CHOOSE TO BE

Spiritual psychology for peace and awakening

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Introduction

The only way to become is to be that becoming.

The only way to love is to be that loving.

The only way to receive is to give.

In giving is our becoming.
What is Truth?

LIFE HAS NO MEANING UNLESS THERE IS A HIGHER PURPOSE.

Truth could be said to be God, Allah, Brahma, Buddha Nature or any other of God’s names, or maybe enlightenment, purity, innocence or love. It could be mind, union, spirit, beauty, freedom, release, perfection, our highest ideal, the infinite and the eternal. Yet truth is none of these.

These are words, thoughts, concepts that we use to infer truth’s promise. Truth is silent, beyond cognition, devoid of mental aberration. The unity of truth is indescribable by fragmenting percepts or words. Words attempt measurement by symbolizing what is immeasurable.

Truth’s experience is a knowing, a silent unity and a loving surety that all is one; a sharing of the Self with Its endless extension, an absorption into all, whereby all is absorbed.

Truth has no semblance in this world yet we all are true. We are endless and beginningless. Spirit is, Love is, we are the purity of being at one, eternally receiving and giving love.

But these are words, words name and name divides. God the reality becomes, by name, the separate the many. The idea of separation takes on reality and truth is no longer an indiscriminate part of the all, but apart. Words divide, perceptions divide. We have made duality; we have separated, corrupted.

Truth unites all to all, unto our Self. So what is truth? Experience it and we will know. How do we experience it? We simply seek it and allow it to find us. Take the first step and it is inevitable that in our seeking, truth itself will meet us. It is a fact of certainty that we each make the realization that gives us eternal peace and just one small step in its direction of opening our mind to its possibility brings us almost there. We are all almost there, teetering on the edge of exponential bliss. But for this one step all would be. This tiny opening is enough to lead us to our becoming, but first, we must choose it to be.

Truth, until experienced directly by spiritual union with it remains only a concept, an idea and a word that forms many images or untruths. As we think of it, so it is and yet while we think of it we are never true. We are truths ideal, God’s extension for our Self, yet we perceive each other as separate truths, realities that stand apart from unity. When we can equate the thought that we are the extension of perfection, than can we come to understand that perfection by extending it. This is done by first understanding what is not perfect.
The ideal that we are is love. Love is in us and around us. It is who we are and what remains at the body’s dissolution. Love is spirit, eternally remaining within love, within God, united with all aspects of our Self. Within infinite Love there exists only celebration. It provides the only true “need” of its Son and that is to extend, gifting Itself and therefore remaining whole, as one with every expression of being. Love cannot be without first the giving of love. Peace cannot be without first offering peacefulness. Joy cannot be until we are one with it. Purity and holiness cannot be until our mind is seen to be pure and holy.

God and the All of creation, is realized in the fulfilling of love’s ideal. It is in our absorption and extension of love that we remember that we are Truth. When this amalgamation is done we remember our oneness, we understand the true because we have given ourselves to it.

THE ONE WAY TO BRING THE WORLD TO PEACE IS TO REDISCOVER OUR OWN.
TO ATTEMPT TO CHANGE ALL ELSE TO MEET THE SELF, FAILURE IS ASSURED.
TO CHANGE THE SELF TO MEET ALL, THAT IS SUCCESS.

Truth as Constancy

Truth is constant, consistent to itself throughout. All parts of it are wholly congruent with any other and if inconsistency or conflict is perceived this is simply a mistaken perception, an illusion.

Constancy is a law of truth. To argue that truth is what we believe is subject to variance of belief. All beliefs accordingly do not constitute what is true. They are but variance of illusion. Truth is beyond belief for it is beyond perception, beyond the words that are our tools for belief systems, though not beyond certainty.

For an answer to be truthful it must be constant. That is, we cannot ask the same question and receive alternative answers and have those answers be true. One plus one always equals two. An avocado tree always bears avocados as its fruit. It is truthful to itself. So what, then, is our constant answer? Who are we?

It is in the understanding of truth that mans’ confusion lies. We do not know how to question our identity such that we get a meaningful reply. If we were to ask the question “who are you”, of most people, we would invariably be answered with an egocentric reply. Generally there is little understanding of our true Identity.

To gain understanding we need but change the form of our question. What fruit comes from love? It is love. What fruit comes from peace? Peace. What fruit from purity, what fruit from God? God’s fruit is entirely like God. We are the fruit of God, of love, and being God’s extension we cannot be separate from nor unlike that which God is.

When speaking of constancy we may come to question difference in spiritual disciplines and the difference of methodology. Yet method is symbolic only. What it teaches is not truth, for that cannot be remembered except by the erasure of belief systems. An incorrect belief of reality closes our minds to it and keeps us in darkness so to speak. As each method in its own way allays erroneous perception, than that darkness disappears and is replaced by correct perception. Our mind thus becomes illumined. So what we have is darkness - or wrong mindedness - being replaced by light - or right mindedness. Right mindedness, though, is not truth but it is the opening of mind that invites truth’s return.

Spiritual disciplines, consequently, though appearing in the guise of difference, all lead to the same experience by the nullification of a fabricated reality and the cleansing or purification of the mind this brings. When the darkness of falsity is put aside what remains but for the light of truth to shine remembered?
By being in our right mind all conflict, fear and doubt, all choice, is guided truly by peace. No thought needs making for trust in love’s presence remains constant. That trust is answered by constant deliverance of correction upon a previously deluded mind.

Where once decisions were strained and fraught we now easily allow guidance. Where once our minds were shattered, now we align, centred by love’s guidance and directed away from illusion, away from the difference of perception about what is wholly one.

All disharmonious decision is one lie, the false belief in separation. True learning is unlearning the lie.

If truth exists as the infinite, then it is constant throughout. There is never opposition. There is no “thing” that is not the something of the whole. The whole, being itself forever, is absolute or constant and so exists outside of time where change is the only “constant”. Truth, being itself at every extent of itself, also precludes space as reality, for space is only by its separation from itself. Space is defined by its position relative to another aspect of itself. Truth has no aspect that has relative position. It has no beginning nor ending. It is its own divine extension and is wherever there is existence. Size, a dimension of space, has no meaning in truth. Truth is infinite. All measurement is relative and meaningless in terms of truthful description.

So time exists as change, space as separation, two of our strongest delusions. Spirit or truth is neither. As an infinite, all-encompassing whole love expresses itself exponentially but does not change from being love nor is it separate from itself.

If part of that whole somehow decided to experience reality differently by just such a projection onto time and space, it would not know of its true parentage or its parent know of it even though each must still “exist” in the other. Where knowledge differs, so does understanding. Truth cannot know illusion and the ignorance of illusion cannot know truth. Truth is constant clarity, a certainty. Illusion is perception of contrast and uncertainty.

We seem to be split from a constant state to a variable one, yet beneath the variability we remain in union with the true. It is our split mind, ego versus the truth, where the ego is the variance that holds us believing that the illusory is reality. We believe we have usurped God’s power making ourselves the centre and maker of individual realities. We have made the impossible seem real. We have cast ourselves into a lie but believe the lie because we have forgotten truth. Yet it is in knowing the lie to be a lie that truth is remembered.

WHAT IS THE MEANING OF EGO’S CONSTANT VARIATION?
IT IS TO BE RID OF THE VARIATION.
Truth as the Infinite and Eternal

The physical cosmos cannot be infinite. What is observed by sensory means is the substance of matter. Matter itself is limited to the form in which it appears at the time. The cosmos, being composed of matter, is therefore limited. What is limited cannot be true for limits imply lack, something that is not whole.

If matter is lacking than it is finite, not lasting and therefore not true. We deduce our bodies- being material in nature- are also not true. Truth is impartial whilst the body is separate.

The infinite is wholly without parts. That is, all that exists within the infinite is itself infinite. So we are either infinite or non-existent. Clearly we exist thus too we are infinite.

We, as spirit, as content, as we were created, are within the infinite and the infinite is within us. All of life abides by this principle. Form is an illusion of separation amongst life, an illusion held in place by our thoughts. All of life is one in reality.

The infinite has no solid dimensions, and any measurement of it is an impossible attempt to minimalize it or break it into parts. Each “part” is the whole unbounded by measurable quantities.

To be infinite is to be wholly united with all “parts” of existence. Obviously, in our present state of mind, union is not decreed. We see ourselves as separate entities divided by the tensions of time and space.

Eternality also is a law of truth, cursed by conceptual minimization. We have attempted to break down the eternal into measurable quantities called time. Time, however, measures only what has passed or what is to be. The eternal is the immeasurable moment of now. Time is a condition relative to our perceived reality on earth; it is not now, it is then.

We seem to have broken the constancy of infinitude and eternality. Yet just as a dream seems to be real at the time, so we dream now of a relative existence which has no effect in truth. If this dream of sin had inherent existence than the truth would not be true, God’s Love would not be eternal. Thankfully it is the dream that we are separated from God’s Love that is not true.

To live without the lie, all boundaries evaporate and grace and unity find their true place within us. When there is no here or there us or them, but just one, there remains love; truth the infinite.
Just so, when all of time recedes, our mind balanced between remembering the false past and planning an imaginary future, there remains peace; truth the eternal.

TIME WE SPEND TO PURCHASE THE MOMENT BEFORE TIMES BEGINNING
TRUTH IS AN INSTANT KNOWING. PERCEPTION IS KNOWN BY INTERPRETATION, INSTANTLY FLAWED. WE DO NOT MAKE OUR OWN REALITY WE MAKE OUR OWN ILLUSION.

The Lie Illusion

Our life in this world is relative. It is relative to our beliefs. That is, what we think or perceive or judge to be is our reality. However perception is not true in an absolute sense. We think differently, we perceive differently, we judge differently, and difference does not abide by truth's law of constancy. Illusion is based on difference and separation; truth is constant loving union.

What we desire we reinforce by seeking it and what we desire or prefer rests upon the interpretations of our minds. In interpreting difference, the ego can seek to satisfy its hierarchy of values by plundering these differences. We gratify our needs at the expense of others. Without the perception of difference or separateness, however, we could but treat all with equal care.

If we choose to perceive separation as illusion by acknowledging that the oneness of reality consists only of itself within itself, than our perception is healed, we cease to judge and simply extend love. Aware of our infinitude we see that everything is part of us.

All is one and remains as one, yet belief in the duality of time and space makes this impossible for us to see. Time and space is our attempt to escape the eternal and infinite. So we dream we are a contained measurement, a body and mind escaping truth, yet remaining frozen in a limited meaningless belief system.

The mind’s containment is brought about by its splitting in two. The truthful aspect of mind becomes hidden by the ego. The ego utilizes the power of the mind incorrectly. It does so to realize itself as being separate from the whole, thereby lording itself, apart from absolute reality believing it controls its own destiny.

The ego’s thoughts, which constitute its’ belief system, come together in the form of perceptions which are unstable and meaningless when held against the constancy of the light of truth and are believable only to the ego. All perception comes about by our judgements and all judgement is born of past experience. We believe in our past so much that we use its’ conditioning of us as projected judgement onto the present moment thus carrying a false essence into a possible future.

Yet has the past given us lasting happiness or peace? Has it given us freedom of infinite release or meaningful, fulfilled existence? If not, why continue suffering time by imposing our past misperceptions onto the present?
Our conditioned habits of mind are so strongly entrenched that we do not call into question the beliefs of that conditioning. Therefore the judgements brought about by them are seen to be true. Learning has taught us to believe in sensory experience and because we believe we are our bodies we do so. A simple example though, will serve to dismiss total acceptance of our learning mechanisms, the senses, as being conveyors of truth.

Let us take the sense of sight as our reality test. As we look at a star in the night sky we assume that the star is still in existence. However, in the time that the light takes to reach us from the star, the star itself may have exploded into nothingness. It takes time for light to reach our retina. It takes time for electrochemical impulses to travel neuronal pathways and for our brain to decode this information. So what we thought we saw “now” is in fact already past.

Everything we see is a reflection of light and is thus time delayed. We don’t actually see an object, but only light being reflected. All senses together help us to see but all “seeing” gives is an inference or perception only of what we believe is true. It does not actually convey truth.

From an object’s reflection of light onto our retina we only see its seeming being, its memory, or our perception of it, but never the actual now-ness of truth. So it is for all sensory experience. Because there is a time delay in receiving sensory messages, we cannot truly live in the present, in the moment of now, whilst living and abiding by perception.

So we see that we do not experience the world directly and at once, we only experience it as a perception, as a memory of our past experience of it. Is the past real? No, it has gone. It never was, because it never was experienced truly. All information we receive is second hand. We never see hear feel taste or smell in the moment of now. We live in the past so never experience the reality of any situation. We seem trapped by time.

By the ego’s understanding we are a mixture of past experience therefore any interaction with anyone will be influenced by our projected perceptions of that past. What we have learned is how we behave and what we see. We will judge on behalf of previous experience and this is what keeps us abiding in the past rather than opening to the present and allowing ourselves to experience anew.

The negative judgements we project onto the world are our own learned fears, our guilt. We perceive consciously or subconsciously of past pain and anguish and this manifests in an attempt at their expulsion. Henceforth what we see in another by way of negative judgement is what we believe ourselves not to be, or, perhaps, to once have been. When the ego feels morally higher it will cast aspersions at others perceived immorality. It would attempt to be innocent but only at the cost of another’s guilt.
This guilty verdict is an error of our mind. It is imagined, a reflection of mind’s expectation that becomes true to us by our belief in its present reality. Thus the sad game of life continues by ego’s dictate. The ego relies upon pasts projections to give it continuity but it does so at the expense of the moment of now, with now’s newness and innocence overlooked.

Each new instant of now is a chance to become true, to perceive love anew, and to finally escape our past torment. We can look into the moment, look into whoever confronts us and choose to see- instead of past appearances- their peace their beauty and their quest for our truth. Perhaps then we can see ourselves as we truly are and come to experience our eternal unfolding.

The real value of time is to learn that time does not exist. Our past is a falsity that seems real by our projection of it onto the present. The kind future can only be released in understanding the purity and healing power of the moment of now and by extending that constant moment by remaining in it.

Constancy brings joy, freedom, serenity, happiness, love; this is peace. These ideas do not conflict with one another. They are one another- in union. In our mind there are two places we can live; one of these is in constancy. We live the truth by seeing all else as being our equal. We feel love and beauty in the hearts of others. We see the wholeness, the simplicity of that constant state and extend that peace to one another. In this state there are no conflicting thoughts; one is the other and we lift them to us.

The other place of mind is where ego abides. We see all else as separate and in separation we compete. We berate, accuse, defile and vilify to give leverage to the ego, to lift ourselves above one another. All that is external to us is open to be used to gain what we think we need. All is in conflict from the ego’s perspective. We play at congeniality, we are precious when it suits, yet beneath the superficial, even the ego knows of its unhappiness.

Looking out from the ego’s viewpoint, all else is estranged; though the only “separation” is from truth itself. By its own volition ego is ostracized from the true, the complete and unified. It fragments and tears apart from the rest, needing to be the one, to be special. From the split mind’s viewpoint, its projected reality, it sees itself as alone, restless, confused and tormented. It would see without, the falseness within. It would see illusion.

To live in truth is our only goal, all else just leads us to this point to be left behind. To heal the mind is to escape the narrow confines of our present hostile disposition. To heal the mind is thence to heal the world and to return our collective oneness to its Genesis. We would be whole again; we would not know the world as conflicted; we would not know of ego’s existence; we would not know of anything but truth’s experience.
CONSIDERING THE EGO TO BE “IT”, THERE IS ONE WHERE IT IS NOT
Concepts and Learning

Speaking from the relative sense of who we are, what we do and what we believe, we are all governed by our conceptual programming or conditioning. What we have learnt and how we apply it has, as a consequence, limited scope because of its finite nature. Thus the mind is locked into understanding its own concepts and thoughts in a manner relative to itself. This then is experienced as life. Life therefore can only ever be experienced as a reflection of individually relative cognition. Understanding this leads us to see that the human experience segments from one aspect of itself to another. Though each is true to their own limitation not one encapsulates their ultimate unlimited truth.

Concepts enslave the mind. Each concept cannot become without supportive concepts. This tends to keep the mind continually grasping for correlative thoughts. The mind constantly chatters. To unroof the mind is to clear it of just such enslavement and until this is achieved an absolute realization of the nature of mind cannot be attained.

A concept is limited by the understanding of it. Learning, then, is an extension of limitation. Concepts, regardless of how many we may gather, remain limiting and bind us more and more tightly to the ego. We remain bound within the intellectual framework of ego, considering ourselves higher or lower by what we have learned. However, what we have learned is not truth; it is perception, it is a false idea of who we are.

Truth is given, not learned, it is our inheritance. All egoist tendencies are false. We are neither better nor worse than another by intellectual achievement; in truth we are all equal.

Learning teaches us that we can be added to, made better, lifted higher- yet what can be added to perfection that does not defile it? What is there of innocence that can be made more pure by perception? What we add to truth by way of learning immediately brings poverty to us. We have corrupted the sinless and destroyed our perfection by making illusion seem more and reality less.

Learning has no ultimate reason. It may take us to the penultimate but there it must be discarded as a wishful thought that by this or that I am real. True learning (which is unlearning) is an opening of the mind. To open the mind is to know that what it contains on the surface limits us to be its slave. Any opening is a step towards freedom, for what we are slave to today will be gone tomorrow, our judgements transform into humility.
Here we cannot say that one’s religion and philosophy is true and another’s is not. All worldly thought is conceptually flawed because individual interpretation denies constancy. No word or thought of ego is absolute—only truth’s experience knows itself.

Consciousness, our receptive mechanism, leads us to this experience but does not enter it. Consciousness (human) does not remain constant since it can be altered naturally, as in the waking or sleeping states or through mind control, as well as artificially by the use of various drugs. It is this changing state that tells us consciousness is time bound and not eternal. True knowledge—our natural state of Being—is our release back to spirit, a not conscious (time delayed), yet an all at once complete state.

Human consciousness needs programming to know itself. It needs background information, concepts, to measure against, to bring it to the fore, to make it live. What has needs is not true. Truth has no need. It is fullness and perfection forever.

TO BE TRULY ALIVE IS TO KNOW, BEYOND LEARNING.
Love

What we see as partial does not proclaim reality. It but exemplifies the limits of the sense of sight. The same limit applies to all sensory experience. What we imbue the world with is a reality that is relative to the limits of sensory perception and our interpretation by it. What is born of limited ability remains itself limited, so our senses, our witnesses to the world, keep us bound to it whilst we obey their interpretation.

To seek for love outside of us in the world or in the body and personality of another is to seek in vain. Love unbounded, the Love of God, is found within ourselves. This is the experience that arrives when all that is outside of us or all that we have added to ourselves by egotistic thought is transcended. Only when we truly see that there is nothing outside of our Self are we prepared to release ego’s illusions of love and begin to merge into God.

Regardless of how often we find “love” outside of us or how much “love” we think we have for something or someone, these figures will not last. There is no fulfilment beyond the eternal love that God is and all panaceas we seek to find outside of this end as empty as disillusionment, not fulfilled as love is.

Love is not a thought we make. It is a thought we feel, and which also feels us. All love that we think we have in the physical world is in part, not whole. We see something separate from our self and project an illusion of love upon it. This is idolatry or infatuation over an image that the observer thinks fits the description of what it is that they think they can love. Love is not such a projection.

Love is Gods’ Own experience through us but not by us yet belonging to us.

By the sincere effort of spiritual aspiration, perhaps through prayer, meditation, devotion, service or the intellect and a genuine desire to overcome our delusional concepts of love, we open our heart and mind to that blissful experience of God enacting Himself through the Son. The spiritual experience is love known. It always is new, ever expanding, ever deepening and endlessly enthralling the one who knows of the wonder of epiphany.

True love is constant. There is but its experience. All other states of mind and heart vary by individual conditioning. All concepts of love are not love at all for there always is duality in concept. Only by being that which is love is love truly known.

To know love prevents any thoughts of condemnation against others. Condemnation must divide and therefore limit. We delude ourselves by thinking absolution comes about in this way. Nor should we condemn ourselves if we perceive
we lack love. It is not human love or natural love we seek for always there is a ceiling on this. Only Divine Love, the Love of God, is exponential.

To seek truth is rather to seek and see beyond illusions, beyond the barriers that block truth’s presence. Therefore we do not seek love, but instead, we seek to see beyond the fearful thoughts that prevent love’s knowledge. Fear or separation from love arises by denying unity with love. It tells of a perplexed mind, a lost identity.

If we understand that our perceptions of reality are false, than what is true? Truthful perception is any occurrence that we respond to with open-heart acceptance. Every forgiving thought welcomes, and others open to that. If love is offered than others are drawn to it, they understand, deeply, on many different levels. Offering love takes away the distance between us.

To be against something is to assert that that something has truth. To be opposed is itself a form of violence, so, it is to be for love only that we place our intention. This is a meditation that immediately denies the illusory nature of the world.

If we radiate only a loving presence and choose to give love’s kindness and blamelessness, then these will manifest about us. Love promotes love. However the same can be said of fear. If we seek to see weakness, shame and blameful behaviour than that is what we will hold to be true and that is what is returned to us.

So many times we have read of the law of love: We reap what we sow: We receive what we give: What goes around comes around:

We are what we think: The world is a mirror: Do to others as we would have done for us: Judge not lest we be judged: Ask and we shall receive. For all this, just remember, the world changes instantly by changing ourselves into love’s silent teacher.

Love’s kindness reflects on the spiritual attributes of all and sees beyond the negative, fearful or illusory aspects. Forgiving false perception in this way forgives us of our incessant “need” to take offence so that we can apportion blame and attack others.

The love we currently know and believe is not really love at all. We restrict its giving to a select fraternity at select times. However we continue to conflict with all those outside of that giving and this conflict in turn is reflected back upon those we think we love. Therefore by not knowing true love, which is not selective, we attack our own “loved” ones by that reflection. This is definitely not love, whereby pain and fear is vented outside but which inevitably finds its way back to hurt us and those near to us. To love truly is to forgive all and embrace all. It is because we do not encompass all with love that we do not love as God loves.
Choose To Be

The unreality of our emotive state is indicated by the extremes that emotions bring. Continual fluctuations of feelings deny the serenity, the equanimity and consistency required of truth. Truth is a constant state of clarity. This may seem impossible to attain yet the impossibility is to remain confused, to remain closed by fear forever. This is so because it is not true and what is not true exists only in our minds imagining. We give credence to fearful emotion by our belief in it, a belief that because we feel it at the time seems absurd to question. Yet question it we must for belief is judgemental and judgement is the attack upon innocence that prevents our knowing the truth of love. Love does not judge, it is simply a field of being that connects all to all. There is not the divisiveness that belief in our own judgement brings.

Love encompasses all, not just parts. Our continued attack on all is what keeps us separated. We judge differences - in form and behaviour- when all along we are of one Will and alike. We use every situation around us to attempt to prove our divided self is real. We seek justification. This is an attack on the situation and deprives it of its innocence; therefore impurity results. To take innocence with us is to heal the situation. The truly innocent need no justification and truly we all are innocent yet fail to realize it.

The difficulty of learning the lie that others sin and keeping it can never compare to the ease of knowing our own sinless purity. The lie has reward of fear. Yet loves’ brightness is its own gift.

The ego’s prideful delusions never mesh; there is no cohesive structure of thought, no totally symbiotic relationships. It is one separated against all. Love, however, is eternally resistant to separation. Its entirety is both cohesive and symbiotic. It is one, in all. There are no discrepant thoughts in truth. Unlike the total discrepancy of the individuation of ego, love denies chaos. It does not understand conflict and is therefore held in peace.

Love places no limits, no clauses of stay outside of itself. It has no need to barter, position to coerce or bring to conformity by force. Love as ego knows it is narrow and confined, yet by truth’s experience of it we do not enter into any restriction.

Through the eye of God’s creation we behold ourselves. We are collectively the one Being. We are of and like love, coming from it returning to it and saturated by it at all times. We suffer only an identity crisis – that we feel our power, our truth, comes by way of individual thinking – yet no man is an island, no man is his ego. He is only trapped behind that thinking.

Man, in his so called island paradise activates negativity but it is by holding love in the heart that balances the negative and the positive, the yin and the yang, the emotions and the intellect. Love balances all opposing polarities and finally brings
healing to us. It is love that recognises peace. It is love that recognises abundance. It is love that recognises unity. It is love that recognises itself in all.

Wherever there is hatred, love chooses brotherhood. Wherever there is prejudice, love chooses tolerance. Where there is resentment, hostility and resistance, love chooses patience, mediation and forgiveness. Where there is restlessness love chooses tranquillity. Where there is love, love chooses to share that love and so complete itself.

Temporary values proclaimed by society to fulfil and sought for that reason, such as excess money, fame, false power, vast accumulations, or in short, all external searching hold no lasting essence. These things come and go and are not eternal. They may provide fleeting accolade, but alone will inevitably be seen and felt as hollow victories that do nothing but tire us.

Without the dynamic of love, spiritually and worldly, we are empty. Giving love is inexhaustible. Truth never tires it only replenishes. As we extend love by giving it a natural abundance manifests in our lives. Gratitude extended, by love’s law of reciprocation, gives more reasons to be grateful.

Before we can understand anything we must first understand ourselves. Yet the self we attempt to understand - the ego - is not understandable. It has no completion, no real meaning. Living a life by the ego’s dictates is pointless. So where does this lead us? It leads us to discover that we are many, yet we are but one. That one is when we decide to join it, and to join is the single easy choice of choosing to love rather than to fear our spiritual brother.

Egotistic love is divided; not love at all. It comes and goes lives then dies. Spiritual love is beyond death. It is the core of reality and once extended it cannot cease to be. Loves harmony is perfection and perfect trust in our brother’s brings us together, bonded by love’s invincibility. In total acceptance of our brother’s pure heart the endless prayer of Life that creates by extending to itself is revealed to us.

If we can recognize our fear it can be released. By interpreting fear from love’s perspective as a call for help to be released, love can emerge. Our fear, our pain, our illnesses, we make ourselves by holding a grievance towards someone or something. We lay these resistant emotions aside. They are always ghosts of the past re-enacted. Love is the only true emotion. False emotions come and go; they change in altered circumstance. Love just remains as love. Any perception that does not come from love is a false perception and therefore has some pain hidden in it.

Love is a state of holiness, of perfect clarity, containing no projected desires, no judgements, no anxieties, only a serene pure openness to the gentle perfection of reality. It is sweetly untouched by the thoughts of man.
Our purpose is to take our minds to peace. Thus we become as a light to the world, an example for others to follow. Love is the power and the peace that we each hold within us that once made active diffuses into all minds. All minds are one. All minds are joined. Appearances are deceiving. Yet we all make mistakes. We all err in thought. Love though, is the cradle that holds us above error. Joy is its constant companion, limitless vision its sight. In it the parity of one to the other is not lost.

We are Loves Thought. We live within that Thought as it is. Not one of us is separate or different in this regard. Our inequality comes about only by deception, by belief in ego’s separation, by belief that egotistic learning will save us from its own harm.

To become inspired to lead our mind away from illusion into alignment with the true, our perception thus reflects the true as it suffuses into us. This is the way to re-member with it. By practicing the grace of love, by living the ideal of peace we return to what we never left. Perfect understanding is restored.

All things that come to us by way of time are false ideas about ourselves, illusions. We see through the false by allowing our minds to abide in the true. We forgive the false by seeing beyond it by remaining aware we are God’s extension of His own law, the law of love. Love radiates itself, receives itself. We are that truth, still in time, still in perception yet aware that peace and love cover and unite us.

Our natural position is not thinking or doing. Rather, it is to be. When we are settled in peace, thinking and doing arise spontaneously. Thus being, we live our nature without deceit. We offer our acceptance to be the song of radiance that love sings through us.

WE CHOOSE TO PRETEND WE ARE THIS OR THAT, DECEIVING ONE ANOTHER, BECAUSE WE ARE AFRAID TO LOVE, TO OPEN OUR HEARTS AND RELEASE LOVE’S BLESSING AMONGST OURSELVES.
The Past

Worldly experience presents itself to us in what seems to be an endless range of situations. All situations by our interpretation of them are necessarily subjective. That is they hold a reality or meaning that is relative to our own analysis of what we see. Before the truth of any situation can make itself known, we have judged by past learning our own subjective reality and have lost sight of the present all embracing moment.

Our subjective egotistic view of truth has been built on a lifetime of past experience. We each hold our own personal view of reality and this we continually attempt to validate over all else. All thought that arises from the ego, however, holds no lasting truth. Its belief in past learning is apt to change with new thinking and thus does not hold through time. In other words, the past is false. Only the present is true, but can only be seen without the shroud of past’s judgement projected upon it.

Our attempt at ego validation is our conflict with the world. We each try to prove our existence real by attachment to particular ideas of who we are. We gather together in groups of like minds to strengthen our beliefs but still remain alone and apart, so we attack others that do not seem alike and feel collectively stronger. We fail to see how precarious our own stance is, being only opinion based. Opinion is judging and forever we are incorrect in our judgment. We judge from past false premises and grow stronger in our belief of them. We each think our own opinion correct but all that ever results from false belief is conflict, a root of evil - a strangling tendril from the past.

We never know who we are. We just assume an identity based on a mixture of past misinformation and assumption and pull this together to make our “present” reality. But how can the past be the present, how can so many divergences be known as one?

We pretend we are the person we assume we are, thereby reinforcing our belief in our relative existence and in doing so seeming to give the relative true meaning. It does not, however. What is formed from past ideas can only be pretentious. When the conditioned ego acts out its present, it remains aware only of the past, its own experiences by its amalgamated understandings. Thus we remain locked into a life of deluded thinking imagining we live in a new present, yet act unknowingly from and upon the past. When we are loyal to previous experience via the ego then we project our own past fears and errors. What we give is what we receive, so by misplaced
loyalty we remain fearful and erring. When we reinforce another’s fear by seeing error in them judged by our past ideas, we feed their insecurities which become compounded. Overlooking past’s judgement of error and blessing them instead with love gives them and us freedom from fear.

When we see an act that we consider sinful, that we disagree with, than that attitude is justified in our mind by our previous learning, by our code of ethics. Likewise, however, from the point of view of the accused, the act is also justified. In their mind what they do is okay by their code of ethics. Here stands the illusion, the difference of opinion or interpretation of the one occurrence. Interpretation is the core viewpoint of all that is false. Understanding this, our condemnation can be forgiven or let go as simply illusion that we hold against others. Only lies condemn. Truth opens us to see beyond all difference and all violation.

If we accuse than we wear that accusation. We have made it real in our own mind. We receive what we have given. We give illusion truth, we receive illusion and by so doing we attack ourselves by carrying impure thought.

When we are accused, the accusation is not true either. We only allow it to be our truth if we feel guilt and pain as though it were true. We believe the accusation holds truth rather than seeing it as just a connection to the past. The past cannot hold truth yet we still believe it does so. What we feel is but an attack on the ego, an attack on what is a lie by a lie. It is with this falsehood that we burden ourselves in its belief. Time and again illusion becomes our truth and the veil grows darker, heavier. Our fabrication seems more real than ever.

All things of the “outside” world are perceived as a delayed message. It takes time for neuronal pathways to deliver the message to the brain for us to then make sense of it by our interpretation using past experience as our reference. So first we get a delayed message of “reality” that is deciphered using an even further delayed decryption reference. Thus we delve back into the past to find meaning in all relationships to attempt to bring fullness to ourselves. Yet the past has gone. Nothing can be brought back to fulfil.

Living in the entirety of love, however, is entirely fulfilling. There is no use of past reference, no judgements against. All things are fresh, bright and innocent. Forgiveness has been laid upon what never existed, apart from our mistaken belief in a past-projected reality. That is what the outside world is when seen by the ego; a projected image or mindset brought about by perceptions incapable of “seeing” reality firsthand. When we reach into the past to project a thought onto the present we only copy what has already been, so any act by this method is at once false. A copy does not make reality. Even if we use the act “successfully”, it but lengthens the lie.

By realizing the illusion of ego’s perceived reality, we become wholly open to receive true vision. We give what reflects true vision to the world, forgiveness of it,
and from this forgiveness we receive true vision. We become innocent; our thoughts are free and extend that openness to communicate love to all. We unite with one another for there is nothing from the past that projects the fear of meaninglessness onto the present. Therefore nothing can cause fear of meaninglessness in the future as the present extends. Nothing conflicting afflicts our minds. We look out and accept no fear, understanding that fear itself is only a projected thought, a judgement, and identification with the past that one looks upon. Once we accept there was no fear to begin with, as one the world over, our true perception comes. We become open again to be the living testimony of the divine mind of our true Self Release from illusion is possible at any moment of time. There is not one instant when truth is not. The inference of this is that truth has forever been granted us and it is only by our choosing to remain in illusion that keeps us ignorant. Yet that is just what we continue to do, live by ego’s will, not God’s, believing it to be real.

To live beyond the past, to refuse to abide by its toxicity, the ego slowly releases its perceived power to the present moment. We forego our own conditioning in preference to an open and clear mind. This, the empty or unobstructed mind, is the condition whereby God’s Will or Love becomes known. With no obstructions of our own making true knowledge is free to flow through us. This, in an earthly sense is our evolving completion; our guiltless memory of who we are here and now.

Once comprehending that we are living in the past, we can then realize that all fear all torment, pain and illness are false manifestations coming from that past. We make real and think now what has gone.

Release our fear back to the past where it disappears. Forgive ourselves of our illusions for when we bid them farewell there can be but one replacement. In the present moment, which is all that remains, we come face to face with serenity. Love returns.

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PRAY TO THE DIVINE WITH A LONGING HEART.
WHEN THE MIND IS CLEANSED OUR CALL IS PURE.
WHEN ALL CONCEPTS ARE LAID TO REST TRUTH WILL APPEAR.
IN SERENITY LOVE EXTENDS.
The Act by Conditioning

Psychologist Ivan Pavlov conducted experiments known as classical conditioning. Whilst studying saliva secretions in dogs he noted that they began to salivate before food was placed in front of them. The dogs became conditioned to the empty bowl the food was placed in, to the person feeding them and even to the sound of footsteps of that person. That is, they began to salivate at a neutral stimulus not the actual food.

He went on to use other neutral stimuli to achieve the same result. A bell for example would be rung just before the food was presented. After prolonged repetition of the bell ringing followed by the food the dog would salivate at just the ringing of the bell. The dog became conditioned. It appears to place meaning to the bell whereas before the conditioning occurred no response was noted.

Similarly, we respond to certain stimuli that prompt a habitual reaction, perhaps fear, anger, excitement, joy, sorrow etcetera. We are further conditioned by societal beliefs that such reactions have an outside cause and thus accord meaning or reality to external events. Rather, it is always within our mind’s perception or interpretation of events that give rise to our belief in them.

The dog’s response, to salivate at the sound of the bell, we could say gives it a false perception a false sense of reality that food is pending, for it may or may not arrive.

Likewise we hear the bell of our own conditioning, our past experience and react to that perception as reality. The underlying truth, that which is unconditional or pure, goes unnoticed. To perceive purity, sinlessness, or to forgive is to train the mind to overlook the perceptions that lead to the conditioned response. This leaves the mind open to truth’s way. The process is to discontinue judging from the perspective of our own conditioning to not hear the bell. It is to forego the valuing process, both conscious and unconscious; it is to be free of ego, to be free.

Only in this instant is this instants joy available to us, so too for love and truth. Yet we suffer because we act out a life that is outside of this instant. We seek outside of ourselves and fail to find this instants joy. We seek to achieve, failing, because we did not understand that we are the achieved not the achiever. We are taken from error to truth, from projection to reality, from a conditioned act to love experienced, of loving unconditionally.
By belief in our conditioning, reality was buried within as the mind procured that which was not to cover that which is. Within the mind, again, we must pass away that which is not, to reveal that which is not has kept hidden.

We “know” ourselves by our acts and it is by just these acts that we are conditioned to further believe the act. We believe in our own acts but they are born of incorrect interpretations and therefore illicit incorrect response. When we take offence or become angry, we see the act as real and see inequality. In its misinterpretation and subsequent misrepresentation of every situation, the ego becomes insecure. Deep down, we see the act as unreal, but driven by insecurity we continue to try to make it true, yet never quite convince ourselves of its authenticity.

Insecurity cannot be overcome by continuing the act for that is what feeds it. To act is not to be honest. We are not being consistent. We are being what we have acted but are not being. Being, beyond conditioning, provides total security. Here, no harm can come upon us. In truth harmful knowledge has no existence.

In the heart of humanity we do not know our own beauty and perfection. The deceit of the conditioned act hides this truth from us. To give unconditional or non-judgemental guidance to all is to teach truth. At all times do as we would have done to us. Be kind and constructive to all minds, for in the end, and now, all minds are joined. Thus insecurity is not compounded. Every answer is known, for every answer is based on receiving then giving love.

We attempt to make ourselves real by our conditioned thoughts and actions, believing the part we play at the time. By believing this we lock ourselves into a fruitless search as each new act passes without achieving anything lasting. Regardless of how grand the act, nothing can be taken with us. The act is always to leave something behind, to grow the ego, but leaving something behind it goes nowhere, it is nothing. The ego is nothing. The ego’s physical symbol - the body - is nothing. It cannot be taken with us into eternity. Our truth is God’s Mind. The body, the actor, the unforgiving condition is a projection or dream within this.

Salvation is to release our mind from the ego’s grip. When our mind is free of the dictatorship of ego and its alliance to the body, it is free to live with itself as God’s creation, reflecting as a conduit of love. Deep insight into, and understanding of the conditioned meaninglessness of life’s acts, (when pursued from the delusional point of view of the ego) leads us to freedom by their undoing.

We cannot act upon truth. It dawns upon us if we allow it. We may act upon illusion to bring it to truth but we cannot act upon what is perfection. Our acts have no meaning to it. The correct response to any and all actors is love and the total acceptance that comes with it. This is the only response that is not an act. All else is conflicted because we live outside of this natural state.
In a world of illusion we seek within and find our Self which stands beyond times gathering of self-concept by conditioned beliefs. We remember the quiet of our heavenly mind. We remember we are as one forever untouched by antagonism, unconditioned, loving and truly loved.

The purpose of the act of living is to know Life. We think we kill but death is not. We think we die but death is not. For the body is not life. Life is eternal. Form passes but being not “alive” does not die. Yet the vessel that seems to carry life is precious too, for here life learns of itself. Here life learns once again to embrace togetherness, to communicate with and remember its unity.

It is not the act that we need change but the precursor to the interpretation of the act, our conditioned thought. Indeed the act - projected meaning - can never be mastered whilst the mind from which the act came remains unhealed. When the mind is cleansed of wrongful perceptions the act too, becomes pure.

To empty the mind of egotistic concepts or conditioned judgement is action that produces inaction. That then gives the mind the emptiness needed to be filled by true motivation. From here all thoughts are given us. All influence of those thoughts is correct, saving, all situations beneficial. But we do not do anything by the ego. We become deaf to it and hear only the true.

A person of knowing knows he plays no part at all, for love plays his part through him. If he plays a part apart from this, he knows he really does nothing, for this act is nothing. It is when he knows his part is no act that truths allowance reflects through him.

ALL ACTS HAVE RELATIONSHIP.
ALL ACTS TEACH.
Judgement

To judge beauty one must know of its opposite. Yet when does one begin and the other end? The idea of beauty separates harmony from turmoil but on the false premise that there is a difference. There is no good, bad or ugly, only our judgement makes it seem so. All things hold beauty if we transcend our grievances held against them, if we just allow ourselves to be.

It has been said that beauty is in the eye of the beholder. This statement relays the tenuous nature of judgement. What is beautiful to one may be banal to another. It implies that what one sees as real the other sees as false and thus is our entire world seen as a contradiction. The difference in seeing one way or another brings about conflict, where one is adamant of being correct and vice versa. But does being “right” make us happy or heal the world? We can imply from this that when all judgement is dismissed or conversely we all “see” the one reality then conflict will cease, peace will become the world’s apology.

In laying no judgement upon any situation we allow all things to be as truth would have them be. We cease having an opinion one way or another. All opinion is false perception. All opinion amounts to nothing. Let all things be as the goal of truth would have them be and our perceptions are correctly directed, faithful to innocence. The situation cannot touch us nor can we harm the situation. This is peace. Practiced constantly we become free of illusion and open our hearts to the Love that offers only healing.

When we try to manipulate or influence things innocence is lost and peace cannot manifest in our mind. When we try to force a situation into being, we deny truth’s freedom. Rather, let us relax into spirit’s answer and see beyond contradicting ideas. Make no attack upon what is free by placing preconceived values upon it.

The ego has no answers and no meaning. Its questions are circular, exasperating and strained and bring pressure upon us because they have no meaning. We try to illicit meaning by forcing the world to comply with ego’s wants. In judgement the ego sees what would agree with it and lays falsity upon the true to appease itself. Yet truth supplies our every need if we are open to it, if we simply let it be free of our self-limiting thoughts.

We can exist without attacking only when our mind is at one. So at all times, let us look but do not touch with presumption, opinion or judgement. This divides our mind with preconceptions. Let our mind be, at one, in peaceful tranquillity. This is the light that shines away all false judgements. We can never judge correctly for we do not see truly, fully, by judgement. We see only the separation, not the unity. We see
distance between us because we judge. Listening only to love’s voice and requesting peace in all circumstances, brings the light to us.

Ego gives birth to conflict. It seems to be that conflict is external in the reality we accord the outside world. Yet the conflict is within. The ego conflicts in its attack by judgement. It attempts to lift itself higher than that which it judges. This is its escape, its “salvation”. It sees itself as right, above all else. This “correctness”, however, is the attack upon our own innocence that binds us to guilt. It is we who have made all conflict. Understanding its derivation we allow the peace of forgiveness to gently shine it away. Forgiveness is the opposite of judgement. We let go of what never was and are given dominion over the world.

Attack - and therefore conflict - comes from the belief in our own conditioning and that that conditioning is the better belief, the truer reality. Conflict directed outwards manifests as attack and attempts to make guilty the attacked. Directed inwards it is felt as fearful emotion and manifests as physical or mental degeneration. It is the ego that suffers and bears dis-ease in the belief that it can attack and therefore be attacked, that it can hurt and be hurt. Forgiveness denies all pain, it heals us of it. It leads us beyond all egotistic thought, beyond the echo of illusion.

All egotistic thought perjures truth. Its ideas are false, tainted. All true thought purges. True thought is to open the mind to the Will of God, which is love. Love’s ideas hold in openness and integration. There is nothing hidden. Ego, though, stands alone hiding behind itself, fearing the very differences it seeks to make real. It stands alone because it judges.

Our brothers’ sinlessness is our own sinlessness extended - our non-judgemental vision. To see others sinless is to know our self as them, forgiven. The means to do this is love. Without judgement we fulfil the means. We see the world sinless. The cause of a sinful world is our judgement upon it. Anger, fear, hate, prejudice, these are judgements. Without them sin has no cause and our world of insecurity and misunderstanding disappears as it opens to love’s clear perception.

To cast aspersions is to be ignorant of our own imperfection. Remember all castings are judgemental. By our gift of the judging of another’s attitude we give ourselves one. By our lack of judgement we are free. In judging, we seem affected by another, we annul our own sinlessness, our purity. By negating that affectation we remain at peace. We perceive from within that nothing can bring harm to us from without. We overlook or see beyond the “offensive” behaviour, thereby giving and receiving love’s mediation. If we seek to punish - we punish ourselves.

To judge against - or to condemn - is to be at pain with the self. We are hurt by the offence we take as our heart has been diverted from peace. The only peaceful state is not to judge what the eye sees. Look but don’t touch. Seeing the act as an
act and knowing mercy regardless of the quality of the act comes from withdrawing judgement.

To seek fulfilment in worldly pleasures and to believe that fulfilment is possible by such means is to seek imprisonment of the mind. Not only do we imprison our own minds in endless searching, but those around us who we teach by our actions. We become slaves to the world and teach slavery.

Pursuits of relative value, however, are not good, bad, right or wrong. In the end they merely afford us a lesson. That yes, they do offer relative value, but no, they do not completely satisfy. To conclude that we are right, above all others in our pursuits, contradicts other’s free passage, and blinds us to our own shortcomings. We attach ourselves to a fruitless world of doubtful integrity and thus never find peace in the duality we make by such judgements. Only what is unified can be peaceful. To reinstate that peace is to live unattached in the present moment and to have that moment bear its own fruit, its own integration.

There are no errors of behaviour apart from our judgement of them. We each teach by our actions, whether seeming to be negative or positive. That teaching is always for the good of all regardless of our beliefs. It is for truth to teach us towards itself, by being correct or by being corrected.

Without judgement we are safe. Everything becomes neutral, harmless, nothing. We walk amongst the harmless free; “nothing” has no effect. We are quiet, loss now behind us. We are open and gentle, unaffected by conditioned response. Illusion is gone, all worldly difference meaningless, which was the illusion. Now its replacement can arrive through us. Now we can see the world truly. Now we can celebrate God’s Presence, enlightened. No judgement, quiet mind, innocent perception, moving amongst yet within, free in a cloudless dream. Waiting, listening.

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TO TAKE OFFENSE IS TO GIVE OFFENSE.
TO TAKE NO OFFENSE IS TO OFFER A PICTURE OF OUR SELF THAT IS FREE OF PAIN AND CONDEMNATION AND ALLOWS OTHERS TO WALK AWAY INNOCENT.
Forgiveness

All things come to pass. If we forgive all things the time between their coming and passing we forgive ourselves, our sins, our illusions, they are gone. Remember that between comings and passing there is constant change. Remember truth is always constant. It has never come to be able to pass. It has always been and always will be unchanging certainty. By undoing all resentments in the passage of time, we are free to return to truth.

When it comes time to forgive, what we forgive is not that act of a separate individual but our own propensity to commit the same act albeit seemingly in a different form or degree. We forgive by understanding our own imperfection. We forgive by understanding we all commit the same “sin” of fragmentation. We forgive by not imposing the judgement that makes sin, for if we judge guilt, than by our union, we are guilty. What we give we receive. Letting go of painful thought is peace received.

We are one. Any forgiveness is but forgiveness of part of our self. As we forgive or transcend that which we hate in another we heal that which we hate, and which is hated, in ourselves and as we heal ourselves we heal the whole. But as we witness an act and judge that act contemptuously or in an unwholesome light, that is, if we see guilt, then it is not love that returns. Our judgements are our sentence of our own imprisonment.

If the act is seen rather as a calling to be healed or a call for help and we abide by this depth of understanding, responding with love’s clarity, we release ourselves of the bondage of negativity, of fear for the act. We become healed by and along with the act that would have been cause for aggravation. We forgive by denying the act power to harm and likewise we are forgiven. No malice sullies our mind. In effect we overlook the vain imaginings of our projected and divisive thoughts, and see only the one spirit in all that wills to be whole.

To see beneath the false bravado of attack we sense its motivating anxieties and insecurities and develop a deep compassion for the plight of a fearful mind. We forego our own act and know too that we wish to be whole, away from the pretence that we are. We forgive the shallow and embrace the deep. We come closer to truly loving. We accept that away from the false we are all the same. Away from our secret fantasies of who we are, away from all loveless thought, we are one at peace extending love and thus giving joy to all.
Distanced from all things external, we now know we are divine, all of us, and we are together. Forgiveness is in understanding that our error is one. We misperceive reality, we see ourselves separated from unity. Divided, we have “fallen” into a world of fear or insanity and have lost our way, lost our peace of mind. We all act out this same misery of misidentification but in varied form. Yet we know not what we do. To give understanding, identify our brother correctly and remain untouched by the burden of accusation. We are then ourselves lighter, no shame washes upon our hearts, we walk unencumbered amongst our siblings, we give innocence to the innocent, remedy to the ill - we forgive.

When we carry pain that we perceive has come from somebody else we do harm to ourselves. It was not them who made us hold the pain in us. We might just as easily have let the pain fall away, then we would have no reason to resent those who seemed to do us wrong. In this way we interact openly with them and all benefit.

We ourselves do things that others perceive as painful yet we remain oblivious to their plight. In the same way, others that seem to cause pain can be oblivious to ours and wonder why we resent them so. By releasing harm before it enters us, we forgive ourselves and others. This is healing. It allows us to see that what was forgiven did not exist to begin with. We made the pain real by an error of perception. Now we overlook what never was.

Attack is pain. For to attack we must first feel pained and feel the need to retaliate to try to achieve the unpainful state again. Retaliation in our mind brings retribution to us but what it really brings is a continuance of the conflicted state in which the initial attack began. Pain begets pain. Forgiveness begets the truthful state of spiritual equality whereupon healing is delivered to us.

Forgiveness gives no harmful meaning to suffering. Suffering has no meaning but to let us know it is not there. We are forgiven by giving all to a higher power. In all situations remember our peaceful heart and be happy for it. In serenity, in calmness, we give out light. Now, in peace is suffering lost to us.

Negative judgements are binding. An unforgiving thought ties us to predetermined reaction. We cannot escape the fruits of the thought, the “justice” precipitated. Once the judgement is passed our conditioned values rise and the purity or freedom of the moment is lost. Far better is it to be unattached to the judged, reacting neither with praise nor prejudice but equanimity. Both the surrounding atmosphere and our own mental state remain clear, allowing the moment to flow, to be as it will.

The moment we judge that this is this or that is that we close our minds to true perception. The moment we see that all is one but without making determination of that one, we open our minds to communication. The ego wants differentiation and separation so that it can fulfil its meagre desires by giving its own reality to what
seems apart from it. Truth exists only as one loving will, so fulfilment is gained only by its’ sharing, its’ giving of and to itself.

To be equal is to validate all things, all circumstance and all emotions. We give these their right to be. All things have their purpose, even within disunity, and to realise this we embrace all as valid expression in the journey of Self-discovery, though at the same time realizing circumstances are fleeting. Within each expression is a lesson of love; a coming together in understanding that to validate an adversary as of equal worth he no longer remains an adversary. This is another way of saying that we do not judge against our brothers’ mistakes and make true what is essentially apparition, that is, our perception of guilt or sin in him.

Once understood that all things have equal worth or validity in terms of the overall goal of uniting with truth, all becomes assimilated to love thereby giving up its pain. Equality is to know of each other as tools of learning that take us to forgiveness of our error-prone thoughts of each other, thereby taking us to union.

Forgiveness realizes that there is a time gap between what is and what is perceived and lays down the subsequent interpretation, leaving us resting in stillness. It is from this abode of the forgiven mind that miracles transpire. The mind is opened to spiritual reinterpretation without ego’s bias.

From within this stillness we can see that the world indeed was merely a projection of our own thoughts upon it and its’ meaning was only the meaning we gave it. Yet that meaning was always retrospective, always a reflection of our conditioned awareness, a dream cast upon a shadow.

With forgiveness we can see in our brothers’ heart his own light, his own stillness. We see him beyond that which we projected upon him and made him to be. In this stillness he is made whole, along with us. We have healed the mire of conflict, of separation, of false representation of God’s Son.

Forgiveness is transcendental. We literally transcend a projected reality and merge within the truth that we are, loves’ extension. This is the demise of ego, our unlearning completed, time ceasing to be. It is the solvent that dissolves self.

Within our mind’s conditioning we lay a path of deceit. Our past ideas, which hold value to us, we project upon the world. We see therefore what it is we seek and it seems to be real. Yet no two minds will see the prevailing circumstances quite the same. We see differing realities and to that degree of difference we conflict. Separate realities are judgements against truth. It is in letting pass separate realities that we know how forgiveness works upon us. This conveyance is the acceptance of our wholeness by its extension to others and offers our heart’s blessing to those who do not yet see beyond appearances.
To forgive is to let go of our perceptions, to see anew. It is to allay judgement, to put unforgiving thought into a place of gentle healing. In this way we move peacefully amongst all aspects of being. We move peacefully within our own mind, for all are integrated extensions of the one Mind. We see each other as unreconciled purity rather than feared separate selves. With forgiveness our mind opens to a higher order of gifts than we ourselves can deliver. Our cleared mind offers the healing energy of deep spiritual atonement. We surpass the splintered personality of ego for the united Mind of love, and listen to that love calling.

All others to us are only a reflection of our expectations of them. The reality we give to them is the way we view their actions, their imaginings, their dreams of separate realities, which capture their minds in the vortex of deception. Why do we take offence at another’s imagined reality unless we think it true? To forgive is not to see their dreams of darkness at all. We realize that they have misjudged the true, as have we. We empathize that minds have become clouded with false perception, and ask sincerely of Truth to heal all erroneous thought. Trying to help others without this deeper spiritual help is only a fable, a static charge in time that delivers only the idea of health but not true release from ego’s ill dreaming. Help that comes from an unforgiving mind neither saves or soils for their results are always temporary and therefore not true.

Forgiveness is giving, endlessly offering our abundance, our free mind by not playing into hollow deceit. Worldly offerings are nothing without love. Love is meaningless if we believe the pretence and innuendo of fractured thought. The one dream that we have in this world that brings us to meaning is the dream that forgives our belief in self-deception. There is no depth or eternal meaning in relativism. Only union has substance.

If we let go everything in our minds that we have made ourselves be by thinking we are this or that, what we will receive is our Self, our wholly open truth, our love.

If we let go everything in our minds that we have made others to be, then what we have given is our forgiveness our acceptance our holiness.

The recognition of a single presence united in loving embrace is forgiveness. Life as we know it is symbolic only. When we symbolize unity on earth, we are an instant from Heaven.

WHAT IS FORGIVENESS?
THINK NOT OF IT.
Giving and Receiving

Truth is given when our giving is extended from within love’s presence, and is instantly received. Thus we provide for ourselves from ourselves, we give to others of ourselves and we receive ourselves from those to which we give. To receive correctly is to give our freedom. To give correctly is to submit to love. There is no division between the two. The giving is the receiving. The receiving is the giving. This is joining. It is of the spirit.

All is one. Love is all. As love is extended or given, so it is realized. There can be no loss in its giving. The giving increases the one who extends it. The receiving is the fulfilment of the extension. We are that extension as yet unawake, ignorant of the true but only by our refusal to join and remember it.

In relative conscious terms we remain as both the giver and receiver that we make ourselves. We grow from thought to thought. We give to our growth from within the thought that projects an “evolving” consciousness. Remember though that ego consciousness is not our true reality. It is a split from the level of unity to the level of divided perception. However we need to calibrate ego awareness to realize our need to grow away from it, to recognize that truth stands beyond perception and time. Even so, the law of giving and receiving applies to it.

What we consciously will to want is what want will give. It wants us in direct and equal proportion as to how we want it. What we seek is what we get. What we give by way of seeking is what we receive. As strong our call to truth is, as strong as it calls us to it. Yet importantly, understand that want denies having.

The paradox of seeming opposites calling for unity is when truth gives us what we think we do not want for our own growth. We resent the situation presented to us yet until we learn that it is our own judgement we resent, the uncomfortable situation will continue to arise. Only with an open mind can truth’s call be received correctly. Our weakness is not necessarily unhelpful.

The total conviction of our reality judgements made by ego closes the mind to spiritual reality (and heightened conscious receptivity to love). However, regardless of whether our behaviour is redemptive or seemingly irredeemable, truth is and always does remain accessible. It remains for us to find the key that opens consciousness such that the accessibility becomes so.

What is poignant in this is that receptivity, as with all receiving, relates to the openness of the mind that receives. Thus in any situation where our minds are closed
Choose To Be

by preconceived values, the receptivity for truth itself remains closed. Preconceptions are permanent bars to reality’s showing. Mind is closed in or by this ignorance but will be opened when we stop preconceiving stop wanting and live in the harmony that is this present moment.

Open minds are such that the masculine inceptive portion is balanced with the feminine receptive portion. Thus giving and receiving we come together as one. We are the one gender -

Spirit - living inside of receptivity, giving love. Love is for giving, love is forgiving. We are for giving and receiving forgiveness, we allow others to see beyond our imperfections and we see beyond theirs. We allow others their own healing time and ourselves ours.

If we treasure someone’s life then while interacting with that someone we will treasure our own. When we are in gratitude for our own life we are happy. When we are in gratitude to all of life we are free. We treasure our own life by devotion to all, giving by receiving them into our heart. We treasure others’ lives by placing no terms of reciprocity on that giving. By placing no terms there is no expectation; we remain open to receive. We cannot be failed. If our giving is genuine then so will be the reward.

We always want something from another, appreciation, recognition, praise, validation, or for them to be something to us. We want others to deliver peace to us by obeying our commandments. This is insecurity. Let it go. Give by offering our needless heart to all. When we place expectation upon another than sooner or later we will be disappointed. The “law” of our commandment will be broken and peace will be lost.

Every thought, word or action influences our environment. Energy expended by exertion of mind travels indefinitely. All action produces reaction, what we give is what we receive. What we give is what we become. Our thoughts promote action. By our thoughts we hold others back or propel them forward. When they are propelled we go with them. When we hold them back, we too, are held. If our mind invites and speaks by Love, intending to lighten, then we raise. If our mind is fearful, attempting to wrongfully influence, to get from others, to darken, we fall.

To seek to get we impose upon truth and paint our own picture. To seek to give is to offer ourselves as the canvas. We offer ourselves to truth and it shines through us onto the world. The truest influence is to give ourselves over to the moment without projection. What we attempt to control and to manipulate, to arrest and have, are illusions. We stand to gain nothing. What we set free - by receiving lovingly in our heart - we gain. Our greatest teaching, our greatest release our truest learning, our only gift is to receive our brother truly. Our greatest imprisonment is fear. Fear is the call for love to receive it and play it back as love.
Where there is perception there is duality and therefore choice. In this we feel we have the capacity to choose, to judge, to name correctly. Yet to name does divide and therefore corrupt. It is to give away divisive thought that heals. We give all to All, to God, to Holiness and when all is given, surrendered, what we receive is not emptiness but true guidance. In religious terms when we put no other gods (self, ego) before Him, He will answer.

When all we see, feel and know is the presence of love within us (our holiness) like meets like. This is the point of true understanding. In the service of truth we become what we always were. In a like state all things come into tune, they resonate to one vibration, come to one light. As we give ourselves to all things, all things give themselves to us. With care, respect, and gentleness, we give each other aid. We walk together beyond fear and into love, simultaneously giving and receiving its benevolence.

The world’s thinking is upside down. When we give we think we lose and that we gain by taking. Yet when we take we take from ourselves. To take is to use force, guile, aggression to overpower those we would take from. In committing this act we become forceful, guilty, and aggressive. We become the act because that is what we gave. Further, to retain our takings we must remain on edge, at war, conflicted and unsettled within. We remain forever alert for counter attack. There is no peace.

True thinking inverts the perception that to take another’s innocence is to gain freedom. It is to join that frees and that union does not identify with thoughts of guilt in others. We do not attack them with judgements for this is attack upon ourselves, upon our own purity. We release all from our unrelenting blindness and so are ourselves released.

There is nothing to fear when we cease to see others as enemies. In any judgement against them this is what they become. We judge against others to attempt to raise ourselves to righteousness, to overcome the “enemy” by sheer weight of contempt. In doing this we ostracize and estrange ourselves. We factionalise, we go to war against one another, against ourselves and against forgiveness.

It is not others that irritate us. It is we who allow ourselves to be irritated. It is not others who take our peace. It is we who give its loss, and neither is sorrow, anger, hate or fear our truth. All these are simply decisions as to what state of mind we choose for ourselves. Peace is a decision, joy too. So also we can choose to love, to embrace all that is in our path. It is simply a decision as to how we will to be or as to how our attention is utilised.

We give or join from within and extend, or project and retract. If guilt is our projection, the world becomes painful. If love is extended, the world becomes a light. Such is it that when a perceived upset presents itself to us we pass no judgement of condemnation, but listen intently for the words of love that will offer healing instead.
Giving thus, the situation brings us only understanding, a gracious tool of learning, a precious gift.

We give and receive our gifts, love or fear, peace or conflict, heaven or hell. The choice is ours.

IT IS NOT WAR THAT NEEDS TO BE STOPPED; IT IS THE MIND THAT NEEDS TO BE HEALED.
WE WASTE OUR TIME ATTEMPTING TO HEAL PERIPHERAL ISSUES OF PAIN WITH FURTHER ILLUSIONS OF PEACE.
IT IS JUST THOSE PERIPHERAL EXCURSIONS THAT WASTE US BY DELAYING THE INEVITABLE.
Suffering

Without suffering we would have no reason to suspect illusion. We would live the lie yet do so unknowingly considering that “peace” truthful. Suffering shortens our time in an untrue state by compelling us to ask for a better way. Thus suffering can be seen in the light of love, it hastens our spiritual ascent. Once seen in love’s light, suffering is no longer so. Rather, it is the beneficial, the call that jolts us into awareness. The further we fall, the greater the darkness, the sooner the calling to light. For this reason love the path of suffering and do not keep it.

Only we can deprive ourselves of peace. In this simple recognition suffering and the error of perception that delivered it to us begins to corrode. We suffer by association, believing we are afflicted when we see our projections of guilt in others. We attack those others and in our condemnation of them we attack ourselves. We lose our own peace in the belief that they can affect us by the guilt we projected onto them. We suffer too when we believe others take our innocence by their accusations against us. Sin is the symbol of attack. Behold it anywhere and we suffer. Yet what is false cannot be true. Our thoughts of sin or guilt, our attachments, hurt us only when we hold tight to them. Yet our thoughts are only a concept of control, made by us. What is made is false, not eternal. Being at peace is true. God gave us this.

If our giving to the world is incorrect, if our thoughts, words and actions are impure, guided by misperception, we suffer. Allowing love to become our thinker, our motivator and to act from within this peace, to be the light that lights the world, then all is directed correctly, nothing is added to our truth and pain is erased in the understanding of our shared divine heart.

The hurt we carry is by our own choice. Somewhere we see value in it. We make of it an identity. Perhaps we perceive sympathy or empathic support. Perhaps we use our own pain to torture others, to compensate our deficiency of love. Whatever we carry by choice then also by choice we let it fall. Cease to see value in pain and it will go. How can we be strong if we insist upon keeping what is making us weak?

We each have imprinted upon ourselves the brand of suffering. We thought that to live in sin rather than purity would avail us. We thought that to chase dreams of no substance would render us complete. We sought pleasure and found pain. We thought falsely and now live in the residue of that false thought, in the ash that we call world. And we blame all else for our troubles, for this hell, but ourselves. We call forth laws of persecution, vengeance and retribution, teaching these as our truth, thinking that punishing sin will save us. Yet only the power of harmonious decision, of the mercy of seeding our own mind to peace will do so.
What seed do *we* nurture in our hearts? Is it the seed of love or is it the seed of hate, which spreads like wildfire across the world destroying all hope of reconciliation, destroying even the heart in which it grows? By assessing incorrectly the call for love we manifest our own hearts disease.

Suffering is our teacher. It teaches us to pray, to call forth God’s Love. What was a malignant growth within us is now seen as a benign helper. Constantly attuning to love we bring to awareness that pain was merely a role we played. Our new role is to escape pain by becoming true. Before we can become true, we must rehearse this role. This is the quieting of the false thinker, the ego. It is the practice of Presence, of stillness, of holiness.

Whatever suffers is but witness to illusion. All judgement of pain is shrouded by guilt. We feel we need to suffer to overcome, to make recompense for our decision to cast love from us. Yet we need not suffer what is but a false perception. This is not true sharing, that we would teach others of suffering as though it were true. Our true state of being is such that joy, the free, the painless is expressed. To extend love to all things is to understand the unity that lies beneath all suffering and all false perception. What is truly shared is the same for all, but emotional grievance is individualised, relating to our past learning of it.

There needed to be suffering for us to generate compassion and ask for and receive peace. There needed to be perception for us to perceive suffering, to know we were separated. Now there needs to be joy to consummate the peace and love that we will soon embrace within us.

To laden our minds with false perception, to continue to rely on disharmony for our self-concept is to continue our suffering. Let our mind be free of what enslaves and become as perfect mirrors of God’s Love. Can there now be suffering in this clean state beyond judgement? Freedom has us standing in unity and in so doing we open our hearts to the gifts of each other’s joy, our true Self. We once were blind, we once suffered, but now we see.

**IT IS EASIER TO DESCEND THAN TO ASCEND.**
**IT IS EASIER TO SUFFER THAN TO GROW.**
NEGATIVE EMOTIONS ARE BORN IN DUALITY. SPONTANEOUS JOY ARRIVES UNANNOUNCED.

Negative Emotions

False emotion is instinctual. That is, it is formed through habit. Habit comes about through repetition, through conditioning by re-enacting the past. The negative emotive states are not truthful. They are reactionary, judgemental and erratic and serve only the ego and falsity. They have as their basis, fear.

Set in just being, true joy, peacefulness, fulfilment have as their basis, love. These emotions are truthful. They arise spontaneously out of the gift of true giving, the giving of freedom.

As stated, all negative mental states have their derivation in fear. Sadness is the fear of loss, guilt - the fear of retribution, hate - the fear of lack of love’s reciprocation, revenge - the fear of domination, envy - the fear of lack, anxiety - the fear of duality, that there is another other than love, anger - the fear of loss of control, and so on. All negativity can be bucketed as resistance to truth (God, love). That is, we would believe what our emotions tell us rather than that negative states of mind lead away from truth.

To alleviate the pain of negative emotion we simply centre ourselves in its product. We enter into the feeling. We ride it, we surf it. We do not resist it, and in this acceptance all restriction and reactivity, over time, disappears. This works by diverting the focus of attention away from the thinking mind and into the heart where the pain is dissolved, ultimately, by tranquillity.

Negative emotions attest to a delusional state of mind. This error of thought controls the depth of our spiritual awareness. The heavier the delusions, the more forceful our angst against, the less awareness we have of love, of equanimity, compassion and peace of mind. To forgive the self of this predilection to error is to bring about the cessation of its afflicted state.

The goal of fulfilled spiritual knowledge must be foreshadowed by the remedial work of casting adrift the delusions that attack our peace of mind. Once all negative emotion is overcome peace and love will simply be our presence. No mistaken thought is irreparable as all things of this world are impermanent. We are all redeemable regardless of the perceived enormity of error. In fact we are redeemed already. Only our delusions hide this from us. The deepest and most subtle harbouring of guilt, of fear, of all negativity, will be shed for the light of truth. What is impermanent cannot be true, so in all our musings of guilt and pain there is nothing that truly holds us or brings about real harm. Indeed, we the eternal have no negative causation at all. We are forever guiltless, regardless of our belief in our capacity to carry it here.
Reactionary behaviour is incorrect perception and results in an attack on the self. When we observe something that elicits a negative response within us, that negativity is the attack on the self. The correction is to receive the feeling and in so doing we view through an opening heart. The stresses of modern day living are not out there in the world attacking us, but rather it is our assessment of what constitutes a stressful situation that incurs the emotional stressor. We imagine it all by perceiving incorrectly, by past’s standards. Thus when we look at another and judge in a negative light, what we see is not what is, but a consequence of what we desire it to be. The other becomes the image we have of him. What we see and feel is not true but a reflected consequence of our past conditioning. It is the way we look out.

Though hearts can be read, the relative nature of an individual cannot be known by judgement. All we ever see is our own mental disposition projected at another, reflected. This shows that any negative aspect we see in another is our own negativity, our own false thinking. Thus all enmity is falsely assumed. All we see is our own prejudice with unpleasant feelings the result.

When negativity is resident in mind mental deficiencies occur, such as spiralling depression, confusion and loss of hope. Let us try at all times to remain unattached to a mind that judges so. Thus we remain calm, resigned to enter a truth beyond such phantoms of thought. Question our mind and its motivation else the ego will forever command us to travel a road to nowhere.

Happiness rises when we find that what was making us unhappy was not true. When untrue thought is seen we can work to cast it adrift, forgiven. What is the point of buying into what leads nowhere? It is painfully futile to offer the world such a lesson.

Negative emotions, when they afflict us, are small deaths. They kill our flowing and prevent mindfulness, for where error abides truth cannot. Wherever an emotion arises that is not a reflection of love there is death. How can we live when the moment is killed by fear?

Anger

Anger is fear rising to blame. We judge others to be guilty when we fear loss of control and project our sense of loss onto them. With the guilty verdict projected safely outside, we feel free to vent our frustrations outward. However the upset remains within. We have lost our peace and though we think we are safe by projecting anger out, it remains where it was born.

The fear of loss of control or that something did not go according to the dictates of our conditioning is what brings us to blame others. When our little story of how life should be is “taken” from us, our preordained recital of the angry response rises. The moment we bring anger to rise is the moment we do lose control, self-control. We no
longer are right-minded. Our mind has been diverted and we have taken from ourselves the chance of peace and wellbeing.

Anger is illusion made up from past experience, remembering how to act fearfully to get what we want. This is bullying, attempting to modify another’s behaviour when all along ours was the conflicted behaviour from the conflicted mind. By giving up the need to control we give up anger. The control we had in anger was illusory. It overlooks only the ego, our own misperceived reality. Full surrender gives control to true Authority.

Anger is internal. There is never anything outside that can cause loss of control or that can be controlled. We cannot control what another mind thinks, only our own. To keep watch on our thoughts as fear rises, to listen to our words before we speak them, then we will keep presence of mind. Know the fear in our own mind and let it go. Understand that the behaviour we would blame is not inherent, mistaken maybe, but to be corrected in time. Forgive ourselves of the fearful thought and the “fearful” difference will vanish. In this way there is only peace emanating from us. When anger no longer rises in our heart or mind, nothing can disturb us. We have saved ourselves from attacking and being attacked. When we attack by anger we hurt ourselves by bringing more fear into the world. We attempt and often succeed in extending guilt and insecurity and thus are weakened.

Relatively speaking, we are our own cause. All we are is to what we think. If we think we are love, we are love. If we think we are hate then that too we are. We are innocent or guilty, in heaven or hell. Being our own cause, the world has no effect on us other than what we would have it. The world itself is the effect, the effect of our thoughts or our perception of it. When we feel we are affected by the world we perceive wrongly. Thus when reason for anger presents itself to us we recognise that it is the law of compensation delivering to us our own mindset.

When we project blame, it is guilt we attempt to abrogate. We attempt to expel what brings us pain, yet by doing this we extend rather than diminish the conflict. All perception of negative value we bring upon ourselves. We lay guilt upon ourselves by judging against that which our projections light upon. By our refusal to look beyond them we suffocate the one present moment of clarity, in essence our creation. Looking beyond what is in our mind only and forgetting what is not true, we do not see outside what was only within. What is true causes no negative consequence whatever, no anger, no pain, no anguish, no suffering of any kind or degree. The highest order of thinking is innocence. We can extend that rather than guilt.

We are created free; away from imagined or judgemental reality, away from what we think we control. Our true mind is pure at all times and it is just this that needs to be seen in all to realize our unity. In joining together in this innocent state is each one brought to union with all, living by our true will rather than the will of the ego. Here we live not in anger but in understanding.
We are angry when we struggle against ourselves. We fight our own guilt and are angry we cannot overcome it. We attempt to overcome it by either projecting it outside or burying it within. Suppressing guilt does not diffuse it. It simply multiplies disorder. Projecting guilt we see blameful behaviours in others that we would not wish to know in ourselves. By withdrawing value from all unhealed thought is the way we correct perception. It is to cease to fear attack from within or without. It is to take responsibility for our own psychological state by knowing all attack as self-inflicted. It is to value peace so highly that all negative or false value judgements are lost by total lack of association with them, for in reality they hold no value at all. They do not exist.

Sorrow and Grief

Sadness only ever comes about when we do not love or understand what love is. Sadness is suffering by the fear of loss, yet what is true is eternal and can never be lost. To identify reality as form or to identify with the body is to identify with loss. Yet the passing of a body is not loss for truth knows that life is always.

There is no tragedy but that which we bring upon ourselves. Let us release ourselves of the burdens of grief and sadness, the sense of loss of life. Let us carry no pain for this is not what we are. Life does not end at “death”, nor does it begin at birth. Form will forever pass but life’s content will forever be. Feel no loss at the passing of form, for ours too we will leave for greener pasture.

Life is love, pure and simple. We all walk sleeping until we know love. Love is in forgiveness, joy, peace and unity. It is not to be afflicted by sorrow, hate or fear. These are untruths taught to us by our elders as they were taught and now we ourselves teach. We believe they belong to us but they do not. They are ego’s ideas. Truth tells us we are love, life, but we close our minds and say, no we are fear, death.

Our brothers have not died. Their candle merely burns elsewhere but their light still shines within us. Now we let sorrow pass, lest we teach our children of it and they believe as we. All the oppressions we just let them go and shine instead our love, for when we open our minds in this way the world is healed.

Let us carry not the burden of tragedy, nor those of regret or sorrow. For when we constantly love there can be no cause for these, we have given our all to all and fear has no place to rise in us. When others project their pain and guilt upon us and ask how we could not be sad, it is because love does not allow it. Constant love leaves no room for darkness. To love is to understand what it is to give of that which will never pass.

And one who seemed to have brought sorrow upon us is forgiven for we know we all are a part of everyone. We each have influenced others actions by not knowing our own truth. When love speaks it carries no harm. Only when we speak without love is harmful influence generated in those others.
Opening our hearts to the world we gently shine. Irradiating all on our way with our love we teach all that the world is healed. And thus, sorrow’s thin shadow will soon disappear.

This is not to say that we should repress sorrow should it rise. If we feel the feeling without resistance (without fear) and without mental commentary (without judgement), we simply allow the feeling to be (watching from above). This mirrors the Being of God, the infinite truth that accepts all things. It is forgiveness, and allows the healing of the pain of sorrow. If we have as yet to develop our awareness to see that what can be lost was only ever loss to begin with, this is fine. Accept, release, set our self anew, and continue to trace our remembrance of love.

SADNESS: ATTACHMENT TO FORM WHILST NOT REALIZING CONTENT, TOGETHER WITH THE FEAR OF LOSS OF THAT TO WHICH ONE IS ATTACHED.
Choose To Be

SO LONG AS WE HAVE JUDGEMENT WE WILL HAVE REACTIVE ATTACHMENT TO THAT JUDGEMENT.

Form

Form is but a passage in time. It has no real meaning, nothing of substance that would last beyond time itself. Form is known by the senses that “see” only to the limits of themselves. Once the range of “vision” of the senses is reached, than what remains outside of their “sight” is unknown and usually believed to be unreal. Form sees only form, false sees false and believes in what it sees. It places faith in its own interpretation.

All is one but cannot be known when all we see is material isolation identified by an isolated entity. Identification by the senses, interpreted from the ego’s point of view, can lead only to a relative existence - that which is seen of the senses coupled with consciousness and its associated conditioning. It is in putting the mind outside of the vision of a sense-based reality and into the vision and guidance of the formless that form can at last be recognised as untrue and therefore not limiting. Spiritual guidance is our intuitive progressive understanding of coming closer to truth.

Form denies constancy and continuity, two spiritual laws. It is a drift of thought, adrift in nothing, passing and uncertain, competing and conflicting in its desire to make itself real and believed. Yet form coupled with ego only believes in its own isolation. All else is alien to it unless it can be used to support its own divided reality. Using another form to identify its self exile however, does not lead to unity.

Form is the body, a falsity that the ego uses to support its own falsity. Truth sees through the body’s form along with all of its pending associations. The true sees beyond false beliefs so bears no discrimination. As we come to abide in truth thus we do not see the false either. We do not acknowledge the untrue and forgoing any thought that does not come from love, do not desecrate by judgement of form.

From the mind that sees as this comes right-mindedness, where we look upon innocence from behind innocent eyes. Our mind is clear, for when we see things from this standpoint all opinion wavers then disappears. We remain silenced by the true in service to itself. The romanticized “me” is replaced by a deep equality, one no more or less than another. Form, though, is known to be transitory so is not projected upon and made into a duality.

Within the formless there is not the uncertainty of judgement. We do not question what is this or that, for it is all one and certainty prevails. Life presents itself to us and love for its content is extended. We extend to ourselves and receive that to which the extension connects. We connect to reality. We connect to love created by Love so great, so humble, such that we are the gift of Its extension.
This is the path to reality; immersion, acceptance, atonement, surrendering to God’s peace – sharing it, giving it, being it. Form does not recognise unification. Yet Mind, seemingly held within the form, remains now and forever spiritually perfect and true, extending, not passing, deepening effortlessly as it journeys within Its Self. Here, no decision is necessary; truth is not questionable. Perception, the action by which the mind refers its sensations to external objects as cause has been laid down. Now we live truly as we simply allow truth to be its own limitless release.

We allow our identity of human being to be overlayed by that of spiritual being by training the mind to attend to the guidance we all have within. Through this altar of holiness we join to God, to His Voice of love as He guides us back to Himself, to God the Son.

In this world, love is symbolized by giving unconditionally. Yet even this, because it is happening in this world, contradicts true knowledge. Paradoxically, unconditional giving is still conditional. All things of this world are conditional; they need to be understood to have meaning. Words, for example, are useless without the condition of understanding. The world itself has no meaning until we experience enough of it to use itself as its own reference. The form that is the world is conditional upon it being seen by a consciousness that deciphers the seen.

Truth is not conditional. It exists as one, as only itself without reference beyond itself. Truth does not need form for a confused deciphering consciousness to look upon it to decide what it is. It just is. Existing beyond all conditional “reality” is why it remains forever pure, forever beyond conscious questioning and intellectual understanding. Thus we look beyond condition (form) in each other to emulate and to align our minds with truth’s message. We drink from a deeper well, from holy waters.

Negative emotions, which first arise from certain conditions of misunderstanding and misrepresentation, we dissociate. We dissociate fear, pain, guilt, anxiety and all other negatively conditioned associations. We were simply mistaken, deceived by wrongful thought forms that such conditions had meaning or true value. They do not. Forever they will keep peace at a distance.

Only that which remains pure, forever untouched by any conditional reality, is true. This is the eternal. It is beyond cognitive assessment, beyond conditional understanding and is home to us all. To find our way home is to hold the mind outside of conditions influence. It is to place our attention deep within that well of our mind, deeper than ego’s chatter, deeper than false thought/cause - to a still place of peace. Here truth will place itself upon our thoughts rather than we placing ours upon it.

Form is uncertain, changing and wavering with an individual’s understanding of it. Truth is certainty. It has only one happy answer - itself, once and for all. It is not open to subjective interpretation, for beyond relative conditions there is nothing to
be interpreted and nothing to interpret by. The spiritual reality is known only in its experience by being it through connecting to itself within the spirit where it has always been. By connecting to all in spirit we meet the criterion of God’s Condition and union is now possible, for we have become Godly, pure and innocent, loving, as He would have us be, by Our Own Thought.

Allowing ourselves to be guided to Self-discovery by love, we flow with truth and are released to spirit. To follow illusion is to follow our own stumbling. There is only one truth. By trusting it, by giving all things to it, we allow all things to come to us. When we see all things as they truly are, there is nothing that is not our Self. Our one Mind covers all things; our love covers all things. Nothing is extraneous to love’s brilliance.

Yet first we must see past everything we have made, the perceptions, names and labels, whatever we now see as reality.

Let us let all of those old ideas go as there is no truth in them, just judgements in their making. Becoming truthful we perceive correctly and subsequently are held above anxiety, above worry, above accusation. The world believes in what it wants but we must demonstrate an alternative choice. For we are free when form is not our master; we are free when as masters of our own mind we do not attach ourselves to the external world but to an inner rectitude; to which many call God but which has no name.

LOVE DOES NOT LOOK UPON THE BODY
Within Without

What is perceived externally is a judgement which lies outside of unified Mind. What is without is false. It is effect, not true Cause. Within Infinite Mind we are one at peace. In judgement we are divided. Never do these divergences meet. What is sensed is of the body and therefore is not constant. What is truly known remains constant, but hidden, by sensory illusion. So, pleasure and pain, sight and sound, touch and taste, as valued by the ego are just indices to imagination and emptiness. No amount of seeking sensory fulfilment can bring us to completion.

To know the silent call for love is to cease to hear our own voice of accusation. Listening rather to the call for understanding, for acceptance, we see instead with our open heart - not the eye - touching with our gentleness, observing the spirit, the totality - not the meaninglessness of separation.

This is not to say that the ephemeral qualities of life should not be enjoyed. Life, whatever it seems to be, is to be enjoyed. Yet we learn to desist only in the sole desire of sensory pleasures above what is eternal. Understanding that a full mind cannot be filled we put away the obsessive desire for worldly reward and join as one mind with the one desire for peace. To seek the sensory before the true is to want the small joy of life only.

To seek to gain meaning from the world outside of us is to search in vain. Fulfilment remains forever a ghost just beyond our grasp. As tantalizingly close we feel to completion, finding meaning in wealth, fame, pleasure, interesting activities, power, worldly wisdom, all these will wither and die along with the body that made them seem real. The love we extend, the joy we give and receive, the peace we hold, this is the meaning we afford a world that has no meaning. These true aspects of the divine order reunite by the rescinding of indistinct temporal values as being our saviours. Where do we find these truths? Within the depths of our single Mind, our true Heart.

When we look within upon the serenity that abides in us all, here, illusions can be healed and forgotten. Projection cannot occur when our mind is still and unattached to limiting thought. To live within love’s presence is to live in the present. This is the only place where love that we can touch abides. Once we have received the touch of Love within us, we can extrapolate that love is everywhere, enlightening our view of the world.

Love within us can be recognised only in the present moment, for the world past is based on all that love is not and so is invalid as a mnemonic for love’s recall. This is the reason why we cannot learn love, for what was learnt is what obscured it to
begin with. We learn what the obstructions to love are, then forgive or forego them. The illusion of love we now carry covets the form, the without, rather than the spirit within. True love is not selective.

As is a man’s heart, so is he. His internal make-up makes up his external reality. What we carry in our heart for others are the gifts we give to ourselves. Carry the wishes of good fortune and prosperity will be recognised. Carry resentment and astringency and these too the world will provide. If love is our gift, all hearts are known as loving and so to for peace as it is shared.

We hold others back in seeking the fruit of our own judgement by teaching them that there is something to be sought apart from truth. However, what we seek externally can only ever remain external to us. Only love can heal; only truth penetrates. Our thoughts, the precursors to action, promote desire to seek salvation outside of ourselves by the projection of those thoughts onto the world. That is why we meditate, to empty and still the mind, to open the heart, to be receptive to understanding truth. Light cannot enter if the mind is blocked by the ego seeking solely its own deception. Only when we associate with being a body do we attempt the impossible end of fulfilment by want from without.

To search externally is to judge, for we would only seek that which we deem worthy. Its worthiness is our judgement upon it. Within the true aspect of our mind all judgement is made for us. We listen to an inner Way that tells us all is as it should be; all is worthy of innocence. In this equality we are let free from the gravity of false perception. There is nothing in anyone to be feared or that can hold us captive. We embrace without fear.

Within the mind’s true state we cannot desire to get, for getting is meaningless. There is nothing else to get. It is only possible for is us to give and receive that gift. It is only possible to recognise oneness as we all answer and respond to the same Will.

Love can live only in peace. To know it therefore, our mind must be peaceful. To be peaceful it must not attach itself to its judgements against itself; those judgements that bring into it any form of suffering. While judging others to be the cause of our hurt, we are lost outside of our Mind, living in a projected reality. When we see that we bring pain to ourselves by believing the thoughts that make a false reality, then we can let them go. Giving all our painful beliefs away lets truth smile upon us with its stunning answer. Love knows itself only by sharing itself. Trusting it enough to take our painful thoughts to it lets it erase those thoughts as it shares itself with us. Being at peace and going within to converse with love allows safety to envelop us.

TRUTH DOES NOT EXERT ITS WILL UPON US BY FORCE. AS WE OPEN TO IT, IT OPENS TO US.
THEREFORE WE DO NOT PROJECT OUR THOUGHTS UPON OTHERS. THIS IS EXERTING FORCE BY JUDGEMENT. AS WE OPEN TO THEM THEY OPEN TO US.
Choose To Be

IF WE DO NOT LET GO OF THE DARKNESS IT WILL NOT LET GO OF US.

Relativity

If truth is constant we can gain no true meaning from changing things. All things of this world are changing. If truth is one or unity with all, we can gain no true meaning in separation or partial unity. All things of this world are believed to be separate. Truth has one answer and that is that we attune to it. Our world has many questions but provides no sustainability. Believing only in limitation, we strive blindly but hopelessly to be fulfilled.

Relative life is known by comparison of experience. Truth is experience without comparison. Relativity is but a ripple of futility atop the vast ocean of life. It is the transitory quality of unstable emotion loudly slopping back and forth. As we enter into the comfort that lies behind quiet eyes, beneath the relative and into our heart of love, we find our stability. Here equanimity pervades, peace reigns and the shallow waves of our discontent are forgotten. Let us be deeper, be free, be merciful to our selves, escape our torment of the oscillations of gaining and losing, but of which neither holds a thing of true value.

In the relative sphere, bound by space, time and false causality, we are buffeted to and fro, hit perhaps by a remark, an event, or circumstance. We feel attacked and in an attempt to negate the perceived cause, we respond. We may take the pain on board as being real and retreat carrying the pain, or defend our position, or we openly attack. This is not helpful. Each way we react out of fear. Love, though, does not react fearfully, for it is not buffeted by personal judgement. It remains still and deep beyond all relative displeasure. Love does nothing in retort for it sees the uselessness of attack. In fact, it knows not at all of attack or defence because it knows not of fear or need for retribution.

We condemn ourselves to endless pain if we choose to judge harm coming upon us. All harmful thoughts should be quietly brought to question and let go. This is the way to open our mind. A guiltless mind, a tranquil mind, cannot be harmed by false torment. Consuming our mind with relative injustice fills it with untruth. How, then, can guiltlessness be known?

Rather than holding onto unforgiving thought we can release our minds’ distraction by entering the nature of reality. Love knows its plans for us, but we do not. What seems to be negative or sinful to us when we look outward in judgement is but the separation from truth learning of itself. All happenings teach. That which we deem wrong is not our decision to make. Only the sinless spirit that we are is true and this is our only real decision. All else leans towards healing, but our negative
judgements reinforce and prolong the relative by making destruction seem meaningful.

We really know nothing, for all we think we know holds only in the relative sphere of conceptualisation. Yet in “knowing” meaninglessness, our most valuable inference is that we can know all. Even then, in the emptiness of dreams, there is this fullness of understanding. As it is now though, we limit ourselves by our thinking. Incorrect perception leads us to incorrect assumptions about our world. We place absolute values upon relative understanding before truth itself. By valuing worldly knowledge thus, we raise the temporal to godly status and bury the Godly within. “The First becomes last and the last becomes first.”

Most in society would believe in God as the absolute or supreme Truth of Being, as a possibility or as complete nonsense. We all know the name differently, by mainstream ideology or personal beliefs, yet none could know correctly unless they are beyond personal valuation of it. Relative thought cannot know beyond comparison. God has none.

We can, however, reason that we are of the same essence as the absolute and upon this realization of equality, deeply ingrained in our being as a constant prayer, we unite. In Divine Love God shares His entirety. We are His extension, reality’s witness. He is by His extension and we are by our witnessing to the reality of each other’s perfection. This is our way to Him, to our Self, to see within each other the sinless, the perfect extension of love. Our spiritual truth - by whatever name - is within reach, waiting for the relative, the duality ego, to transcend its self. By giving up the false our sanctity becomes known.

Ever noticed when waking from a dream that if there is light, perhaps the sun shining through a window, that the dream images are very difficult to make out? They become amorphous, scant and ill defined. This is analogous to the light of truth. When we have amended error and truth shines through us, the images we take as reality now are literally seen through, they are shone away. They become as indistinct and as unreal as a dream. This is because they are dreams, of a higher order than sleeping dreams; they are waking dreams. These are the dreams of sensory relativity. They are real only in relation to their surveyor, to the order of consciousness that perceives them, but they are not true.

All things of this world are relative to the conscious awareness that looks upon it. There are countless “realities” apart from ours. An eagle’s sight for example would serve a different reality; a dog’s sense of smell, a microbe’s size, a fish’s breathing system. All living conscious organisms perceive awareness differently to ours and thus ours is just another in the long line of perceived realities, no more real than any other.

We assume we have superior intellect that puts us above all else, yet we are only superior at being human. We could not be better at being an eagle, a dog, a microbe,
or a fish than they themselves are. What is relative to them is meaningless to us. We cannot know as they do. What is relative to us is meaningless to truth. It cannot know as we do and in a relative state of mind we cannot know it. Our relative stature confirms only the limits we place upon ourselves. So when we think we know above all else, we do not. It is arrogant that we assume superiority, or that we “know” on the basis of intellect for all life, regardless, is made alive by the one life force, the one supreme “intellect”. Each of us is guided by the same impulse, such that ultimately we awaken or return to the true reality. Arrogance is a shield to this truth. Acceptance of what life lies within is a shield to arrogance. The ego is not trustworthy. It is arrogant and knows it not.

If we train the mind into consciously attending to divinity such that by our own free will we make return to truth, then our words, actions and feelings will reflect that choice. This then becomes our giving. We give ourselves to be instruments of peace; we become peace filled. We give ourselves to be instruments of God’s purpose, to extend forgiveness’ healing. We join together as we become what we have forever been and will forever be. The qualities we exhibit in the transitory phase of relativity can be lifted to include absolute values. Earth will become heavenly, when we bathe our minds with heavenly thought.

When the mind is trained to attend to thoughts of divine value, then there is nothing that hinders truth’s guidance. Its wisdom is free. Its profound message, its depth and intensity, the path of our wonder is shown. Here, of one Mind, we live in unity with all, understanding, being love. Relative values bring us to a point of learning whereby we know that they must be relinquished and surpassed for true understanding. To know reality we must first disown unreality. To know the eternal we forego the temporal. To see only that which lasts and lasts, see not that which changes at every blink of the eye. If we choose the true the false will fall away. Let us choose love over fear, joy over sorrow, peace over conflict, freedom rather than oppression, eternity before death. By choosing meaningful value the meaningless disappears.

There is one and only one truth. Relativity is dualistic; there must be separation such that one can be seen in relation to another. From truth’s perspective all is joined, each entity encapsulates all entity. There is no separation. The very act of seeing and attending to a subjective world renders our minds closed to true communication. The mind first needs to be stilled, the heart opened to allow truthful communion. Thus grounded in peace, all vision becomes an extension of this state whereby that state is not lost. Thence the duality of ego thought, our relative experience, is no more a hindrance upon us.

Let us give our mind to truth, openly, freely. Let us give our heart to truth and call and cry earnestly for God’s fulfilment. An innocent mind, an open heart, is not empty; rather it is full. It is only empty of valueless thought. Valueless thoughts are the subtleties of illusion. Deeper and deeper, past all subtleties we direct our
attention, until the last yields to truth’s awesome simplicity. Here we arrive at the end of all procrastination, unsullied by any aspect of ego’s making. Here is where our mind lays awake. Here is the Self, discovered. Here is the peace of God that passes understanding: That passes concept.

**IN IDENTIFYING THE GOAL THE IDENTIFICATION BECOMES THE MEANS TO THE GOAL.**
WE WASTE TIME PROTESTING PRINCIPLES. PRINCIPLES ARE NO MORE THAN A HIERARCHY OF VALUE JUDGEMENTS, NONE OF WHICH CAN DENY NOR SURPASS SUPREME LOVE.

Paint the Picture

Finding truth is not so much a search than a letting be. When searching, our mind is generally directed outwards away from truth, straining to find what cannot fulfil. Letting be, is opening the mind. It is a relaxed drawing in where the drawing in is the letting be. It is an appreciation for what is rather than for what is desired. Openness to any circumstance that presents itself to us will allow us to see truthfully - but only because we refrain from painting our own thoughts upon it. Remember, our thoughts come from the past, concern the past, and are projected upon the past. Only the present is peaceful and resides within us waiting for us to cease painting past’s judgements upon it.

To open our mind means to take the block of our own words, our thoughts, to that ever-present state of now within. When then sees now it will know it is in error and secede. Our words and thoughts are only theories they do not contain reality. To have an open mind is to be free of opinion, to be free of words’ closure. Allowing truth to picture stillness through us covers all error with its unifying presence.

We desire truth in our heart. To desire to become by the thinking mind will never succeed. This is the force against becoming and produces struggle. Relaxing our mind and calling earnestly from our heart for God’s Love and mercy brings grace and insight. Illuminating insight is not truth but it is perception of truthful value that draws us towards the true. Knowing Truth insight becomes unneeded, as do all perceptions. By unblocking our mind we let the words, the chatter and the noise disappear into the nothingness that they are. We work on our own mind and leave all else alone. Catch ourselves when we try to exert undue influence. Truth does not exert itself upon anything but it does wait to give wholly of itself when called upon. Listening only to our peaceful heart lets truth speak its wisdom. To try to change the world is to keep illusion. To fantasize ahead into the future is to alter what beauty this moment has for us. Let us keep our minds open and clean, fresh, free of ego’s fantasy. In this way truth can speak and heal the world through us.

What God creates is true. We are God’s creation, so we are true. Yet what we make by perception is false. To release perception’s hold over us is to discover our truth by escaping the bounds of our thoughts. Our pain arises only by our thoughts. If we have painless thoughts we do not hurt. By abiding in the constant preoccupation of our subjective reality, we paint over God’s painlessness. We do not see the innocence He wills for us to see. Instead we see guilt, the ghostly image of delusional thought, the past that we use to “empower” relationships. These thoughts are painful,
for in every relationship we project guilt and attempt to hold the relationship together by that guilt, whilst the truest freedom of love goes by unnoticed.

All manic thought is past derived but the past is not now. The past is illusion kept alive only as we continue its projection. The heavy, the dark, the manipulative, the accusatory, all are projected outwards and now where has our brothers sinlessness gone? Why do we not see Heaven? It is covered, because we painted over truth with deception. We deceived ourselves because we never sought to seek above our own thoughts, our interpretations which we believe to be the truth.

Nothing affects us until we first place our judgements upon it, then it becomes personally “meaningful”. Truth is impersonal; all is an extension of itself, another aspect of love. It sees only itself without becoming emotionally treacherous. If we feel personally offended or afraid in any way, in any situation, then we have judged ourselves into unreality. We have added something of the ego, our mistake, to reality. We have cast ourselves as a splinter of make believe upon what was whole. Adding illusion does not increase truth - it blinds us to it.

What we have done is to take the world and lay it upon our own heart. “This must be real,” we think, because we can feel it. But all we feel is conditioned understanding, illusion we have drawn upon ourselves. Let us be free of the world and watch it but don’t take its heaviness to our heart. It is not true. What is true is weightless; it is inside of us, not outside. What is true is quiet and still, waiting, beneath the egos wish to suffer. What is true is peace beyond all pain that we gather unto ourselves. What is true will itself cleanse us of our pain. It is by taking the pain that we paint upon ourselves to be watched over and given wholesome reinterpretation by peace and love, that it is undone. When the untrue is taken to the true only one remains. When acceptance is given to the unacceptable holy vision arises.

**WE CANNOT KNOW WHAT OUR PURPOSE IN LIFE IS UNTIL OUR MIND IS CLEAR OF ILLUSION. THEN OUR PURPOSE WILL MAKE ITSELF KNOWN AND WE WILL UNDERSTAND THAT WE WERE LIVING OUR PURPOSE ALL ALONG. WE WERE THE LESSON.**
THOUGHTS SHOULD NEVER BE DIRECTED BY THE EGO. BY EGO THERE IS NO DEFINITIVE TRUTH BECAUSE IT HAS NO DEFINITIVE MEMORY.

Symbolism

Life, as lived in the physical entity of body and form, is symbolic only of eternal life. All living things have reality within and are within reality, but the form itself is not life. Life does not expire or change but that which symbolizes it does appear to come and go. That which is true, cannot not be; what is false never really was. Reality is forever, all else only symbolizes.

The body’s symbolic gesture is communication. Reality is perfect communication throughout all of its being. When the symbol becomes truthful in its communication with itself or when we communicate wholly loving thoughts before all else, we are in the position to remember reality. Symbolism then will cease to be.

In the field of time truth utilizes symbolism to lead us back to itself. By practising the symbolism of truthful values we are led to certainty. By egos practice of untruthful values we attempt - but fail - to lead anything anywhere, including ourselves.

Language and words hold no truth, but in a world of illusion the symbolism they provide helps to convey ideas of what approaches truth. Symbolism is utilized to guide us to truth however this can only be if it is directed by truth and not the ego. The ego’s compulsion is what we wish to leave behind. Those are the judgements that echo past misinterpreted experiences.

Where symbolism ends and Heaven begins we can understand by joining with love. It is by infusing and remaining aware of our true capacity for peace, our surrendered acceptance of all that is in the world of symbols that annihilates false interpretation of them, leaving only truthful value in our mind. Thus forgiveness purifies the mind to a point whereby the Supreme recognizes a Son’s call and answers him. It is here we join as one.

Whatever our ideas are of what God or truth is, let us not hold tight to them. It is good to have some thoughts on the matter, for these can be built upon, but inevitably all things of this world symbolize only the deeper truth. The deepest we can travel is to forego all symbolism, for ultimately it is all transitory. No matter how we on our own arrange symbols, they will never constitute reality. All things of the world, being symbolic, stand only for impermanence and uncertainty. However, when seen from the light of truth, we infer truth’s existence through them. Neither reason nor symbol, though, can ever tell us who or what the experience of God is. That is not our choice to make. Ours is to choose when it is we make ourselves ready.
Christ Consciousness, Universal Mind, God’s Love, this is beyond symbolism, yet what is given of truth is received of it. The truer our thoughts, the truer are our experiences. As we heal into God we remember our oneness and forget the dream of separation. Truth is recognized only by becoming it and is ours if we choose to be ready. To understand that all illusion has passed us by is that choice, for the world we look upon has been before, has already passed away. “We walk in the valley of the shadow of death.”

Truth accepts only what is shone upon it that is like itself. Shining, even if symbolically, with the mind absorbed in love, what can we receive but truth’s reflection? Whatever symbol, whatever coinage we give reality, however, can only ever be spent by realization.

BELIEF IS CONSTRUCTED. TRUTH IS ETERNAL.
Simplicity

The simpler that we make our life, the less we complicate things, the easier it becomes and the more it can be lived and enjoyed. We have made the way seem complex by insisting that we conduct life rather than allowing life’s orchestration through us. We conduct illusion and its resultant confusion, but listening to the song of love sung through us makes all complexity disappear.

In truth we are one heart and that heart is love, just love. How simpler can it be that we each live by the same pulse? The final and most pure of simplicities is to have but one true thought, a thought of unification. From this one limitless thought we move beyond the simple to the profound by the extension of that thought. Here the mind is balanced; in the profundity is also our simplicity. We are all and we are one.

Simplicity is purity and innocence: Grace. Grace is our inner sense of benevolence spontaneously forthcoming, carried through the heart, blessing the world. It is Christ looking out from within us, the release of our inner light. This release of love we extend to the Christ that dwells in all others.

Letting all things be we do not try to change them. We only wish to change things so that they agree with us. This is ego attacking all else as it defends its own image. Realize though, we attack ourselves because what we defend against is illusion, not truth. We bring complexity upon ourselves by defending a lie. A lie needs further lies to defend its “reality” and thus we are caught in a web of endless defending. Keeping it simple lets us be free.

If we have nothing to defend we are sinless. We cannot be any safer. Between attacking another’s illusions and defending our own there is peace of mind. This is so because the complexity of judgement is wavered. As the song goes, “freedom is just another word for nothing left to lose”. We lose the ego and see one another most clearly and simply as the spirit that we are. It is the complexity of illusion that hides, not the oneness of the truth of perfect love.

Trust that we will be let known only that which is needed in the moment of now and we are free, our mind will not be distracted by peripheral issues of bondage. Living retrospectively or futuristically complicates this moment. Living in between blesses our mind with simplicity. Being not the one who manufactures reality allows it to be. Let our voice of unreason be silenced and allow truth to speak through us. Let us be simple by avoiding the complex illusions we have taught ourselves. Let us be simple and be guided by the deep trust that is our Self in the other.
WHEN THE TIME IS RIGHT SO WILL BE THE WORDS.
Choose To Be

WE ARE NOT DEFINED BY AGE OR TIME BUT BY WHAT WE HOLD WITHIN OUR HEART FOR OUR FELLOW MAN. WHEN WE SAY HELLO, WE MEAN HALLOW.

Guilt

Guilt is the segregation of one mind from another. It is our separation from love and the resultant attack on reality’s wholeness that this brings. Guilt is our uneasiness in company, our lack of confidence; the way we follow our mind into every dark corner. It is our nervousness for fear of condemnation, the sense that we are being judged or are judging. It is the disruption of peace by a fearful mind that would believe that judgement has meaning; that the past has causative powers. We feel guilt because we carry past unhealed (divisive) thought with us and feel we owe recompense for these indiscretions. When we use past mistaken thought to govern the present, at our own request, guilt rises. It is that which we try so hard to hide that keeps us conflicted. Yet trying and trying again to make the past right, we only ever succeed in keeping guilt alive.

Guilt is our slavery to perception and also resistance to it. What we perceive reinforces that desire and so what we resist persists as well. To allay guilt is to realign our minds such that it rests between the two. It is ego that torments us by making guilt seem real. By answering to the ego we answer to guilt. For as long as we believe we are an ego and a body, we will seek their validation over truth. This is our depth of guilt; that we believe the false to be true, that we believe we have recompense to be made such that truth forgives us of our departure from it. Yet we are innocent, for truth can never leave us nor we leave it. We have merely fallen asleep to the fact that God’s Love is ours but for the asking. We are worthy, regardless of any perceived sins.

To be free in any company, in any situation, to hold no fears, no guilty secrets at all, is to answer to our purity. We are God’s purest Son, free of the need to qualify our worth and free of all guilt. Take our worth to be equal of all, for that is what we are. There is no need to judge guilt, nor need to sacrifice equality. We are at peace when we have thus atoned. There is nothing to be gained by taking sinlessness from another. What we each have in truth is shared and what is shared is given freely. If we “share” guilt by its projection, we each receive guilt. We remain nervous and unsure. If we share a clear mind, that too we receive. In the clarity of guiltless appraisal a window of opportunity arises. This window is our own heart opened at last to our brother’s love.

We are not to feel the burden of responsibility for what happens in the world, as this is outside of our jurisdiction. We need not feel guilty at perceived misfortune, as we know not its reason. Only our mind and its thoughts is our responsibility. When our mind opens to love we will understand innocence and understand that we are all
alike in it. We cannot end corruption by the ego’s corrupt methodology. Bringing our guiltlessness, our light, to this moment to hear the story it tells will reveal our own loving heart.

Wherever love may rise, it sees no meaning in moral questioning. Regardless of any perceived dilemma, it knows it only as a neutral teaching aid. Love is entirely forgiving. From its perspective, we are merely nudged from dreams to awaken from whateverimmorality we think we carry from the past. When we come to regard ourselves as love regards us, when we see that we are love itself, there will be a confluence of man beyond all moral questioning. To question another’s morality, or our own for that matter, simply reinforces guilt. In innocent perception there is true vision. In guiltlessness we know not of our brothers condemned.

The light of our mind is where guilt cannot abide. It is found in silent inward searching and received intuitively, spontaneously. It teaches of sinlessness, selflessness, ours and others as well. For when we find we have found for all; and when we give by our understanding we give this also to all. That which we have given of our light, of our purity and love, is a storehouse for all to receive once guilt is surrendered. Guilt though, divides, being known only by our own individualised darkened thoughts.

In contemplation, our Guide, which is our storehouse, releases knowledge to us. This is the part of us that knows and that is not confused as to who it is. This is the “collective” Us Who speaks to ourselves of our oneness and that wills us to share what we have received, thereby healing the world and our self that does not know. Only love knows, because it cannot judge and make guilty.

HE THAT LEADS US IS PURITY.
ALLOW PURITY TO BE OUR GUIDE.
THEN HE THAT FOLLOWS US IS LED ALSO BY PURITY.
Truth is a reality, not a concept.

Same Difference

No individual is separated from another when viewed from within our holiness or whole-I-ness. We each are love expressing. Divisiveness comes about only by our judgements. We see each other as separate entities with separate behaviours and therefore separate realities. Our eternal reality, however, remains forever one and constant throughout. We are one spirit, one being, extending eternally our communal mind of creative and wholly loving thought. We suffer no prejudice.

Nations, too, have an ego sense. Over time certain ideas and predispositions become embedded into society to invoke a general “personality”, an accepted mode of behaviour, a traditional psychological genre. Being accepted by the majority, these modalities are then handed down through successive generations of mimicry. We come to believe we are this or that and “they” are different from us because their behaviour differs. Ethnicity, or socially conditioned difference, remains, along with the personal sense of difference of individual ego conditioning. If difference is believed to be a divide union cannot be.

Generally our present thinking is that we will join together if that joining promotes gain, albeit at the expense of another’s loss. This is like war. War comes about when widespread shared prejudice is manipulated within communities, such that those communities feel justified in seeking retribution against whom their prejudice aims. One nation at war with another is no different from one person attacking another. In all of this though, all that is achieved by suffering difference or our own prejudice, is division and unrest. There can be no peace until the entirety of humanity finally agrees that one is the same as another and there only seems to be division by relative understanding of different circumstance.

Imagine the people we most dislike, for whatever reason. Now, instead of being born where we were, imagine we were born amongst the “enemy”. Being born there, we would learn that their behaviour was correct and we would be looking back at ourselves now with the same distaste as we now look out. This is differing circumstance. Prejudice, hatred, vengeance, these are all socially conditioned learned beliefs. They are not true. Our truth is in our likeness and we are all alike. We are alike by the same Source and that likeness recognizes only itself. It cannot view dividedly. Beauty cannot be seen lest it is at once beheld. Truth cannot know itself but through itself. By our extension in creation we are true and we can know ourselves by returning to our like Mind.

Imagine truth’s presence within our heart/mind. By concentrating on, then letting that presence radiate in all directions we reveal the expansiveness of our being. We
are not contained, neither is any mind. Each mind’s expansion intermingles with all other minds. We walk in one mind field. No part acts without acting upon all and no thought is unshared. Would we think therefore harmful thoughts? A healed mind seeks to attack nobody or no thing. It cannot perceive of such thoughts for it would be attacking its own expanse. We need be mindful, therefore, of where our thoughts lead: To unity or disunity?

Intellectual discovery does not make the man greater. Rather, it propels the entire spectrum of human consciousness towards enlightenment whereby our one greatness is sooner revealed to all. No man is greater or smaller by individual achievement, but all are raised or lowered as to an individual’s thoughts.

To assume eminence by any position that society deems to be higher is to grasp at nothing. All people are spiritually equal; all arise from the same impulse. Conciliatory behaviour by mutual respect should be our prerogative. If one is of a higher learning he should be held in respect for it. If one seems lower, respect his confusion for he is what we were and by our knowledge he becomes what we are, as we become as those above us.

It is not nature or nurture that decides our truth. Nature is nurture. We watch, we learn. This is nurture then it becomes our nature - our relative obsession. Yet what we learn is the prejudice or the likes and dislikes of society twisted into a form that fits the egos’ pleasing. Let us not get caught up in petty likes and dislikes, but rather see our own purity in all others. Treating them by extending that purity gift is how we treat ourselves. In equality everything is simple because everything is constant, beyond all seeming difference and therefore beyond all conflict.

Every day begins in innocence. It is the colour we give it that makes the day. Difference is a state of mind. Each moment can be perfectly similar. Our day is divided by judgement but united and flowing by love. To acknowledge the freedom to be our Truth every day, then every day becomes serenely free, beyond what fear would tell us of our brothers and sisters. Listen to the One Who knows of our perfection, our higher Self, our awareness of our unrestrained love and allow our following of that to lead us to perfection.

Friend or foe, like or unlike, the only difference is in our judgement. There is always a choice as to which we see and therefore to which we become.
TRUTH CANNOT BE LEARNED.
IT CAN ONLY BE EXPERIENCED.

Now

Just as what we see of light emanating from a star is a projection of its past, so it is with ourselves. Today’s reality is merely our programming, a projection of collected experience, a memoir of our conditioning. All things assume their particular identity, being or nature due to past learning of what constitutes that being. So we see, live, and believe what our projections teach us. We live in memory only of our past learning. If we could follow our memory back we would follow the chain of miscreant thought to the belief of separation incurred at our first attack upon another. We are as projected rays of light cast into time to ponder awhile on our re-absorption back to our infinite Self.

Divinity though, has never left us. It was only the error of thought that exists still in our minds that made it seem so. The memory of our initial error lives with us today as separation from truth and seems to cause the immediate and meaningful effect of separation. Yet effects are but illusions of the presence of cause. If one’s hand pushes over a cup, the cause of the cup falling is seen to be the hand pushing. The hand pushing has its cause seen as the brain sending messages to it. The brain sending the message has as its cause the thought that was sent to the brain to send the message. The cause of thought is related to the moment immediately preceding it and backwards in time goes the cause of the initial cause.

At each step what appears to be cause is but effect of what has gone before, so we see that all of history, all that is external to us, is but an effect of an effect of an effect and so on. It has no determinate cause. The very first effect, which we thought was cause of our being, came about by our dreaming that reality was deprived of its Cause upon us. What has been since is but the same dream of separation.

The cause that we thought we saw creating the effect of pushing over the cup is illusion. There is no effect that is not inextricably linked to the past and what is past is dead. It does not exist but for memory and as we infer from the stars light, memory does not prove reality. Like the distant star whose light may take thousands of years to reach us as its projected memory, we have taken millennia to realize ourselves as a projection of erroneous thought and as the duplication of that thought. That memory is of the initial error of disunity carried through time and believed to have meaningful immediate cause and therefore true effect but which still remains an illusion covered by time.

This effect remains illusory because being separate from it we must first live through the effect then look back upon it for our interpretation of its experience.
Therefore meaning remains forever at a distance, away from and outside of us. This is our separation from truth, from the only instant that has true meaning and true cause within it. That instant is *now*. The true Cause is our being (Being) that reality, yet we know not of this wonder.

All emotional (seeming) cause is derived from conditioned memory, which then produces interpretation. What is interpreted is past and is no longer. We cannot live truly by capturing the past and projecting it onto the present, for all we get is the past returned, albeit in different guise. Perceptive memory, or preconception, is a form of thinking that prevents spiritual experience. It saturates reality with unreality by shouting down the voice for God. Now is Life, the only moment that is. It is beyond ego’s recall for the ego *is* the deceased past.

The ego continues to project our past misperceptions and sees only their consequences reflected back to us. What we send is what we receive. We see these consequences as the causes of our situation rather than seeing the world as causeless with its perceived effects emanating from ourselves. All that we have made has no true cause and therefore has no real effect. It is intoxicating illusion that we feel is true, but only on reflection of it.

To understand that what is without true cause is meaningless is to invite an open mind that sees the present as its own cause and we as its presence. The present is *now*, the only true “time”. To open our mind to its Cause is to open our mind to truth, to the purity of spirit within our heart such that we can remember truly. In this pure willingness to receive, when all past perceptions and judgements are laid down truth’s voice is open to us to speak.

To live in the past is to live the situation without feeling the presence of love, then look back upon it for meaning as interpreted by the ego’s needs. The goal then becomes whatever the ego desires. To live in the *now*, in peace, is to leave our mind open to receive truths, answers, and to allow love’s knowledge to flow through us. To live in this way is to know where we are headed before we get there. It is to imbibe all relationship with love and to at last provide meaningful value in communication.

*Now* is stillness, the lack of projected judgement. It is silence, the threshold into which enters the presence of peace; when the rolling dice of fearful thought ceases. Here we release the world of our need to control. We set it free and are given freedom. We forgive, needing not to alter, wanting not but what is. We are no longer the effect of our own punishment or cause of our own defeat. Light now penetrates a vanishing darkness.

As ego we seem to be our own effect. Why did we seem to cause this effect? Was it from wanting to be our own creator; to have more than everything? Yet we did not create the non-eternal for creation is eternal. We *made* a phenomenal conscious perceptible changeling, an illusion. However from truth’s perspective, within God, we
are simply forever and known only as truth knows itself. Thus we never left the Mind of our Creator. There never was a cause of our leaving, only the dream or mistaken thought that we did. This is false cause, mere belief.

Realizing now that we have made illusion by first dreaming of it and then playing an active part in its keeping, we can choose also to abandon it. If we are the dreamer we can dream ourselves back to our Creator by abiding by true cause now. What is true cause? It is the complete opposite of ego’s misery. True cause brings peace of mind and forgiveness in its clear sight. It looks beyond the error of believing false cause. It looks within, transcending judgement. It extends love. It unites.

We did not create ourselves. We made perception by which we order or more really disorder our lives but our creation goes back further. We could not have been, had our parents not have been, and their parents too and theirs and so on. Our lineage can theoretically be traced back to the beginning of the cosmos, to the “big bang” and even further, to the reason for this. Yet this still was not our creation. Creation is eternal; corporality is not. We “existed” as and in reality before our error of thought catapulted us into physical manifestation. All is the Effect of one true Cause. We are creation itself, and coming from the Cause we are also like the Cause. True Cause and Effect are one. Love’s effect is the same as love’s cause. To give it is to receive it at once.

Perception, the dream, is an attack on our purity. It “destroys” sinlessness by bringing expectation in the form of belief. Belief is ego’s attempted governance of an illusory reality. Yet perception, when allied to truth rather than the ego, is a mode that can transcend belief and enter into certainty. In fact when “truthful perception” rises in the mind is when the true shines itself through us. At the moment, however, we project our own unreality onto this instant’s purity. Remember, truth can only ever be found within. Therefore, we never “see” truth because we are the without (ego) trying to look into truth whilst still utilising the ego. This is attack on the true and is wasted effort that is frustrating and inevitably painful. By placing our own expectations onto any situation we imprison ourselves in an apparent reality. To give the moment back to innocence is to be once again innocent. See no evil. Hear no evil. Speak no evil.

Like a river of love, we flow when we choose to be the fruit of that love. Truth comes to us but only if we are faithful to it. If we are faithful to illusion and our thoughts are buried in the past, analysing, then suffering and not release will follow. So long as our mind vacillates then so long is faith given to the past as our plan for release. Those changing ideals we will project onto the present and all faith in clear sight will be lost. To have attentive awareness, alert stillness, is to be open to the present moment with faith that truth will show the way. We allow supposition to remain in the past and become forgiveness itself. In any situation or relationship, as we hear the words, we forgive and become deaf to judgement. As we see the
action, we forgive and become blind to error. Refusing thus to take to mind harsh perceptions, allows our own words to speak of the gentleness that we now perceive.

Our highest perception is so near to love that through consistent practice we become love’s easy target. Love becomes us, our thoughts become it’s, we remember who we are. This can be if we choose to disregard the act of life by false response and become the experience of living in now. This experience is direct; it does not waste the time to act, to be controlled or mechanical. Experiencing life now opens the heart. We do not look backwards, nor project into the future, but take upon spiritual sight. Now is not retarded by fear, its essence is freedom. It is beyond the influence of yesterday, today and tomorrow. It looks upon the perfection in each other, knowing nothing about our selves historically but everything eternal.

Time has given us nothing that it will not take away. Each moment that passes time takes away. What is past is gone, but what has gone was only pretence of what had gone before. It was an act. Even as the act occurs in front of us, as we see it, as we hear it, it has passed. Lay no more colours of the past upon what takes time to travel to us, for it is gone, meaningless before it can be realized by ego’s interpretation. Live by the one pure light of present moment delight. Recognise that spirit is all there is.

Time keeps distant what is outside of us. The world we see remains forever unattainable, for what we grasp at is nothing real.

What is past cannot now be true. Yet this is where we perceive our pain is and our salvation too, in dreams of what has gone, not in union of love’s presence. No sight nor sound nor thing of form can convey truth to us. By surpassing ego, by placing no thoughts upon what is not true and thereby making it seem true, by the union of timeless spirit, not the time bound, is truth known. In recognizing the illusory it becomes defenceless against truth. The union of soul is the bringing together of our collective innocence in this present moment. This can only be within the depth of the Peace that we are. Say, “Goodbye cruel world, false perception”.

Time is a denial of now. We cannot experience this moment correctly whilst we believe time imparts true knowledge. Now is the only moment there is. Truth does not come and then go. It is whole eternally and is itself throughout, extending from this moment to this moment but never passing. Now is simply a living love. It extends the light of tranquillity, the creative spark within, to enjoin that same force in others. It is to live within the Mind of God constantly. It is to have complete protection by that Mind. It is to know we can never be away from the true for it shines in every part.

Now; our freedom from judgement, preoccupation, persecution, opens us to oneness, purity and lightness of heart. It is joy to see ourselves in others and for them to see themselves in us. This is the peace and beauty of unblemished
perception. We know this by giving it and only by giving it can we know it, for through sharing presence a channel of communication is forged. What is not true, not now, cannot be truly shared or correctly communicated, being forever apart and known only individually. We straighten our minds. We do not deviate. We arrive as one. In this present moment, sincerely, let our hearts be joined.

THE POWER OF PEACE IS TO OPPOSE NOTHING FOR THERE IS NOTHING TO OPPOSE.
Then

“Then” is worldly desire, and always seeks outside of the Self, straying away from constancy in preference for the unobtainable. It is to have our mind filled with endless meaningless pursuits rather than to empty the mind and devote the heart to be filled by spirit’s direction. “Then” is a dream of nothing for nothing is obtained. What we have in reality we have had forever. It is striving that keeps us away from it. We would be free if wishes had ultimate meaning but they do not. Our desires are unfulfilled promises made by and ruled by the ego, miniscule dots of imagination within the infinite whole. To attempt to apprehend them is impossible, for so long as we desire than that desire remains unfulfilled and therefore so do we.

Our desire is so strong that we would “die” to keep it. And this we do. In defending what we will to be, our mind is so distracted, so filled with noise that the quiet stillness of now, the reality of what is cannot make itself known. So Eternity “waits” and “waits”. Freedom does not go away nor does it hide and attempt to remain unknown. It does not attack by forcing itself upon us. It just “waits” until one day, one instant we decide that “then” is nothing more than imprisonment. Thus we surrender it. We surrender to just be present. Surrender is not giving up or losing, it is an understanding. We understand that the wishes of ego amount to nothing and that the will of truth amounts to everything. This is what we surrender to, everything. Love is everything. Love is an extending instant that is lit by divine desire reaching to itself. In this instant all worldly thought, all ignorance, is given away so we rest in truth’s abundance. We do not impose what we would rather be. In this quietness our vision opens to the Self in other.

The will of truth will lead us surely and certainly, far beyond what we cannot have. Look beyond our conflicts, our conditioning and our judgements that motivate our behaviour. Passing all this away allows us to bring it to truth, which does not see it nor recognize effects from it. Truth brings forgiveness. “Thou shalt not” in the commandments, when deeply understood, becomes “thou cannot”. This is God’s only message. All is forgiven because “then” has no effect upon Reality. Looking upon our brothers as forgiven shares in the guiltless purity of love’s extension. Seeing not our judgements against body or behaviour allows us to see the eternal light that answers rightly. All darkness disappears when we refuse to carry or acknowledge it ourselves, and when we refuse to be shaded, we shine. This is the way to the peace of God, the giving up of personal aimlessness.

By our refusal to carry subjective judgement in our mind what we do is nothing. The “something” that was in our mind before was by ego’s enforcement. By the lack of egotistic direction we do nothing. This is to approach purity; when we have
Choose To Be

unlearned the conditional, when the mind is still, when peace flows over us. By doing nothing, reality’s everything is welcomed. It is here when all direction is given over that a holy instant is recognised. The gap between now and “then” is bridged. Here love speaks. Here our self is transcended, leaving behind and forgetting what was used for explanation. Here is just the pure knowledge of the simplicity of oneness and shared understanding. Now we venture within the divine, delving deeper and deeper into boundless glorious love.

“Then” is the world as we perceive it, perceived though from a distance, understood and experienced indirectly and second guessed. In reality there is nothing of “then” to look upon. It was but a misperception, a mistake; a dream that seemed to take us momentarily away from truth. It was a thought that had its metamorphosis in physical existence, but given a plan whereby a rising consciousness could become silent witness to lead us back to the instant preceding that thought. And that is what it did.

CHALLENGE INFERS THERE IS SOMETHING TO BE GAINED.
IT IS THE RENUNCIATION OF CHALLENGE, THE SURRENDER OF GAIN THAT CALLS US TO CONTEMPLATE REALITY AND COME TO KNOW WE ARE PROVIDED FOR.
Choose To Be

THE QUALITY OF A MAN DOES NOT CHANGE, ONLY HIS AWARENESS OF IT.

Forever

Forever is not a place or a time but is a joining of all in spirit, here and now. We know it to be true because nothing else completes us. What use is there in endlessly seeking falsity? We get to keep nothing of it and remain in fear, so what sane mind can believe in its product? That which has splintered vision drives wedges between us and keeps us separated and fearful. All products of time are vague. They waste our years whilst we believe ultimate meaning is derived from them. Yet these placebos do nothing. The body cannot produce fulfilment, yet all of time is spent trying to accommodate just that. Only the spiritual mind is replete, fulfilling, innocent, pure, when directed towards truth such that it becomes totally like and at one with it. Only this is true: we are one in one united Mind. Realizing this union becomes our strength. To be of one Mind is to bring all power into being. This mind’s owner is our truth, our God, our enlightenment, our eternal and infinite being. This mind’s owner is one and we are it.

From infancy onwards through conditioning or habituation our views and thoughts of the world are gradually moulded. Through continued reinforcement these ideas are cemented into our cerebral hardware and new thinking, new ways of responding, become more and more difficult to allow in. If one new thought rises, however profound, it has little chance to become part of the hardware or habituated into our being unless concerted effort is applied to continually reinforce the idea. This is so of spiritual aspiration. One first needs to open the mind to the possibility that maybe there is truth beyond our present understanding. If an opening of mind is allowed, as is in spiritual acceptance, then confidence grows to seek further. Thus is our path set, determination rises, wise action follows. Through familiarity and reinforcement of truth’s laws, a new way of seeing or a complete deconditioning of the old occurs. This “new” thought creates new awareness and our sight is shifted accordingly. True thought is but the old seen from a heightened awareness, a correction.

In our seeking of spiritual knowledge we can guide ourselves by correct thinking inexorably towards that goal. So close can we be to success that one step more would seem to bridge our ignorance to bliss. The final bridging to truth however is not ours to take. Truth, when our mind ceases to seek, will enter us and in that instant the Known will be known. This knowing is not based on a conceptual understanding as we currently view our world. It is abstract, beyond explanation in linguistic terms. Truth can only be known through union with it, however that union cannot arrive by forcing oneself onto it. First there must be sanctity of mind. This we can achieve by practicing truthful ideals or by training our minds to correct aberrant mental dispositions.
Mind training is done gently over time at our own pace and to our own liking. It is happening now to us all. Each moment, each of life’s occurrences is another learning a tiny step closer to realization. When we become aware of this natural inclination is when we can actively complement the process by giving it more and more of our direct attention. Thus we gravitate towards truth as it patiently “waits” in eternity for our receptivity, until finally our absorption of mind reaches its totality and we are one with truth and it is one with us. So, here we begin an eternal brightening. This is our only destiny. All other perceived outcomes are vain.

When we come to recognize the indivisible nature of humanity, how we are connected to each other by our Source, then we can fully understand the meaning of love. Love has no restriction. To be love at all, it has to be all encompassing, totally inclusive. To love truly, unbounded, is to transcend individual attachment into spiritual union with all, so recognizing our brother’s holiness.

Attachment to ego identity, once relinquished for spiritual union, frees us of the world’s hold along with its associated reverberations of fear. The reflections of impurity, the pain associated with living apart emotionally rather than joined spiritually can be seen for what it is - not love.

If we consider life to be a journey than at any point in it we keep only what is needed to advance. If anger threatens us, look at it, embrace it as a lesson perhaps, but don’t keep it. Go beyond it. If fear rages, recognize its rising but don’t judge it. Ascend it also. If our mind becomes unbalanced then learn how to quieten it. Ride and accept negative emotions. They only seem to be there and hang but by a thread. Do not actualise them. Look at sadness from above. Sadness is derived from false cause. It is a mistaken perception set in duality. Release the mind to observe emotions, not suffer them. Allow what burdens, what feels heavy in us to pass through us. Before we can be enlightened, lighten our mind and heart then our thinking is free and pure, so light we do not feel its weight at all. Be our Self, at one with all. At our lightest there are no thoughts words or concepts, just a silent peaceful understanding that all are blessed as one. Keep only the love this instant holds and the journey is over.

Being at peace, we do not become hypocrites by reacting to someone’s reactive behaviour. Reactive behaviour has an internal origin that is projected onto an external stimulus. The healing mind uses creativity (love) which also has an internal origin but extends to embrace, enjoin or support another’s call for love. By continually referring to the creative impetus we extend our heart to and grow accustomed to living in spirit. Only a love shared carries truth. This love need not be vocalised but merely given through the heart. Because we are one the message will be caught, and not just by the one to whom it is extended. At each junction there is a choice to react or create.

We each are a part of the faculty that creates all, and yet are created by it. It is only the love of all that holds us up. And it is our love which upholds it. We did not
however, create a self, for a separated love has no meaning. So what therefore, do we bring to our consciousness to extend to others? What stones do we throw into the pond? For this is what we bring to the world to experience. And so, as we accept all and embrace all by forgiving all we transcend all raising the world in sweeter song, deeper beauty, and a reconciled purity.

Doing for others with love at each moment is how it will be done for us. The moment we love perfectly we receive perfect love. The love in our spiritual heart is the light of truth. See the world through this light constantly and joy is ours. Shifting our mind from the thought of separation to the thought of union, we follow this light. This invites peace. Every voice is God’s voice teaching; every moment comes from Him; every occurrence is set for us to be guided by. It is for us to understand how the circumstance relates to us, to our loving or loveless mind. The pinnacle of our human endeavour, the highest understanding, is that each instant is a serenity of love open to us for the sheer joy of its experience.

There is no aim but to reveal truth’s memory. Truth’s memory is God’s Will and God’s Will is to be vibrantly alive, to love, to experience joy and peace. Before we remember purity, we need first forego the meaningless, the clinging to the promises of worldly desire that lead us only back to themselves. In this there is never anything to gain but the same old mindset that this or that will complete us. It never does, the more we get of ego’s desires the more we need to fill the emptiness it brings. This only leads us to end our days where we began. There will be no growth or deeper understanding. (But please do divine the love of God.)

Our vulnerabilities are not who we are. Our thoughts, the precursors to loss, are simply not true. They are reliant on past or conditioned experience not present reality. Our deepest truth lays in seeing self-serving thoughts as distractions that cover the still perfection of divine service beneath them. When serving love we extend from within the natural wisdom of the heart.

Truth creates only love as it delivers itself to us in our creation. It is we who make all things fearful and false. We make evil real in the belief that we can be harmed. This belief in turn arises from the misperception that the body is our absolute reality. However, by its incessant change we infer our immutable truth must abide elsewhere than the flesh. The love of spirit though, cannot be lost.

Love’s thought is the thought of giving itself. We give ourselves back to Life as Life gave itself to us, free of all qualities divergent from love. This is our resurrection—Christ’s return. In each of us is the pure Mind of all realized beings, completely loving, absolutely faithful to that love. In each of us is the joy of freedom, of not attaching ourselves to the drama of experience but allowing all to experience. Creativity does not try to possess or control the world but allows it to flow through us as we flow through it. We do not seek to be found for we are not lost. We do not seek reward,
we allow reward to find us. We are never left alone. We only hide from Life by imagining the false to be real.

The urge to know perfection can be realized. This will not mean intellectual perfection, for intellection alone is always left wanting. We live in the heart, not the intellect. The intellect becomes as an empty vessel through which arrives the deliverance of sinlessness. We simply allow the world to be. We allow our own being by not standing in self judgement, for we know we err and therefore know we do not know. Indeed we rejoice in not knowing, in remaining empty. Without defending our perceptions we see the world as it truly is; as an experiential innocence. Now we begin to understand, to let in the light.

The way to truth is one in that we all need see through the deception of an individually judged reality, but it is many in just that relative individual sense. We all judge differently but we all suffer the same deceit. Yet deceit only seems to be. We all move from the divided state of dreaming to the unified state of being. Becoming wise we actively facilitate this shift to discover in our own time our particular way and flow. Find the way that sits most comfortably for us at the moment. Give, study, pray, open our heart, contemplate, remain empty of thought; find whatever works for us. Become wise by practicing high ideals. Let truth comfort us towards itself. Allow truth to be fulfilled in us, through us.

Giving back our world of judgement to spiritual guidance is to escape all consequence, all anxiety. We no longer try to direct the world and to make it respond to us by manipulation. Rather, we allow its direction to manifest through us but not by us. When the mind is still this moment simply arrives. We choose to abide by love’s embrace, giving our heart to others, fearless, free and as one. With practice we come to find ourselves more and more in a state of grace. Grace is innocence, strength, accepting love’s totality. The truly innocent do not see evil. They do not see evil because they do not know evil. To know no evil is to know no fear. To know no fear is to love. It is to become one’s Self.

Truth is constancy. It is an unending moment of knowing, of being love. The moment we dreamed ourselves into illusion and the moment we dreamed ourselves back to truth is the same fulfilled moment. What we experience now as life is but a recital of the dream in between. Yet there is nothing in between eternity. We are forever in truth but do not know it by our belief in the dreamed of, illusory, “in-between” thought. We do not travel forward in time any more than we retrace our steps back to our beginning. We follow the making of illusion and recognize truth in its place. When all of the in between, which amounts to nothing, has been uncovered, seen through and replaced, we arrive back from where we never left - home at last.

Though truth cannot be exemplified, illusion can. We can “see” illusion or there would be no hope of escaping from it. Illusion is ego comparing itself to ego then saying, “I am real, and I am separate, different and special”. Truth is our Self, looking
at our Self and saying, “I AM ONE.” Illusion is to lose the presence of truth in our mind, and then let our imagination go walking all about on its own accord. In truth there is constant presence or awareness; we watch and know ourselves, our unity with all else.

Truth is ever present. If we do not know it we suffer illusion. At any moment we are capable of choosing fear or love. At any moment truth is available. Therefore, in every moment, truth lives. If truth lives in each moment then where goes illusion when we recognize it for what it is? It goes nowhere, it never was. It was just a misperception. We were our own adherence held in place by the belief that we create separation but all we ever made was an image, a mirage. We invented the world by bringing false thought into mind. Now is the time to out-vent that thought.

What we see in another is our own image, our own mindset projected out. When we judge against another we cast him aside and in so doing separate ourselves from totality. To see beyond perception’s negative values is to draw others into the fold of unity. Thus we make whole by that union. Our brother is the mirror of who we are and how we see him is who we are. If we see him forgiven we are forgiven. Judge him and we are guilty. Looking upon him as though he is already pure releases us.

The call of love, of truths constancy is relentless. It must eternally be consistent with itself or it is not true. What could remain as such? Certainly nothing of form, nothing that is material or physical in nature, for even the hardest most durable substance eventually breaks down or changes in some way. What then is left that can be true? Only the formless, that which is pure contentment only. Divine love, joy, beauty, spirit, true knowledge; this being can and does last forever. These ideas exist in a never-ending extension in reality. We are these ideas, these thoughts experienced, and we join together as such when in perfect communication with each other.

Yet what of hate, fear, guilt and suffering, these too seem formless. Are they not true also? No they are not. All these ideas make conflict in the mind and where there is conflict there is attack, division or separation. Walls or boundaries come in to play and what was once one perfect infinite union of constant wholeness seems to be broken by them.

Only thoughts that unite in their sharing can be healing. Thoughts that divide are false. It would be wise to note here that true thought must unite the entirety of being to be true. We cannot bring together only parts here and there because this does not alleviate boundaries. Within our mind there must be union, or total peace, before it can be true. In the wider community too, the totality of mind must be in peaceful union before a true state is realized. Until this occurs we do not live up to our reality, remaining only part beings. But to be part only is to be nothing at all. Partial reality has no meaning. We are either true or we are dreaming. Truth sees we are both part and parcel.
If our thinking is not constant then others cannot trust us. One day we are this, the next day we are that and then again something else. People cannot receive us openly, for we give one day then take it away the next. How can peace come about when our mind, the reference point of peace, is not stable? Only in constancy can love abide. Only when our mind is healed can there be constancy, not in the wayward dream of separation, of ego, of the many conflicted and conflicting minds.

To foster a silent mind opens it to support and bear God’s Word within us. God’s Word is sinlessness, the Holy Spirit, the unconditional love given. Truth is a state of being to be entered as the mind opens. All unforgiving, attacking thought must cease. Ego’s mindless wanderings slay the mind’s openness and the light of purity, of unity, the Word of God, cannot shine through.

To hear the voice for God is to keep purity’s reason foremost in our heart. Everywhere we venture spirit speaks for us, through us. Egotistic thoughts have no meaning and so we discard them.

Here is the effervescence of joy as it returns, for our judgement of harm is silenced, replaced by its natural counterpart. All around us things are now free. The weight of our thought is no longer binding them. Fear has no hold upon us because in this state all consequence is annulled. An abiding confidence arrives as we faithfully allow love’s presence to settle upon us.

Peace is communication more powerful than any word. The word god has no meaning. The association to Love’s presence, the silent devotion of heart carries meaning. Thus in the silence of our being is heard only benevolent thought. We hear the healing voice of the light of truth, telling of innocence in all things, of the emptiness of all phenomena.

All suffering will end when we open our heart to the “enemy” and see that suffering was self-inflicted by misperception. We judged that our delusions had effects that could harm us. Yet only delusional or ill minds can harbour the thought of harm coming to them. A healed mind knows it is invulnerable to all attack because it does not attack itself. It does not attack union by singling out “parts” for special attention. A healed mind knows its perfection, its eternal pure status and lives accordingly. It sees what would have been cause to suffer and knows this is but the call to others for them to seek their own cure and for itself to offer that cure. The cure is love, the forgiveness of that which has no substance. The cure is to look upon our brother’s true heart.

All pain, anguish, fear and conflict are rolls of the dice played by the deceived. For when we have suffered enough, we will finally choose to play another game - peace. In the meantime, we forgive ourselves our insanity, our mad thoughts of perceived gains and losses. We give others our blessing for they know not what they do. We do not see their sins. We bless the world that beneath its madness lays perfect calm and
thus we bless and forgive ourselves. We stand together with one purpose in mind -
to mediate the realization that false is false and never was and true is true forever
and forever has been.

What limited ability we have is such that what we practice is what we become. The tendency of the mind is to reiterate that which a moment before it was. If we practice the past, the past will become our future and suffering continues. If we practice mindfulness or righteousness or spiritual reasoning, thus the mind tends towards the relief they bring. We receive what we give in our practicing.

In all facets of thought, if we will to be higher than higher will we be and so too those around us. In our eternal connectedness, we lift when we ourselves are lifted. Yet no matter what the virtue of all else, it remains our own choice to nurture our present tendencies. We can make the positive changes necessary such that our mind becomes free of all encumbrances, of all craving to experience needless desires.

Worldly desire, like fear, is habitual, learned not intrinsic. In itself, worldly desire is neither right nor wrong and should not be judged so. Like all illusion, it amounts to nothing. However the mind’s tendency to seek worldly desires is reinforced in both the seeking and the perceived fulfilment of that seeking. The carry-over effect of these actions precipitates the present and hence the future remaining as was the past, yet strengthened negatively - away from truth.

Whatever direction one projects the mind, than that becomes its reality. What desires we feel fulfil us best, we seek. The direction any mind takes is as equally capable as any other to become whatever it is it directs itself to be. We are all capable of becoming the very worst or the very best according to how we place our attention. Desire is our creative impetus. We each have an intrinsic desire to create. Yet do we create truly from Love or do we manifest in error out of fear? We must do one or the other for creation is an on-going inevitability. At this point forgiveness shows its true value, we let be. We live in wholeness not neediness. Love lets go of resistance to what is: ego fades.

It is the sinless nature of all minds - that which is joined beneath egotistic tendencies that we need look towards to reveal our true oneness. This is truth beyond empty desire, beyond mere deception of fanciful thinking. This is our only true place, where man forgets his rambling dream to study the silent peace within him. We are truth’s creation not man’s vulnerable perception. Truth knows only of its own divinity, it clings not to ego’s desire. To remember our truthfulness is to live by its will. In forgiveness of the desire for self; understanding empty thoughts carry no sin but also no real gain; by overlooking our self-deceit; by seeing all as pure beneath illusions, we live that will. We heal our minds and keep past’s influence, guilt, at bay. Here we live correctly, for there is nothing left that would resist the true.
Each of us who projects the thought that others are the cause of our suffering or loss of peace, make an enemy of ourselves. We must be the holders of our own peace and thus extend truths likeness through us. As holders of infidelity it is we who are cause of our own punishment, and making an enemy of ourselves we suffer the wounds of our own guilt. Only within our own heart and mind can we overcome such enemies as hate, fear, anger, prejudice, pride, intolerance and so on. When we project this battle outside and blame others for our lack of peace then the task becomes truly unholy.

This does not mean that external oppressions will not be overcome, though it does alter the circumstance of their overcoming. What was a concrete prejudice dissolves when all that is left is the love we are.

This is a world of change but change is the door that opens the mind to inconceivable richness. The mind’s door remains forever open. It is the direction in which it is steered that dictates our happiness, our freedom from all that restricts, from all that keeps us suffering. To change in ways that increase the awareness of our natural joy is to walk back through the door of mind’s dreamed reality towards and inevitably into forever.

Awareness of where our thoughts travel leads us to forgiveness. When altruistic patterns of thought are cultivated and malevolent patterns are discouraged, that awareness itself is forgiving. We forgive ourselves of our errors of thought. To be aware, to watch where our thoughts lead, to observe the ego, the “me”, constantly, is to prepare a state whereby cleanliness of the mind can be propitiated. An open mind, free of demand, is clean. A quiet mind, an ego-less mind, an ever-forgiven mind, is clean. A concentrated, devoted mind, a single pointed mind, is clean. A mind that extends love and kindness for the sake of love and kindness, this mind is clean; this mind is true. This is the mind that can escape the limits of its learning.

By judging God to be this or that we judge against truth. We cannot know what His reality is or what our reality is until we experience it first-hand. To deny God’s existence or argue His being is to voice only opinion, for by description truth cannot be known. To call by the heart with a silent prayer, truth will answer each in its own way. Love is the highest perception of this world and is the closest we can be to truth while existing in time. Be it by perception or direct revelation, the law of love is universal. We receive it immediately it is given. It is our natural state of being. Yet there is no natural state of being of this world unless we allow God to work and live through us. This is why the world seems difficult to be in, as we are in conflict with our natural state of being. Thus we are strained and conflicted in our attempts to find perfection, peace and ease in the unnatural.

All unnatural states result from conditional beliefs. Words also are conditional upon the meaning derived by individual reason. Reasoning powers arise by the tendencies of the mind’s training. What we read, for example, influences how we read
or what we infer. That which rises as thought, as the mind’s tendency, training or conditionings are all false states of being. Training the mind towards truth gives tendencies also, yet they become more and more subtle as delusional states are recognized and surpassed. Direct revelation or divine intuition is beyond the word. It is an experience received. Thus deeper and deeper we travel, until somewhere and sometime we surpass somewhere and sometime, releasing totally all contrived states of being.

To release myself I choose to see the wholeness we are, in you. I choose to look past our imaginings. I choose to see a brother whose holiness, like mine, lays hidden beneath false belief. I choose to love you brother, for beneath deception we are one and we are alike. Beneath our judgements against one another we are for one another - each to love, each to free by that love.

How bright the illusion, does it make it real, how bold the action? How much do we desire and still remain incomplete? Truth does not attempt to impress, to add pride to it. It reaches not for the brighter dullness. It remains fixed, ever present. It is beyond the symbolic acts of need or want, beyond the symbolic portrayal of separation, beyond being wise or venerated. The dullest and the brightest is one, beyond intensities, past conditions. If we choose it to be, with a little effort, there is completion. The first step is acknowledgement of illusion. The second step is the realization that no step is necessary as we always were enlightened. We were just too confused to let it be.

Forever: There is a truth beyond that of our deepest beliefs. There is a working of a plan to bring us home. There is a suffering that enforces peace. Now is that suffering set to cease, and blessed becomes the world. We call the world to peace. We allow this call to be the beginning of peace within us, and this beginning to become then the keeping, of peace on earth.

MY HOME IS IN YOUR PURE HEART.
BUT I MUST FIRST SEE YOUR PURE HEART TO BE HOME.
CONCENTRATE, ON WHAT CANNOT LIE.

The Middle Line

The middle line is the mind positioned between the two desires of craving for good and aversion to evil (or vice versa). We do not attach ourselves to ambiguous goals. We do not split our mind in two. We bring ourselves to develop a loving and pure longing for at-onement with God, for union with all. We make no false identification of ourselves by ego’s reasoning.

When reason becomes emotionally charged, we lose the power of reason. Opinion is emotive argument put forward as truth. All worldly “facts” are opinion based (relative) and therefore do not stand up to the truth of truth. Therefore, reasoning (to “find” truth) from the point of view of worldly knowledge is pointless. Emotive argument is but image projected verbally - though image is not reality. Truthful reason is arrived at by innocence of judgement which is not opinion based and does not carry the emotive scars of past learning. This is forgiveness.

So what is the middle line? It is grace, arrived at by lack of judgement, by forgiveness. It is in seeing neither good nor bad but opening to love, to love’s impression upon us. It is from this point of innocence that we have strayed to the illusory. To the left is good to the right evil. These are our changing judgements of the world’s shifting circumstances, the source of our discontent. One does not come without the other, for how can we know of good without the background of evil to measure against? Beyond good and evil, beyond every preconception of past’s measure by false assumption, lays the stillness of mind that opens to the united Mind of truth and it is here that all contradiction disappears.

When we lose this presence of Mind we bring discontent to ourselves. So, we learn to carry peace and to give that peace at all times. To those who suffer pain, grieve for loss or are lost in dark despair we give them our peace. We carry them in our stillness, we lift them to our comfort as together we enter the portal to Self.

Our companions do not walk apart from us; they walk the line with us. They ask that we answer them with our mind set deep in the pure light of tranquillity, far away from what we thought we knew of their pain and guilt and far away from learned concepts of who we are. The learned is not the given but the peace we give is learned. Only when our old thoughts are silent can that which we are to give be heard. And so we rise and rise.

When we look to the good and to the evil of others we look away from union towards separation. We see difference; we see what our conditioned mind believes to be true whilst truth vanishes. Holiness, grace, light, love, the line of thought that knows only this is our true Mind. This Mind governs truly, offers endlessly and fills us
Choose To Be

with joy. To forgive what lies outside of this mindset is to surpass illusion. To forgive is to not know our fears in favour of the harmless surety of God’s love in all. This the love that stands between our previous thought and our following thought.

What can be changed is only change itself. Therefore, let us deny ourselves the error of pointless upset when looking to alter circumstances. Let us grow past all lessons; live in truth by choosing to not live with the mind held in delusion. If we feel something needs fixing, it is the mal-adjustment in our own mind. Take our mind to peace by resisting the urge to interfere, to alter to act, upon all but our self. Living in truth allows love to be upon us, showing the way. Only with a free mind can this healing be.

To what can change, the truth within us does not respond. It does not waver to take in the ephemeral as reality. It does not wander from the middle line, from the all-inclusive unity of spirituality to take in the lie of separation. It does not lower itself to darkness directed towards peripheral concerns, for it knows that all is as it should be. All is coming to it to meet it at its own centre of surety. Truth awaits the inevitable, that change will realize its own folly and come to be stable within the changeless centre of love.

The middle line is a state of mind where we travel only the way that leads to the light of truth. It is the line where no recrimination is felt, where no assumption lies and where no useless worldly journey is sought. It is the line where love leads us home, where each is the other, where all is seen as benevolent, where all are united in Cause. Within this state of mind, in each of us is the spirit of love and by this Holy Spirit we are guided. To allow this guidance to come through us is our union, where each becomes the truth of the other. We “defend” the truth by allaying the false, the separate, and join in that which remains.

Secretly we wish to rise to innocence but do so by “evil” means. We judge others guilty. In doing this, however, we interact only with ourselves, with our own deficient morality, our ego. We become self-condemned, seeing a world of guilt, a world that we visit only to escape condemnation. Moral judgements are our conceptual evaluations of right and wrong, good and evil, the sinless and the sinful. Again, though, these concepts are learned not given, dividing, not uniting. Therefore all guilt assumed by our hierarchy of value judgements is merely false assumption. We have used emotive argument (ego) to validate a false identity.

Taking no offence at falsity we look past all that seems to be to the union within all. The son of man carries guilt; the Son of God is free. Depending upon which identity we assume, we become one or the other. If we carry guilt then we attack others to assume innocence. If we look upon innocence as our identity, all others become innocent and free along with us. Here is where we find the peace and meaning of atonement (at-onement).
We can train our mind to see the depth of our innocence rather than the sparse world of guilt by false association. We can look beyond the body to the spirit within. In this, the all-encompassing, we are free. This innocence is the Christ of Christian theology, the One Son of God, the Fidelity of Islam, the Nature of Buddha, the Way of the Tao and so on.

This is the Son that calls to us to know ourselves and in so doing to know all. This Son is the only asking of all question and all quarrel, of all good and evil. We are the Son, and in answering our brothers’ asking only by the terms of the Son we become the Son. We are not a sin when we walk together with only truth between us.

The middle line is the golden bridge of peace that leads to eternity. To walk the line is to put our mind between good and evil, between the past and the future, between all seeming opposites. To move into evil, into even the very slightest irritation, is to validate illusion and to fill the mind with misinformation. The same is for good. To move the mind to the slightest excitation that good has something to offer is to rob ourselves of All, for “good” of this world remains fear based; that to be in the good prevents bad from affecting us; that good is gain and bad is loss when reality is neither.

We see now that even the good of the world, whilst based on false perception or that of the ego’s judgement, is set in fear. Thus when good is sought, evil must manifest. Therefore to desire only good of the world by ego’s demand is a hopeless wish. It is only one end of the rope of illusion. To pursue the world for our sustenance is to pursue the impossible, for where there is evil happiness is lacking; love cannot be.

It is in equanimity when the mind rests between opposites that true worth is found. Here there is only good because it is a point that has no ego influence and therefore no fear or evil within it. It is here that we find the peace of God and simple acceptance begins. We see the illusions we once thought true and peacefully allow their passing without effect upon us. We see that good and evil arrive by judgement and disappear once that judgement is silenced. We see that by holding the mind on the middle line, without attachment or resistance, love speaks through us. And what it says is now we know our Self, because we chose to be.

NOTHING IS GAINED, ALL IS GIVEN.
Choose To Be

THAT THERE IS ARGUMENT CONTINUES THE ILLUSION.
BE AGAINST NO THING.

We Do Not Know!

The essence of love is freedom. Do we wish to allow others to be free or do we wish to imprison them with our judgements against them? We are not here to live the life of another’s expectations. We are here to live the life of our own joy. Remembering we are of one mind we hold each other within the miracle of forgiveness and no longer support the dream of fear and sickness. In oneness we heal, as to heal is to make whole, to join (joy in).

Love does not judge one to be better or worse, as all have their purpose. It sees that all is a whole part of it and therefore does not self-condemn. It sees the whole and knows the whole as itself and forgives or blesses form, self-expression or self-belief by varied mental states of being.

Love, that which does not look at itself and judge, is the harmony that links all life, therefore we do not look at anything that is not love as though it were true. Instead we forgive all seeming error by understanding it as a tool of learning for our spiritual advancement, an opportunity to transform.

Without forgiveness we remain caged within the ego or separate will, held captive by its wish to see and believe what it has learned to see and believe. When we each know and abide by a separate will, how can there not be conflict? In giving up the burden of carrying a divided will, we give up the weight of irresponsibility. All heaviness comes by ego’s false thinking and attachment to that thinking. Heaven, though, is delivered to us when our will becomes one with truth. What our heart then calls forth is what the world becomes. To become heavenly minded, our heart cannot call from darkness. It must call from light itself.

Desiring the world, we call from time and associate with ego. This is why trying (time based) to become true ends in struggle. All we get is more desperation. Truth “arrives” by surrender to it. We can be willing for the ego to disappear, and it will have when we let truth be, but we cannot insist spiritual presence to be upon us. This is force against truth by using false thought as our saviour. “For so long as the archer shoots for a prize, already his aim is lost”. By this we teach ourselves ego, not truth. Desiring the world we achieve the world’s pleasures and pains. Yet the single desire by the Son for the Father releases the world from our mind. This is the call by faith, connecting through the heart, without the thinking mind’s interference.

To give something meaning, we judge it. To give meaning to God is a judgement too. To be free of ego’s meaning is to allow life to be, through us. To be free of ego’s wants is to be free to offer faith to He Who guides us beyond past’s remembrance of
what we believe reality to be. Until we choose to hear our purity speak we give jaded meaning to all we see and are not yet Godly. How can we therefore live cleanly and make real? We cannot.

To attempt to manipulate the world is an attempt to alter nothing really, for the world’s meaning and our own has come about only by projected beliefs. Belief, as stated, is not true because it is apt to change; hence all worldly value including self-belief is inherently empty. The thoughts that make self-belief are opinion and are an example of ego’s ignorance. To think the thought that the self is real is to want, for why would we think the thought if it was to gain nothing? While wanting an idol as our identity we are lost. By the light shining from within we are found.

In using the past as basis for thought we never really think, rather we remember and it is this memory we project onto the world to make it seem to have meaning. True thought is given (shared), not remembered, in the moment of now. We are not living the life of our own joy when we are remembering, for each new instant of now is not experienced as a new instant but as a recital of past’s shadow. Our prerogative is to overcome the life ego believes is to live and open our mind, by ego’s silence, to the Life truth wills us to behave. We allow Life to live us.

The seeming cause of the problem that prevents our joy is the ego, our pressing need to plan what lies ahead and our irritability that it will not come. Yet to understand that the ego is falsely constructed, a prisoner to itself is to see beyond what seems to be our dilemma. Why would we believe in this falsely constructed reality? Ego has no end truth. It just regurgitates itself over and over. We let go of its erroneous perception and prosper.

To assume special honour or place in being spiritual, that one is more “chosen” or higher than another is to continue the unhappy separation. All difference is momentary and keeps cause as belonging to ego. True Cause is beyond the world of interpretation, beyond levels, beyond ego. True Cause is the loving spirit, the same for all. We can choose to be willing to be overcome by spirit, but of ourselves we can’t know it because we are not of ourselves and know nothing by ego but addiction.

To attempt to know truth by grasping it with thought is impossible. To attempt to know is to use force while true knowledge is spontaneous. In seeking truth we will find frustration, which itself is an illusion. In seeking beyond illusion, truth will find us. And so we approach that to which we are so desperate to connect. We hold all as one, viewing the world from its own perspective. Deep compassion rises, our heart reaching to those of whom we are part. We begin to sing a song, a song which is the path we tread to God. This is the song of our own joy, the joy that realigns with true Cause, but as stated we do not do this on our own. As an ego we do not exist regardless of the great deception of what we make believe. When we open our mind to each other, we are opening to reality, to union, to our One Self. We invite the
absolute in innocence by not knowing anything, for we “know” in this world only by misinterpretation.

Misinterpretation by force of opinion or judgement will never allow our mind to be free for it gives credence to the illusion that something can be changed successfully without love. To force an opinion is to coerce; to “think” unlovingly is to manipulate; these give cause to ego, the shadow of fear. We reach for truth but only in our willingness to be overcome. To be overcome we must overcome our aversion to truth. To overcome aversion to truth we must see and overcome our belief in illusion. Thus the mind is set to receive and give of that receiving.

If one overcomes, then so do all. So it is that others have overcome the world and we all are now saved from illusion. They opened the way for true thought to be received. We now need to “see” as they did to fulfil their promise. We need to know that we do not know and that any thought by memory is an affront to truth by false knowledge. We call God to us in stillness. In this there is no insistence, no opposition. Revelation arrives at its own sweet time. It cannot be planned for to arrive at some point in the future, but rest assured its time of arrival is set. All we can do is to remain open, sincerely trusting God’s Divine Love, to accept and receive and therefore to give now what we will to be. This is to just know we are joyously united in power, peace and love, and thankful to be shown the qualities of being, whenever.

THE FRUIT OF LOVE IS LOVE.
Ownership

The world is a form of vengeance on the self. We carry guilt and guilt always chooses punishment. We feel guilty, deep in our minds, for “leaving” paradise. In leaving, we made an impermanent world we call reality. The very impermanence is our guilt’s punishment upon us. We grasp for our world but can never have it, for it and we seem forever apart. This is the vengeance upon the self that ego seeks to keep, and does so by taking ownership of its ideas as being true.

By taking ownership of thought we take ownership of mistakes. We are mistaken about our true identity; we are mistaken about our separation from each other; mistaken too in our lovelessness, in our fear. Ownership is an idea but it is not God’s, it is egos. All errant thought is ego driven and inevitably leads to the impossible effect of “owning” divided love and dividing thoughts. Yet to err is human, and yes, to forgive is divine, and leads us to knowledge of our divinity.

To “own” our thought is to judge and that judgement is the belief that the world’s ideas hold truth. To forego our thoughts or to disown them is to invite true thought or true perception to enter. Its cause and effect are one; we experience the loving thought and simultaneously are its effect. The instant we feel true cause is the same instant false cause is let go and what can false cause be but our ownership of our small thoughts. And what can true cause be but to be receptive to true thought, to Christ’s vision.

All people act from within their beliefs or their ownership of their ideas. For this reason we do not judge them, for we would be judging nothing that is true. Belief can steer us towards true cause but at the point of shift there is only true cause left.

Beliefs, or false cause, must be let go for true cause to be known. When we forego belief we forego the ego’s vision of the world: that which looks through the glass darkly. We forego the illusory and open to true perception, the whole, the loving. True perception is total forgiveness or the letting go of all that seems to speak of conflict, harm or concern. This leads to peace and thus a peaceful mind creates the necessity of its own salvation.

We learn to look past all that the senses see, all that we interpret by the senses and all memory stored by that process. Concepts remain limiting, set and concrete. Truth is beyond these, abstract, unlimited, absolute. Only when we hold on to that which has gone, or is yet to be is this truth unavailable to us. Within it we no longer view another as sinful. We no longer flood our minds with the preservative of false perception. Having taken responsibility for it we have found peace. We have unlocked
the door and now need but walk through. And how do we walk through that door? We practice turning the key, looking beyond the world to purity, to light, understanding our brother’s mind and ours is that.

Ego’s memory is but a judgement that a previous judgement held true cause and therefore true effect. It is the agent that seeks to get in an attempt to fulfil emptiness. What seeks to get is fantasy; it attempts to add more to reality when we already have been given everything. Our sanctity is found in joining, embracing that.

Spiritual discipleship is a purposeful movement. To arrive at truth requires the discipline of movement towards it. We must be prepared to concentrate our efforts to this end and then allow the process to unfold. So long as we are prepared to enact this much we keep in mind the goal, and thus, make movement towards it.

Let us not allow spirituality to be defined by our thoughts. To bring thought to mind is to want and to seek the limitation of that want. Surpassing our limitations cultivates a holy mind. This mind is inviolable. Now sanity may extend through it. It is pure and serene, sacrosanct. It is open to love. It is unconditioned.

And again, thought is the precursor to action, yet we seek not the fruits of action. It is in tranquillity, where the mind is still, that we find peace and where truth “finds” us. This is where divinity lays, in the lack of thoughts of egotistical preservation. This leaves the mind inviolate and thus we look out upon the world from behind the eyes of the inviolability (Christ’s vision). This sanctifies and blesses the world with the inner sense (innocence) of unconditional love. Offering ourselves as such, the world fruits miraculously.

Love or truth is the knowledge and nature of Mind. It is soulful content, not apparition. It is more akin to a stream of spontaneous and joyous celebration rather than the reflected, secondary or considered world. Truth comes to us intuitively from truth itself. It is not known by reasoning because this comes from ego. Truth is “found” by first seeing what it is not. Through reasoning what is false and then looking beyond that falsity, we clear or open the mind to Spirit and Its infinite Knowledge. It is only discursive thought that hides this truth of mind. Truth is not a concept; it is a reality. It is the wholeness and intensity of itself within which all is held. There is only truth. The totality of truth is love. We are that One. We are that Mind.

LAY DOWN OUR MINDS, INTO THE DEPTH OF PEACE AND LOVE. LAY DOWN OUR MINDS UPON GOD AND REST IN THAT, IN OUR LIKENESS. LAY DOWN OUR MINDS, RECEIVE, EXTEND AND BE AS ONE
One Hand Clapping

Our instant of withdrawal from reality was – in the next instant – superseded by our return home. We never left but now “relive” that thought of return imposed upon our mind. We live now as the split off part of mind that insanely dreamed it was possible to live truly by separating from God.

From within creation our truth “looks” upon that projected image and from within that vision the truth of holiness is conveyed to maintain its presence in all living things. Within each “part” holiness pervades, light shines. We are the love from which we arose. Even now, our reality creates by and through love, to enrich the storehouse of our return. We recognise creation when love is complete. When we remember again who we are before we “left”, we fulfil our promise to return home, to be at one with all, to once again enter the living divinity that is God, our one Self.

To be at one with all is to see the holiness of our own pure light, here, now. This is the direction we walk to take our minds to whole-I-ness. We become that to which we take ourselves. We follow a theory or faith and spontaneously are guided by holiness. This is our Self that “sees” the projection and leads us through it to home – but only when we are open to it, when we are receptive to “hear”, when we give our doing to Being, as we were created. We are Spirit, wholly Spirit. It is from the holiness within us and to the holiness within all others that we look to see ourselves.

There is only one split mind, one projection; that is our single dream. From within the dream we remain true to splitting, we shatter even further and seem to become separated selves. To make movement towards the goal depletes the divided mind until all is one. We communicate truly when we see from this light of love, for the mind has recognised its divine immortal Identity. Only love is in a mind healed. From here we look upon our Self in all others, and answer to our Self truly. We have forgiven the world our sins, our false thoughts that we laid upon it.

What is the sound of one hand clapping? It is silence and peace, and it is forgiveness. Without the opposing force of the other hand there is no sound, no conflict. This is the state of mind that we hold to hear truth. We position the mind such that it applies no opposing force to truth’s entry. We reach beyond our habitual conditioned fears, doubts and insecurities, and concentrate the heart to its pure essence. We call directly in prayer to God, for Divine Consciousness to answer us with joy, love and liberation.

Here we have released the notion that opposition to the divine exists. We have freed ourselves from attachment to ego and its beliefs. We have severed it at its source of false and misleading thought. It is now a phantom, seen past, unheeded.
and released. The mind is untroubled by illusions, for now it recognises only its own truth. Here, dearest brothers and sisters, is peace, and with our heart its vessel it is given through us that it may extend our being to mesh within the unity of all divine thought.

To release all personal thought from mind is to provide no opposing force. This is to seek first the Kingdom of God, to surrender to all that is given us. It is the prayer of purity that finds us at home, giving and receiving the love of God. This is our final decision, our last judgement. We arrive here simply by choosing to do so, but the first step, the first right-minded decision must be taken. We still our minds, we find our peace and we listen for the Word of God, the Word that tells that all are clothed in one silk, lit by one light, that all are one: One holiness one beauty one love, one God, one Self. Through the heart and through the mind we live that word and extend that rising revelation. Once this is done our integrity is assured, for we have accepted God’s call to us and He has recognized our acceptance. From here we are guided, for our will is united with the true.

ONLY WITH A UNITED WILL CAN WE BE THE GIVER OF THE RECEIVED. IN THIS IS OUR SALVATION.
We seek to be noticed and are ourselves surveyors of others. We are asking to be judged or “seen” by others to separate and make real the ego we call self. We look for the potential in others to validate our “individuality” by seeing in us what they can use to validate their own ego identity. We bypass these reckonings of scattered meaning by remaining still, beyond ego’s shifting identity, knowing there is no meaning outside of the holiness of all. Heaven’s voice speaks more silently than our most benign thought. Holiness will not approach us from unholy relationships built on separation. It is there that we suffer for the mind is still trying to get love rather than to receive the given by giving it. The effect of true perception is immediate sincerity. It is not derived from ego consciousness but from the lack of it. So instead of looking out to notice others’ differences in the attempt to make ourselves, we just allow ourselves to become true through Christ’s vision of purity in all. We look only upon God’s Son.

Before we “become” we must ask ourselves what it is that we become. We become what we give. We do not expect grace, we give it. As we give we are given, as we lift we are lifted, as we fly we are flown. We do not wait in vain; we are the gift and the gifted. God’s Will is to have His Son with Him. To be, within Love, is the completion of the practising; the gradual change of heart from a fearful splintered state to a healed unity. Presented here is the gateway to all joy. We have but to complete our practise, wholly accepting ego’s silence and day by day more of God’s Love is delivered to us, our prayer is answered.

God’s Will is to love His Son. We are His Son and to make real His Will now is to save the son. We choose to love each other and ourselves and to do so is simply a decision to walk towards love’s light and away from ignorance. This leads us to be wholesome entrepreneurs (mirrors) of peace. It is our “becoming”.

True perception does nothing but fail to see the world as portrayed by the egos misunderstanding. It listens to She who knows. That is our holy Self, the light that always shone within us, our purity. This purity sees that the world is neutral and has no effects upon us. It was the ego that gave idol effect to the world and made it seem so. Truth looks past all that seems to be, to all that is. It looks to light (understanding) and the healing energy of sinless vision. Light is the way we hold our mind. It is the forgiveness we place upon each other and the world such that harm has no effect upon us. The peace and joy we then offer the world is God’s unique unfolding presence shone through us.
In giving up the burden of carrying a divided will, we give up all heaviness in ourselves. The spark within ignites, and where can vision now hold that does not but shine as we view from within a pure heart the Thought of God. So, we let it be.

We each are holy. We teach each other the holy lessons of love. The day comes when we realize that all sufferings and fears are falsities self-imposed. We see the self as a conditioned experience, a self-fulfilling prophecy. This prophecy though is a fallacy. The world we see has already passed and is seen to be a fantasy lived outside of the moment of now, outside of God’s Love. We set the mind free to return to love, to itself, Holy Spirit; to the Thought that transcends worldly thought. Our minds’ eye sees beyond the physical – beyond that which has already passed – to realize the unity of spirit that embraces each as one.

One to one, we meet for the first time, unencumbered and at peace. We are without the shallow thought that infers illusion to be true. We see and hear only our own thoughts of Love and know this truth of others. We are being, from within what love would have us be. We are held within its’ heart and from within this light is our opening to others.

In the final analysis, our last judgement, we realize there is, and was, nothing that the ego could do. Doing, (attachment to specifics) by its’ thoughts, is the death of being. “Death is the last to be overcome”. We lay tranquil, our minds’ stillled, unobstructed, without opposing force. Here we wait and here we are healed. Here we find our pure heart.

From within this heart radiates unconditional love to all. It sees all as one. There is no fear or favour now for it sees that all is the same and all is working its’ way towards recognizing its’ own love and purity. Complete openness to all circumstances accompanies this heart. Its’ love for itself in others cannot condemn. It knows the struggle but knows that it is false because from itself the struggle has gone. A pure heart is free because it allows knowledge of worth to come to it from Christ’s heart within, not from thoughts of guilt outside of this desire.

Love heals all misperception. A pure heart knows the truth of love and does not forget it. A pure heart carries itself to all and does not change; it listens only to its’ Source and truth never lies. A pure heart does not doubt its’ own authenticity. If doubt sets in purity is lost. It does not doubt that every heart carries its’ truth along with it, and is all it sees in others.

A pure heart asks only to be directed by love and gratefully accepts and offers itself to that direction. A pure heart knows its’ own freedom. It knows that it is not imprisoned any more. It lifts itself above the world for it does not wish to make erroneous conclusions about it again; love extends from God, and it ascends into this; God gives love and from His Son, His Own pure heart, it is reciprocated. This is
creation. Love extends, grows amplifies. The pure heart restfully opens itself to true knowledge in its recognition that all is of one Mind, Divine Love.

TRUE CAUSE DOES NOT HAVE FALSE EFFECT.
FALSE CAUSE DOES NOT HAVE TRUE EFFECT.
THERE IS NO FREEDOM IN CONTROL.
YET THERE IS CONTROL IN FREEDOM.
WE SANITIZE, THAT IS, MAKE SANE THE MIND.

Present Memory

How far we travel to find present memory, how much we waste when its’ truth is within us now. Present memory is our open-minded awareness of union, our closing out and forgetting of ego, making no self by judgement. It is opening to and listening only to love, to the present moment. Present memory sees beyond all externals. Neither does it plan by the past. It forgives all egotistic thought the moment it rises, for then it is past, rising and passing with no judgement made upon it and no fear taken.

Present memory listens. It listens to its’ own holiness, its’ purity, its’ loving dividend. In this silence truth speaks and all it speaks of and for is healing. Present memory surpasses judgement. It does not call into being anything that it would see as separate from itself. It does not see anything but the truth in all because it only listens to itself or the call from others for itself. It hears no call to obstruct this vision.

When we bring our minds to present memory we are at peace for nothing of the painful past can be placed upon us. Present memory brings freedom from suffering. We take a holiday, a holy day away from the self. Here we can but give for there is nothing that can but be given from innocence. Past memory takes. It believes it is fulfilled in this way. Yet there is nothing within it that can help, nothing that heals, nor gives peace, or love. It does not save, as even now are we not its’ prisoner?

Present memory does nothing but save. It remembers how to love, how to give what it has been given and thus receive it. It gives what it would choose itself to be. It forgives our brothers the burden of our false thoughts upon them; and we are true, free. Present memory’s gift is of correction. It delivers peace. It unties destruction. It understands that what we give our brothers is a gift to ourselves. Thus we do not place the thought that others are separate from us upon them for then we would remain separated from the unity of God. God’s love holds us only in union and present memory does not break the cohesiveness of that thought. It remains as a pure giving and opening to it.

When we project upon the external we feel effect put upon us, thus making belief of an unhealed state. Rather, we internalise all externals and extend from within God’s gift of love reflected as the acceptance of what we now hold and heal. Present memory is our prayer to God, our Self; a prayer that ends time. Thus we serve the truth and not a lie. We serve God and not the ego.

Present memory brings peace as our guide. In it we fall asleep in peace, surrendering. We awaken in peace, praying. We are peaceful throughout the day, being. Joy becomes our guide also. We are joyous to be vibrantly alive in peace. We
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are joyous to surrender to God through each other, forgiving, giving our peace. And love is our guide, our brotherhood our oneness.

Present memory listens to the love that is in its’ own heart, which is the same love as in all others. It extends this blessing. It is one love uniting each of us with each other and with God. We each are the other, another part of ourselves to love. We each are the other, another part of ourselves upon whom the light shines. We each are the other, another part of ourselves whom is the light.

UNI-VERSE, A SINGLE SONG,
NOW LET US SING AS ONE.
Epilogue

The world seen as an illusion of the senses is ultimately baseless or beyond apprehension. We, with our sense of divided will or ego insist on holding conflicted thought, attacking each other, apart from the way of peace. This is idolatry. We think we make real by our interpretation, but do not. To project opinion thus is to deny our purity, to attack wholeness. To interpret or to project meaning is to build defences against truth for whilst the mind is not in harmony with love we do not transmit it. Our interpretations are false cause. False cause is a waking dream, the dream we have that awakens us to reality by recognising the dreams unreality.

Through the agency of our hearts and minds we have come to facilitate a freer more peaceful and loving way of being. We choose to listen to the Christ within us or to the ego, to certainty or to false promise. Ego’s promise is a testament of things to come, a convenience to be apprehended at some time ahead. Whatever offers us something in the future is false. It is the ego seducing. The ego seems convenient, it seems easy to have its’ offerings, yet is never fulfilled. It keeps us wanting more and thus are we kept, bound by the “devil’s” hold.

The ego places itself into positions of “saintliness” and uses this to seduce both self and others. Always, though, there is a hidden attempt to satisfy appetites, a second agenda. Under ego’s control we manipulate to gain. We seek to make the future coincide with our wishes. We fantasize, outside of now. To find the way we must go all the Way. Listening to certainty leads us to it.

We ask for healing by keeping our hearts and minds open only to truth, to the light and to the law of love. This is forgiveness and prayer. We let our own malevolent thoughts go. We forgive ourselves. We are shown the way.

The world is a mirror that shows us our thoughts. Our brother is our teacher. We see in him who we are. If we attack him we divide. If we love him we unite. So we do not take away, we raise up. We gather God’s creation to Him. We call our brother His Son. We listen first, not to ego’s mischief, but to love’s kindness and offer this. We hear not our persecutions, but love’s benediction. We leaven our soul adding breadth and depth, understanding and humility. To see our brother’s purity is to welcome his teaching, to see beyond our judgements against him. We reach beyond all sensitivities and are no longer insensitive to loves call. Love bleeds through us and heals all wounds. And as we heal we shine brighter and brighter. We give and are given more to give. We receive and expand. We spiritualise the world and have God’s Will done on earth as is in Heaven. We move towards the completion of our remembrance of truth.

If there is not spiritual joy within our heart then our motive is not true, we act with false intent. To be true to our Self is to live in spirit or oneness. This does bring joy, in the form of an all-consuming love, in each moment. We hold our minds high
in forgiveness, above the world, at one with the world, listening to our sinlessness, living in and expressing our peace. We leave the battleground to be observers and finders of love’s tranquil experience and thus are no longer the seekers of harm and death, which was the mind outside of what we now find.

We have only one problem. We believe the grievance our dream portrays. We believe that we are separated from truth and therefore from each other. Yet this is not so. One problem has one solution and that involves recognising the problem. Once we recognise the ego for what it is, then such remote closeness can be forgiven or given over to the Universal Love of spirit, the single answer. The Christ within us heals us we do not. The ego, the unhealed separated mind, cannot heal itself, it is the problem. We listen to God’s Voice within us, the Holy Spirit, the whole-I-spirit of which we each are an equal part, and manifest Love’s extension through us by intuition (inner tuition).

In this world we have one freedom. The freedom to choose what it is that we dream, and how small or how large our dream will be. Do we choose the smallest dream? Are we suffocating in a dream of fear and limitation? Now is our chance to dream anew. Now is the moment to dream impossible dreams of joy and love and healing and expansion. In this dream we dream a dream as large as Life itself. We resonate to our radiance. We grow. We enjoy the art of living as reflections of love, and close the gap between perception and truth. We are gently awakened.

If we choose to be, our Inner Strength will prune away the dead wood of ego, the fruitless branch. This is the time of our choosing, the time to be or not to be. We do not work towards freedom, we simply allow ourselves to be free. Liberation is the exercising of love, sought in solitude, procured in peace, understood in unity. Right choice delivers this to us. So is our becoming come.

WE CANNOT KNOW THE WORLD AS A SEPARATION FROM OURSELVES, BUT WE CAN KNOW OURSELVES AS A UNITY WITH THE WORLD.
About the Author

Dean Batchelor

At present I live with my partner Linda on a small farm near Bundaberg in Queensland, Australia, growing organic dragon fruit (pitaya) for local and city markets.

Choose to Be came about initially as revision when I began to read and study *A Course in Miracles*. A regular practice was to contemplate meditatively on the ideas promoted in the course material. It was through this contemplation and revision that a clearer understanding of what I was contemplating developed.

With my quiet life on the farm, I have had endless opportunities to practice and learn what I have written about and that in turn has itself given insight and direction to the book, though perhaps on a more philosophical level than practical.

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