if you get involved in every disagreement of every point of Consciousness, your life's just going to be in a scramble. Finally you have to say, "This isn't about me. I didn't wage this war. I didn't pick this war. I don't understand this war. I'm not going to think about this war, and I'm not going to use it as my excuse to not feel good any more."

As humans have come to believe that the **longevity** of life is more important than the quality of life, you have found ways to keep yourselves alive for longer and longer periods of time, under the fear that something could go wrong. If we were in physical shoes, we would be looking for the path of least resistance to believe in the self-healing qualities of our physical body. We would not be promoting so much outside intervention, because the outside intervention keeps squirreling around. In other words, every time you turn around they have a new idea about what is the best procedure for all of that.

You are here seeking avenues through which to assist others in feeling clearer about things — for it is through your clarity that you uplift others to greater clarity.

You're never satisfied. That's what life is, it's just this ongoing, neverending vacation adventure, you see. You can't get it wrong and you never get it done—and we recommend that you have as much fun as you can along the way.

This physical experience is the **leading edge of creativity**. This physicalness is the application of thought to matter — it is the fine-tuning of creation and it is essential to growth — even from Non-physical perspective. You are providing a very valuable service to your broader Inner Being!

None of you will ever really live until you are able to quell your fear of death. None of you will be able to quell your fear of death, until you are embracing the idea of life. None of you will ever embrace your idea of life—unless you understand that there's no such thing as death. You are **Eternal Consciousness**. It's time to stop making this inevitable thing called death the issue that keeps you bound and afraid of the adventure that is life.

It does not matter what path you take, but it does matter if the path you are taking is something that you are believing is appropriate. Nothing is more damaging to you than to do something that you believe is wrong.

You did not come here as teachers in this time to teach everyone, because everyone isn't seeking what you are. You came forth in absolute vibrational response to those upon your planet who are seeking that which you are knowing. So, as you **focus upon your connection first**, and you understand that those who will benefit from it will gravitate towards you, then

you will get together in gatherings — usually it is one on one — with others who feel uplifted by their interaction with you.

There is nothing that you're **wanting to know** that you do not have the capacity to understand fully. And there is nothing that you're wanting to know that the Universe does not already know that you want to know, and has already begun the process of answering. And so, go forth in excited anticipation that the new ideas will continue to bubble forth, and that the Universal Forces will continue to come forth in loving, benevolent, eternal answering to that which you are about. There is great love here for you. We are complete.

Regardless of whether your thoughts are in the direction of what is wanted, or in the direction of what is not wanted — in the direction of that which excites you and pleases you, or in the direction of that which you fear, which does not please you — every thought has **creative power.**

"Do you have to change your vibration on a particular subject in order to let it in?"

No, you don't. You could pet your pet and let it in. You could sit with your feet dangling in the bay, and let it in. If it is a subject that you often think of in an attitude of resistance, it is really worthwhile reaching for some thoughts that feel better. You could launch an intention and never think about it again, and the Universe would yield it to you. You don't have to clean up your vibration relative to anything, if you can just not think about it any more. That's why we teach meditation. It's easier to teach you to have no thought than to have pure positive thought. When you quiet your mind you stop thought; when you stop thought you stop resistance;

when you stop resistance—then you are in a state of allowing.

The **evolution** of your time-space-reality is nothing more than people having experience and coming to conclusions of desire that then Source Energy answers. And the evolution, actually the speed of it, has to do not so much with the desires that are being born, although they certainly are a significant part of it, but the speed is more about how quickly do people let go of the old thought and begin addressing the new thought, and it works for you and against you, depending upon what you are giving your attention to.

Hypothetically, people worry about everyone being selfishly oriented. **"If everyone did exactly what they want to do, what kind of world would this be?"** And we say, a really, really good one. Because if everyone did what they wanted to do, everyone would feel free. And if you feel free, you feel empowered. And every negative emotion that exists—hear

this—every negative emotion that exists is because there is some sense of loss of freedom somewhere in there.

What **children** do you know who have not had sexual curiosity, and who have exposed each other to sexual experiences, that don't grow up feeling guilty about it? But when there's an adult involved in it, it all wraps around the feeling of guilt and the feelings of not being able to express yourself sexually. There are all kinds of sexual deviants in your culture that almost without exception all exist because of the pressing of the irrational laws around the subject, both religious and secular. The surest way to make a deviant society, is to make a whole lot of deviant laws

I'm going to be happy. I'm going to skip. I'm going to be glad. I'm going to smile a lot. I'm going to be easy. I'm going to count my blessings. I'm going to look for reasons to feel good. I'm going to dig up positive things from the past. I'm going to look for positive things where I stand. I'm going to look for positive things in the future. It is my natural state to be a happy person. It's natural for me to love and to laugh. This is what is most natural for me. I am a happy person!

Achieve, first, the vibrational essence of your desire—and then, through the **crack of least resistance** the manifestation will be delivered... work on the essence of the feeling of freedom; work on the essence of the feeling of empowerment—work on the essence of the feeling of Well-Being... And how do you do that? You can imagine it already having happened and pretend what it will feel like when it is that way. Or, you can look for things in your life that are already like that and beat the drum of that until they play a higher percentage of time in the vibrational signal that you are emanating.

Everything that I think that I need to do is all only in order to propel me to some place that when I get there, I think I will be happier. So, everything that I am doing, no matter what it is, all of my lists of rights and wrongs... are all about me getting to a manifestation that I believe I will then be happier... **So, why don't I take a short cut and just go get happy?**

People do not die of diseases. They die of fear of diseases; they die of the resistance that is amplified by the fear. The physical body has the ability to rebalance if the environment of rebalancing is allowed. People don't come from healthy mental mindsets into disease and then get unhealthy mentally. They have the resistance going on before the disease, and then the diagnoses, (and often the treatments) amplify it. And often it helps too.

No one experiences freedom until they stop pushing against others. The only thing that binds you is the pushing against that which is unwanted. And so, if a religion could just be excited about what it is, or a person within a religion could just speak with appreciation about what it is, without justifying what it is by pushing against everything else, then each religion, in all of its difference, could be just exactly what you're reaching for.

Start taking pleasure from your inner reality. Most people are approaching this backwards. Most people are saying, Okay, I want that, and I am not fulfilled until I get that manifestation. The reason for that promise of manifestation out there, to begin with, is that it gives you the reason to play the game in the inner reality. It is your imagination, it is the feeling of Energy flowing through you that is life.

Emotion

Mining the moment for something that feels good, something to appreciate, something to savor, something to take in, that's what your moments are about. They're not about justifying your existence. It's justified. You exist. It's not about proving your worthiness. It's done. You're worthy. It's not about achieving success. You never get it done. It's about "How much can this moment deliver to me?" And some of you like them fast, some of you like them slow. No one's taking score. You get to choose. The only measurement is between my desire and my allowing. And your emotions tell you everything about that.

So, the truth is, there's not one path. The truth is, there's not only one right path. The truth is, all paths can be made to be the right path. The truth is, that every individual has a different path. And that different path that every individual is launching incrementally—and amending constantly—that true path is known by Source and is guided by Source if you will pay attention to the way you feel.

When you start adding the "why's" to what you want, then you really begin **to vibrate in concert** with that which you are, and when you begin to vibrate in concert with that which you are, oceans part and mountains move, and people come out of the woodwork to accommodate you.

No matter what the issue is, don't try to **justify** why you don't feel good. And don't try to justify why you should feel differently. Don't try to blame whatever it is you think the reason is that's keeping you from feeling good. All of that is wasted effort. Just try to feel better right now.

No matter what it is, if you really want it, **and if you get out of the way of it**, it will happen. It must be. It is Law. It can be no other way. It's the way this Universe is established. If you want it and you relax, it will happen.

You acknowledge that your Inner Being exists? And we say to you that your Inner Being is very old, it has lived thousands of Life experiences. Your Inner Being sits now as the culmination of all that you have lived — very decided, very sure and very happy — in a place that by your standards, you would say is pure ecstasy. Your role, your work is to harmonize with you, which means — think thoughts that make you feel good — Speak words that make you feel good.

The Universe can please all of you at the same time. "Well, how can that be? If I want to live in the mountains and she wants to live at the ocean, how could the Universe possibly please us both?" And we say, as each of you gets to the essence of why you want what you want, and are not pointing at the other and saying, "No, no, not that, please not that," the Universe can fulfill both. Be playful. Know that it's going to be alright no matter what. Have as much fun as you can. Be as easy as you can. Don't take anything very seriously, because everything blows over, good and bad. You can't stand still. So nothing lasts very long. The best of experiences you must move beyond — and the worst of experiences you must move beyond. Don't make where you are too big of a deal

That's all that it ever is.

As physical creatures, you are upon the leading edge of thought. You are here so poignantly, so deliberately, so finely **focused** in this time and place...that in your very precision of experience, you are taking thought beyond that which it has been.

If you **connect** with your Inner Being, then you fulfill your purpose for being. If you do not connect with your Inner Being, then you just spin circles. You die feeling unfulfilled and that the life experience was for naught; there was no value from it, no growth—not any joy either. The two go hand in hand. So the happier you are, the more of that value you are fulfilling.

"Close your gap between where you are now and where you want to be, by stating daily, 'I'm free to do what pleases me, and I'm going to do what pleases me today, and a couple of things that I have to do'. We would never do anything out of obligation or responsibility."

Contrast helps you to identify desire. Desire is summoning. It's always flowing through you. You have the opportunity of opening to the harmony of the vibration of your desire or not. As the desires are being summoned through you, and you go with the flow, you thrive, but if you use things to be your excuse for not going with the flow, you are arguing for your limitations. We want to show you how to go with the flow. Which means nothing more than finding vibrational harmony with your own desire, and letting the Universal Energy that your desire is summoning to it flow to it through you. **It is optimum creative experience.**

**"You say, 'Some things resolve themselves'
... We say, ALL things resolve themselves..."**

Your child is naturally joyful. Your child is naturally tuned in to Source Energy. And as he is diving through and **digging through contrast**, it is natural that there would be some things that might disconnect him. Just don't let his disconnection then inflame your disconnection. Many parents have discovered that their children, for the most part, feel good when they do — and the ornerier you are, usually the ornerier your children are. They are a strong reflection of the way you are feeling much of the time.

See this world as a free world, and see everyone in it as trying—through their individual experiences—to find their way back to that calling, back to that Source Energy. And even though there are billions of them going about it in a way that is different than you would choose, **there's no right or wrong way.** In other words, bless them all, and get on with the only thing you have any power about, which is opening or closing your vortex to **your** natural state of Well-Being.

Get out into the sunlight, out where everything is, with a vibration that is so dominant that those who annoy you, those who don't agree with you, those who make your life feel uncomfortable don't come into your experience, because your vibration, through your practice, has become so clear, so pure, so clean, so in keeping with what you want, that the world that revolves around you just feels like that. That's what you planned.

There is no risk for you out here on the leading edge, ever. And when you come to understand the true nature of Well-being in which you have come forth—then you can relax and begin to enjoy this magnificent adventure which is your creative life experience. We are not here to guide the specifics of that which you choose. You get to choose that, and you can't get it wrong. We are here to assist you—only to assist you—in finding **vibrational**

harmony with your desire; knowing that when you find vibrational harmony with your desire, you are, in this moment, a joyful Being. And that is our dominant wish for you.

" In a vibrational Universe, NO means YES. YES doesn't mean NO, YES means YES too. NO means YES and YES means YES.

Attention to it means- since I'm looking at you, I've activated you in my vibration and the Law of Attraction says, what's activated in you will come to you.

So if you're seeing something you want and you're shouting ' YES YES more of that please!' the Universe says 'But of course.' And if you look at something and shout 'NO NO NEVER! That's the LAST thing on this earth I would ever want!', the Universe says ' We're sending it right to you.'

And you say, ' But NO, you are misunderstanding me! I DON'T WANT THIS! 'and the Universe says, ' Here it comes!' (audience laughter)

And you say ' NO NO! Hear my words!' and the Universe says 'We hear your VIBRATION, your words are irrelevant.' (more laughter)

Interesting isn't it? So all the shouting was for not."

Focusing upon the solution brings forth and makes you feel positive emotions.
Focusing upon the problem makes you feel negative emotions.
And so you see while the difference is subtle they are very important differences.

For when you feel positive emotions you are attracting into your life's experiences that which you want.

When you feel negative emotions you are attraction into your life's experiences what you do not want.

Because society is not happy, society **disempowers** the individual. And so, every lifetime you have ever participated in, as in every lifetime that we have participated in, we have been reaching for the new thought. Which makes us not popular. There is never a crowd on the leading edge, and we have never been happy anywhere other than on the leading edge.

You literally teach each other your vibrations. Someone who empathizes with sickness, gets sick. Someone who empathizes with poverty, is poor. Someone who empathizes with abundance finds abundance. Someone who empathizes with wellness lives wellness.

As you have made the decision to be here, to experience life, you have intended to understand, through this physical life process, the Creative Process, that you may **deliberately create** that which you choose within this physical life experience. It is your dominant intention as you are in physical form at this time.

[Us saying to the newborns] "What's really important is that you point upstream and if you do, others who are sweating and struggling too, will really really like you!"

You can paddle upstream if you want to, but you're going to get tired and you're going to get sick and you're going to get ornery and you're going to complain that life isn't good to you.

Just let go of the oars.
Just let go.
Just let go.
And stop struggling.

... Trust and KNOW your worthiness. And RELAX into the loving, liquid, love of Source Energy ... You could in a DAY get up to speed with where those little ones are as they are born.

Nobody else knows your reason for being. You do. Your bliss guides you to it. When you follow your bliss, when you follow your path to joy, your conversation is of joy, your feelings are of joy — you're right on the path of that which you intended when you came forth into this physical body.

By paying attention to the way you feel, and then **choosing** thoughts that feel the very best, you are managing your own vibration, which means you are controlling your own point of attraction — which means you are creating your own reality. It's such a wonderful thing to realize that you can create your own reality without sticking your nose in everybody else's, and that the less attention you give to everybody else's reality, the purer your vibration is going to be — and the more you are going to be pleased with what comes to you.

Somehow, you have being the creator of your experience tied to your sense of value or worth. You can't get it wrong! **This is not a test of worthiness**

Your **Inner Being** is aware of where you stand and what you want and where you stand relative to what you want. Your Inner Being knows how close or how far you are, vibrationally and time wise, from all things. Your Inner Being is also knowing what is in your heart and what is in your mind, and what is in your vibration, that at any point in time, your Inner Being knows exactly the appropriate action or thought or word...that would be appropriate for you.

Next time you feel any discomfort... stop in the middle of it and say to yourself, "This discomfort that I'm feeling is nothing more than my own awareness of resistance. Time for me to relax and breathe. Relax and breathe. Relax and breathe." And you can, in seconds, bring yourself back into comfort.

Next time you feel any discomfort... stop in the middle of it and say to yourself, "This discomfort that I'm feeling is nothing more than my own awareness of resistance. Time for me to relax and breathe. **Relax and breathe.** Relax and breathe." And you can, in seconds, bring yourself back into comfort."

