

AND THESE WORDS ARE WRITTEN IN THE SKIES FOR ALL TO SEE



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Forward.

Sometimes it's time. Time for a change. I reflect and recall the times when I made decisions that altered my life. Deciding on family issues, a job, a journey. Some of these decisions have led to happiness, some to sadness. Others, thought major at the time, appear insignificant in later life. Numerous I thought difficult; several I barely recognized yet later turned out to be central.

I recall a time when I decided to allow spiritual change. I was meeting with a person, now very much a friend, who seemed to me to be "seeing" differently. At an early meeting we talked about my feelings and emotions. I was uncomfortable and full of thoughts, confusion and questions. As we talked about life and me, I wondered, who is this person and what is it that is different here? The friend was saying: "If you wish, I offer you a different way of seeing your spiritual life". I was, in one way nervous, in another eager to understand. What I was being presented was something that appeared to me as difficult to grasp and hazy. Nevertheless I was being offered an alternative way. My process was hesitant and I looked for assurances that what I was considering was not just another trick of life. I had many questions but initially they were questions of avoidance. I was reasonably comfortable where I was, why would I risk change? But I yearned for a better understanding of myself, and here I was being asked if I wanted to discover. The thought process kept crashing in: what if I am let down and hurt again? But then, what was I holding on to?

Previously I had not been an un-spiritual person but I was wearing some scars from past experiences, nonetheless in due time I did dare to commit myself, for that was all I was being asked to do. My friend and I agreed to meet more regularly. I was making a resolution where I knew I had to be open to change. Not forced or pressured into change, but change because I chose and wanted. I remember on many occasions my mentor saying: "I offer. You choose." I did choose, I chose to seek.

Early on and encouraged by my mentor I started to write down a jumble of notes from our meetings in what became a stack of exercise books. Many writings were repeated, many became more refined. This text you are now reading is a compilation of many of those notes. They were originally done for me to personally sort out my feelings, but as I developed the text and talked to others, one or two people asked me for a copy. (I find it difficult to relate the content verbally). Now I am able to offer the text. In it there is finally more flow to what were very haphazard jottings. I have had difficulty with sequencing and avoiding repetition. This, I am sure, was meant to be, for I have come to understand so much more during the development of these words. This is the text of a journey, of my coming to know.

I continue to write, as this seems for me to be how I arrive at an understanding. It has all helped me to become a more awakened person, closer to my being. I see people, animals, insects, trees, the ocean, all of nature differently. I see myself more clearly. I see others as souls on a similar journey. I perceive differently. As I become more

conscious of myself I am more likely to choose the path of love, peace and truth. I accept that this is so.

Is my journey complete? No. There is more to do, so much more. I have yet to reach my destination but I am guided in my journey. I now better understand that if I do not love my friends, neighbours, perceived enemies and all nature, then I am not loving myself. I continue to look inwardly to learn more of myself and come to an ongoing recognition of these things.

You may identify what I have written as being different from your perception; that is the joy of individuality and free will. Statements may seem significant to one yet be inconsequential to another. It is not for me to judge how these writings are received, they are offered in love. It just is.

I rarely see my spiritual friend now but we both continue along the path. Sometimes perceiving differently!

One

Three went for a walk together. One felt the warmth of the sunlight and saw how the breeze rustled the leaves of a tree. The second noticed how the trees gave cool and shade, while the third, that the tree was the home of many birds and insects. The first on seeing a dog wondered where it was going, the second looked about for the dog's owner, the third pondered why the dog was limping. All went on the same walk, all perceived differently.

On another day the three walked the same route. Again each perceived differently as all was not the same. So it is as we journey through life. We are allowed to see things in an alternative way and we are permitted to alter our thoughts and feelings: I am not wearing your moccasins and you are not wearing mine. As we travel, each is on an own path but we are all on the same journey. I am, you are, yet we are one.

Some say, "I have always been like this." "I was born like this". Others, "I am as I see myself" or "I am what I breathe", "I am what I think", "I am what I feel", "I am what I eat" We all perceive in our own way, all differently.

Do I perceive my parentage as making me different, my continent or country of birth? In what way? From what perception? Shape, size, intelligence, feelings, health, environs, happiness, family? We are all on a lifetime journey. We are all in different circumstances. We are all our own individuality.

So where am I, who am I and just what am I doing here on planet earth? I have got myself to this point in my life, no one else. I may consider others have affected me on my journey, but is this really where I wish to be? Is there anything I would change? Am I living my truth? Perhaps, just perhaps, if I look in an alternative way, then I may perceive things differently.

As I look at myself on arrival on planet earth, I may imagine myself as a perfect gift. To what extent I was accepted or otherwise was a consideration of those around me, but of myself I was perfect. As I commenced to sense outwardly and to look further afield, I started to absorb my mother's, father's, caretaker's and other people's feelings, emotions and opinions. As I felt and looked, I also took on board the worldliness about me, collecting it like chattels. At that same time I started to lose sight of whom I am within and I became other than my true reality. Now I have come to realise that I have spent so much time looking outwardly, at the world, that I have neglected and lost touch with my inner being. I have ignored my core self, my soul, my very essence because of my fascination with the worldly. Yet I am not "out there" where I spend so much of my time, I am my own soul being, I am within. It is just that I have forgotten.

Practice:

Quieten the mind. Be at peace and accept that you may perceive differently.

Two

I am spirit; I am essence, consciousness, and vitality. I am my very being, but I have covered my soul with the trappings of worldly life. I have lost touch with my being and gathered great measures of clutter as I have journeyed along on my temporary visit here to planet earth. Yet if I take all this accumulated excess away, I again become my true self. This is what my soul yearns, my true self, the love that is within. Truth and love is who I am in the beginning and when I came to this speck in the universe. During my time here I have lost sight of this fact. Yet my instinctive desire remains to love and be loved, it's just that I have forgotten.

During the course of my life thus far I have buried my soul deep within, covering it so that my mind believes my soul is no longer of consequence. I believe I am in my thinking rather than my feelings; this is to the cost of my soul. I have lost sight of the fact that my deepest yearning is love. I forget that love is what I crave. Deep down I know this; on the surface I barely dare believe it.

I am so busy with everyday life, with family, study, work, leisure that I leave little time if any to be with my essence, that vital presence within. But it is me who is responsible for getting thus far in my life, this point where I now find myself, no one else's. While it is true that my background and its associated environment do affect me, I am not their prisoner; I continue to be a free spirit. During my life to date I might perceive myself as doing well or maybe not so well, but in all of these hectic happenings I have strayed from my spiritual being and drifted apart from my soul. I have almost totally lost contact with my inner being, which is my beginning.

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My worldly desire seems to be to collect belongings, to be accepted as this or that, to have what I perceive that I have not. These desires amply cloud who I am. I have put on all these false guises, artificial fronts, airs and pretences. I have hidden my true self so effectively that I no longer recognize my own reality. I no longer identify with my own soul. Having got to here and now, is this spiritually where I really wish to be? I cannot take my worldly wealth, my worldly status, my family and friends with me when I depart for I leave as I arrived, as a spirit. I am a perpetual soul wearing a transient earthly body and I do not know when it will be my time to leave.

As I realise (real eyes) where I am and accept that my current situation is of my own making, I may choose to seek and recognize differently and in this way I may rediscover, disentangle and so recall who I am. If I look to myself and look within I might even surprise myself!

When I decide and make the attempt to get closer to my true being, then I am on the path to again being with my soul which is love. To help me do this I need to make space for love, for I have so filled myself with the clutter of life that little freedom remains. I am to remove the bits and pieces, the possessions, the junk and debris that I have taken on board. I am to eliminate all that is not love. In doing so I am to be patient with myself, kind, caring and looking at my internal presence rather than my external appearance. I am to cease rushing about hectically and in preference stay with myself for that is where I am and where love is to be found. Love is within, truth is within, peace is within, joy is within. Everything I require is within. I ache to again be with these gifts of self, to again be who I rightly am. I have strayed.

If I cast out all the unnecessary debris of life, then I am making room for the new. The space made available, I may fill with love. As I do this I will be able to see differently, to perceive otherwise and again become love. All I have to do is try. If I deny myself this opportunity then I do not allow the hope of change and without hope there is no peace and love cannot be. I make space within as I cast out the worldly so that I may then freely receive. Previously I have been full of absurdity and filled with the paraphernalia of our worldly society. I may choose to throw out all the bric-a-brac out of my life and by so doing I free myself to again be my own reality. As I accept, then I find love, I re-unite with the love within and I open to giving love and in return receiving love. I am able to find myself and again be with my soul. It is my decision to do so, I am free to choose. I have permission to do these things; all I have to do is accept.

Practice:

I am love. I am the mighty and consuming flame of love that consumes forever all past and present mistakes, all their causes and effects and all undesirable creation. I will again be free and in the presence of love.

Three

I seem to spend so much time judging. It has become a full time habit, I am scarcely conscious of how much I am doing it. Often with people I judge, I judge physically, whether they might be fat or thin, of this race or that, old, young, tall, short, attractive and so on in an almost never ending way. I judge people emotionally, I judge people on their ability. Likewise I judge buildings, motor vehicles, roads, utilities, gardens, TV programmes, governments, religion, culture, jobs. Judging and judging. Virtually everything in my life I judge, I rarely seem to stop. Perhaps if I did I might perceive differently.

We are all souls on our individual journeys on planet earth and all here for a short time only, yet seemingly we are unable to live in harmony, even though we have an inborn desire for peace and love within our lives and wish to again be in touch with these feelings. It is essential for mankind's future survival that we live in unison rather than apart. It is likewise vital for my survival that I live in unison with my soul rather than apart. It is imperative that we all look at ourselves as permanent souls journeying in a temporary body rather than at our outward transitory and worldly appearance. This is fundamental for both mankind's survival and for the future wellbeing of our souls. We may each individually do something about these things, if we do not, we live a charade by creating a delusional personality that is not valid: we live a lie. It is my task to take on the responsibility of my own soul; my task solely and souly. As I do this I will come to an understanding of my own being and in turn I will come to respect myself and planet earth.

I may start on this journey of renewal by accepting and honouring myself as a being who is spirit, who is the essence of my existence. I do this by getting in touch with my soul and again being one with the truth who I am. To date I am my lifetime work, but where am I? Am I really in touch? When did I last hear the sound of mallets on wooden tent pegs, listen to the rapids of a strange language, see the transparency of the giggling waters, feel the peat oozing between my toes, follow the vortex of whirling water, experience the empty line, the wormless hook: feel the urgency of a viper struggling over the heated footpath. When did I last take time out to be with my feelings? When did I last communicate with my soul? Are my lines of communication clear or dimmed by lack of use? How regularly do I make the effort to be with my self? Upbringing, education and life's experiences may have trained me to think, but what am I doing to maintain contact with my feelings, with my very being? I may consider myself world wise but at what cost to my soul?

This is my life, it was given to me freely, how do I fare? Do I know? Am I regularly taking stock? Not where I am physically, not where I am financially, not where I am in the pecking order of the world, none of these things, but where I am with regard to my soul. My soul was whom I am when I came into this world; my soul will continue to be whom I am when I depart. Where am I now in this relationship? Do I even recognize who I am? Am I in contact with my core being, my very essence? Have I spent time being in the presence of my soul or am I spending all my time with the transient things of worldly life?

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Within me is a power beyond my comprehension. I must again recognise it to be able to use it. This power is love. Love is what I crave, but even this longing I have corrupted and smothered. I have spent so much time judging that the outcome is pain. And because I may not be in touch with my feelings, I may not recognize the hurt. The discomfort often gets worse and I possibly become sick or turn to alcohol or drugs in the belief this will give me respite, a way out. The accessories of the worldly life are themselves a drug. If I begin to recognize the distress I might ask for help, I might plead for a sign. The signs are there, I have forgotten what they look like and I no longer recognize them.

I may re-open the door to my soul by closing the door to all that is judging. Although a temporary being on this planet, I have previously chosen to spend my time living in a world that is alienated by borders, divides, limitation, separatism, barriers, sanctions and groupings. I would rather see the oneness of the planet than these divisions. I would rather see and be with the oneness and wonder of my soul.

I may let go of the worldly and in its place accept love. I may let go of my shame, my distress, hypocrisy, envy, greed, spite, vanity, arrogance, boasting. I may exchange all my pain and fears and replace them with love. I may again be free. I may accept the alternatives of compassion hope, truth, mercy, forgiveness, gentleness, grace, patience, humility, glory and kindness. I may re-acquaint myself with the gift of life given to me. This gift that is love. It is never too late to start.

First I take a look at myself.

Practice:

Be somewhere peaceful and consider your true being. Go within and retrace to the youngest age that you recall. Go to the child within. Is it dark there? Is this where you would like to have been left?

Four

I was first given to. I was given my life, I was given love with this life, I was given freedom of choice and so many gifts. So now it is my turn to give and until I give I am not likely to receive. As I give love I make space to receive love. I open up to love and in this way I give love a chance. I do not need to wait for an opportunity to give; the occasion is always present. My spirit, my soul is healed as I give love.

There is no scarcity of love, it is free, it is plentiful and to be found anywhere and everywhere. It is within me, beside me, nearby and far away. Love is here now. It is throughout and beyond. I am never alone. My problem is that I have veiled my ability to clearly see love. I no longer acknowledge love as my constant companion. Yet it is

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not within the nature of love to hide and be unavailable to me, for why would love be like that? No, it is I who has become remote from love.

Love cannot help but give of itself for that is the nature of love. Frequently I barely recognize love, having a clouded view and being blinded by own lack of vision. On another occasion I may be blinded by love, by its beauty and brilliance. Where I do not see love today, I may find love tomorrow. So too I may think I see love today but be mistaken on the morrow.

In order to see love and be with love, I am required to practise and seek out love. I know that love will help me, for love cannot do otherwise, that is the nature of love. I may not however just sit back and let love do my work for me, it is for me to initiate the reunification by again turning back to love. As I do so I have picked a powerful and comforting partner to whom I may always ask assistance. Love will not, cannot, reject me for love's pattern is to give. My efforts will always be rewarded. It is a case of "give and be given to" rather than "be given to and then give". I am to make this first move of reconciliation. With love as my companion, I choose a mighty giving and forgiving partner.

Love is not rationed nor is it taxed. Love and all that is love is free. Love is more available than the air around me. I may tap into love wherever I am, within and without, for love is ever present. I only need to practise my recognition and spend my time with love. My task is to actively look for love and to seek love in every situation. To allow love to again become apparent, to be with love and devote myself to my partnership with love. What better cause is there in life? I am here to learn love; it is the reason for my life. My soul is love and yearns my return. It's just that sometimes I have difficulty accepting this.

In the beginning I was love, what has happened since? How come I no longer recognize love? Where is the love within my soul? I have become so remote. I seem to have difficulty recognising my own spiritual self, my own reality. Do I no longer even see my true nature? Have I buried my soul so deep? Have I been so dominant with my masks and disguises that I have lost sight of who I am?

How come I let my thoughts advise me about my feelings? How come I let the world I perceive, the material world, tower so over me and the affection of my soul? How come I ignore my very being, that which is within? How come I have shut myself off so from love? It is now time to again be with love. It is not within my power to change yesterday, nor am I able to surely predict tomorrow, but by living love today then I become more loving. And love will love me for that, for love is ever present. By giving, I also receive. By giving love, I receive love. Being love and being loved is what I yearn. Love is who I am. Just accept love.

As I receive love I may pass it on for it will immediately be replenished. But not giving love is being apart from love and I will not have made space for love within. As I again allow myself to love and be loving, I am thankful. I am not to ask to whom shall I give love, I am just to love. The sun does not ask "For whom am I giving light?" the sun just gives light. The tree does not ask, "For whom am I giving shade?" it just gives shade. Likewise it is for me to just give. Give freely so I may freely receive. Practise giving and be thankful. Give with joy in the heart. Today is given to me for loving. I may find

it easy to give love to some and more difficult to others. I am to practise for all are equal; all are souls, as I am, travelling temporarily on planet earth.

My giving is just to be giving, not with any attachment. If I give a gift with an expectation (other than love) it is no longer a loving gift. Should I give a child a football with a hope that the child enjoys it, that is a loving gift, for hope and joy are features of love. But to give with a condition that the child trains to become a good footballer; then the gift is qualified and no longer free of attachment for it carries an expectation. Giving love is giving just love. Otherwise, when giving with an attachment, it becomes something other than a gift. A gift of love automatically includes all the attributes of love such as hope, peace and forgiveness, but I am not able to give love if there is an expectation, condition or attachment. To say "I will give you this, if you do or allow that" is a trade rather than a gift. Love is not a trading commodity. Similarly love cannot be: "I'll love you if you do this" for that is manipulation. The gift of love is free, love is free.

Using the term "unconditional love" tends to acknowledge there is such a thing as "conditional" love, but conditional love has no credence being no longer love. The same applies to "pure" love for impure love cannot exist. The quality of love is assured.

As I give lovingly, I have given. I am not responsible for the receiver. A car travelling a little strangely on the road has a bumper sticker saying "Honk if you want a hug". I lovingly give a honk. The driver thinks I am honking because of odd road behaviour and gets upset, forgetting that there is a bumper sticker on the rear of the vehicle. While it is a pity that the driver may be angry, I am not answerable for that. I gave in love.

I have been given my body. I was not given my body on condition that I exercise and keep it fit, or that I feed myself only the correct foods. No, I was given my body and I have the freedom of choice to do as I will. It is up to me what I choose, but if I care for my body, then my body in return will care for me. As I love myself, I am loved and I free myself: there is no purpose in being a slave. I freely give love because I choose to, not because I want something.

One thing not to give away is my power. This happens in subtle ways. For example I might consider a certain number unlucky and by doing so I am giving power to that number to be. This is true of many "superstitions". The converse is also true in that as I consider something to be lucky I am by default tolerating unluckiness.

If I am not giving, I am holding on. If I am holding onto something I am not making space to receive. If my plate is full, there is no room for anything else. Practise giving, for as I give then I receive. Giving opens the door to life, giving opens the door to love and allows me to be given to. Dare to give myself over to love. There is nothing I need that love does not give in abundance. If I am not giving love I am wasting the life given to me.

If stuck, find something easy to love, perhaps hug a tree for from that willingness to start I allow the joy of love will well up within. It is a privilege to give love but do not take love for granted. The only deed I am to do is to give and accept love. Love is everlasting, what a wonderful gift to give and receive. Give love this opportunity for love in return cannot help but likewise give of itself.

Practice:

In quiet and stillness, be open to giving and receiving. Consider yourself a perfect gift waiting to be unwrapped. Undo the package and find the wondrous presence inside. Find your lovable self within. Accept the joy of being and be thankful.

Five

To help me understand myself I need to come to a better understanding of my personal traits and make up: my “airs and graces”. But they are far more menacing than that. I refer to them collectively as “egos”. Those veils and masks I put on to hide and conceal the real me. The cover up and disguises I habitually use; the excuses, delaying tactics, addictions and control. All the deceptions, in part or in whole, that camouflage and conceal my real self. When considered as a whole, their multiplicity represents a total shield about me, complete with fortifications. I have built and committed myself to my own prison, yet I do not realize.

Examples of egos are: justifying, pretending to be who I am not, being jealous or envious, belittling others, denying, avoidance, fear, blaming, curtness, desire, lust, greed, indulgence, laziness, righteous indignation, self pride, manipulation, attention grabbing, possessiveness, judging and so on and so on. They are a private collection that I have accumulated through my lifetime and I continue to add to them. My mind is full of the bickering amongst these egos; their squabbling is at the expense of my soul.

I define egos to include all thoughts, characteristics, patterns and excuses that in some feature or another I use, intentionally or unknowingly, to avoid being in the company of love.

There are armies of egos within my mind, constantly battling amongst themselves at the expense of my being. They are present in all of us in varying amounts, each person being different. They are usually easier to see in others than in self. They are coverings of my own making that stop me from outwardly being whom I am. They are the enemies of love. I live with so many of these deceptions. Each hinders me from living my reality, my truth. No wonder love seems so remote.

No ego has the ability to make me spiritually happy. Egos are the chaos merchants, the ones that like confusion and creating problems. They are the source of the turmoils of my life, each blaming and causing resentment. They are the antagonists who manifest themselves at the expense of my soul. Egos are clever enough to put the love within me to sleep. They cover my soul attempting to bury it. They constantly endeavour to devour my true essence; they block me from seeing who I really am. As I give power to an ego, I lose. They are not to be taken lightly.

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The more of these egos I carry, the heavier I find life, although they will always tell me otherwise. The less the egos, the lighter I am, the more I am free. Egos gain my attention by offering me a way to allow them to control my mind, tricking me into thinking that it is for my best and that this is what life is all about. But egos deny me access to my rightful life, they are addicted to me and I, unwittingly, am addicted to them. Each tries to dominate in one way or another. They expand their purpose with the sole intention of being uppermost in my thinking. Thus they divert me from being who I really am. Egos are only interested in self survival and at the expense of anyone and anything, including me. Each of their aims is supremacy and they would have me bound. They are intent on satisfying their own selfish needs. Each time I have a thought other than love, I encourage an ego.

Should I be addicted to cigarettes, then to some extent cigarettes control me. If I am addicted to alcohol, indulgence, possessions, pride, culture, dominating, drugs, loftiness, authority, or whatever, then each is constantly battling to impose itself over me in an ongoing effort to gain supremacy. Egos demand urgent fulfilment, each warring one with another and ruthlessly vying to be in the top spot. In total they are out to dominate me. They would have me believe that they are searching for answers and solutions to assist me through life, but in fact it is just their way of being satisfied at the expense of my truth and life. There are legions of egos within me, addictions that are at war to maintain their own selfish desires. As I feed an ego, it becomes stronger as it strives to consume me. My soul knows about my egos, but I am so busy associating with them that I ignore my core being. This is to the egos' delight.

When I see egos in others I may be attracted to them and adopt them. As others see egos in me they likewise may become attached and accept them into their own lives. Others may dump egos on me and I may dump on others. Dumping itself is a key ego as I dump or off load my perceived attitudes and problems onto another. As I masquerade behind my egos it serves to help them multiply and strengthen. No ego is trivial, they all cause pain.

Amongst them are many tricksters, they will tell me that judgement is necessary, they will deceive me: they will categorize and justify their desires at my expense. They encourage me to criticise and distract me from the truth. They divert me from love. All this and so much more, while at the same time convincing me that I need them. By their nature they teach me about greed, blame, impatience, possession, ungratefulness, suspicion, superiority, guilt and their kin. Egos fight with egos in an ongoing battle in their effort to control. In combination their intent is to blind me from love. They are all interested in self-survival at the expense of anyone and anything, especially me. Deviously they collectively drive me away from my real existence, from being who I truly am. Their objective is to eclipse my spirit, clouding my fundamental nature, blocking out its light. The very consideration of allowing love to become supreme within me is contrary to an ego's nature and abhorrent to each and every one of them. They convince me that I lack, that I don't own enough. Each aims for supremacy and they would have me bound as I desperately try to satisfy their needs. They are the one's that cause me hurt and pain as they strive to create separation and limitation. They are parasites living off me that contrive, control, command, dominate, invent, divide, concoct, hatch, scheme; that do anything to achieve their advantage. I recognize some of them but I little realise their cost to my soul. They turn me into their slave as I join in

their disputes. My mind is constantly involved in their altercations and bickering. My soul is the victim; my very being is the casualty of their squabbling. The chatter of my mind is the chattering of the egos who are drowning out the feelings of my soul. In this conflict my very essence is at risk. My mind is subjected to the wrangling company of all these egos and there is no acceptable environment for love to properly develop within me. Anything I say or do that is not loving is pampering to an ego. The ego asks: "What can I get?" Love asks: "What can I give?"

Yet I have allowed all this. These veils are of my hanging, the masks are of my making; these are the patterns I have sanctioned. I defend so many egos that I feed a feeding frenzy; not even recognising what I am doing. I have allowed egos to blind my vision to the extent that I have difficulty recognising love even though it is steadfastly ever present. It is not surprising that love sometimes seems so distant. My life thus far has been a process of collecting these egos, these pretences, these deceptions. I hide behind them at the expense of my life and my soul.

So let go of the old ways and excuses such as confusion, time wasting, lies, moans, hostilities, denials, resentments, upsets, deviousness, guilt, helplessness, negativity, annoyance, diversions, frustration, fear, hurt, mistrust, pain, resentment, sadness, upsets, battles, arguing, resistance, arrogance, pride, conceit, selfishness, self importance, denials, conceit, self centredness, spite, arrogance, all these obsessions and more. In their vacated space create harmony, joy, happiness, singing, music, laughter, and be loving. Bring forth my true ability to reveal my love given qualities of service, abundance, expansion, dedication, discipline, balance, direction, devotion, guidance, increase, genuineness, truth, focus, spontaneity, freedom, openness, fun, playfulness, awareness and all qualities that assist me in accepting love.

Be hopeful, for without hope there cannot be love.

Should I not admit to the presence of these egos within me I am living a lie for they are present, in some form or another, in each and every one of us. I may have difficulty recognising them for they are deceitful and will frequently pretend to be what they are not. If I do not do something to get rid of my egos then, by default, I support their existence and allow them domination.

I am now challenged to put the egos of the world away and in their place to live with love so that I may again be with my core being, my soul. The yearning to make this change is ever within me.

Whenever I have a thought other than love, I am encouraging an ego. Love is without ego, for if love had an ego it would no longer be love. My undertaking is to free myself of these disguises, veils, obsessions and addictions and once again reveal myself as a soul visitor to this planet rather than a being of the world. I need to practise by firstly observing, recognising and identifying an ego and then reject it: decimating, eradicating, exterminating and annihilating it. Giving up smoking or alcohol is not easy; giving up an ego is likewise a significant task. But I have help!

The one more powerful than the ego is love and love poured over an ego dissolves it. As I dissolve an ego in this manner I say "no" to desire, want, selfishness, each of my

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egos and then I leave space so that love may enter. With the death of an ego I am closer to my true being, closer to my spirit. All I have to do is decide that I would rather have love and then ask love to help. Search out the egos to be dissolved in this manner and keep dissolving them so that a huge shift in consciousness occurs. Call on love to come forth and consume all that is not love in and around my existence. Totally dissolve these unwanted nasties in all forms, their energy, their connections, their very fabric so that the prison I have built around myself crumbles and I am again free.

I do this in act, mind and deed to move out of confusion and into understanding. Love is the only remover of egos and love will always show me the way. To try to use anything other than love would be just be a different ego tricking me so that it may move into the vacated space and once there assume control. Dissolve in love, all thoughts and all forms of egos; dissolve within and without, in humility and with thanks. Likewise dissolve their relations, associated forms and energies. Be determined, decimate, eradicate, exterminate and annihilate them, together with their associates. If I do not do these things, they will grow in their determination to dominate my soul at the expense of the child within.

As I break out of their cycle I again live love. As I do these things lovingly and with thanks I receive hope and peace. Love is mightily stronger than all my egos and is the one and only weapon capable of dislodging them. Allow this free gift of love to remove my limitations to reveal beyond my expanse, beyond my current knowledge, beyond my present understanding, my current sight, feelings, emotions and thoughts so that a huge shift in consciousness occurs. Totally remove these parasites in all forms, within and without, together with their related energy and associations. Cast them off forever. By this action I reduce their ranks allowing love where I had previously rejected love. I do these things with humility, thanking love for the assistance while loving myself as I do so.

As I start to throw this excess baggage overboard, I lighten up and I become less shackled. I make space to again be free and spend more time in the presence of love. Beware though of the procrastinator, for my egos will always provide another question, they will always try to delay me and offer alternatives. Just let them know that the “Ego Buster” has arrived and the more I use it the better it works, remembering that every time I say “No” to an ego, then the space is there for love to be within. Remember, every time I dissolve and put aside an ego I am thankful.

Practice:

Recognize an ego, dissolve it with love, and rejoice in the feeling of turning the tide as the ego is vanquished by truth and love. Thank love for the assistance given.

Six

As the dawn breaks in the east and sets in the west, so is time; going down to rise on a new day, morning rising, evening setting, ever being, for this is time. As nature cares, as the sun comes up and then again sets, so is time, with no beginning and no end: ceaselessly sharing, ceaselessly caring.

So too the moon; sometimes new, sometimes old, constantly returning in its own form, never altering its pattern but always changing. Just as a circle is one, with no point of origin and none of closing, so is time.

Time is when the clouds form, the shadow moves, the wind breathes. When the tide ebbs and flows, as the storms gather, as the evening twilight emerges and in its turn vanishes. When ripples broaden and the bud opens; eternally present yet passing. All this is time, the beginning and the end.

Time is ever present in its instant, but moving on. For now is the moment: hesitate and it has passed, for a new instant is born. Time is.

I have lived in my body for many years, but when time comes, it is for me to leave this planet, to lay my body aside and depart with my soul to whence I came. The seasons gone by, my happenings and deeds in years past, months, weeks, days, hours, minutes, a second ago; these have all moved on. No prior instant may be reclaimed for now is the only time that I have. My past is no longer with me. The presence given to me previously has now departed and, except as a recollection, it is out of my grasp. Similarly I am unable to be in the future, I might forward plan but being there is beyond my surety. The only moment that I have is now, this moment, this instant.

I may be fully present in the instant given to me, in attendance with my thoughts and feelings. I may choose to be in the moment and, at the same time, I am free to select to be in the company of love. Whichever thought or feeling I am with is the one I am encouraging. If I am judging, I am supporting that ego. If I love I am sustaining the love within and fanning its ember. Choosing to be with other than love renounces my right to offer and receive love: the opportunity dies as the moment is lost. It is for me to choose, I have this option now; the power of this decision is mine to take. I may consciously join with love to cherish and embrace it in the moment for the opportunity the instant brings will never return. If I do not share the instant with love or one of its features, the opportunity has passed and gone forever and I have supported some other ego. I receive each instant, each circumstance, only fleetingly. Each is a wonder. Mine is the choice.

It is my assignment of life to make every instant one of love, and that occasion is with me now. This is the only moment available, there is no other. In it I have the option to be with love and secure my eternity. My teacher is here now, my teacher is love. Be with the teacher. Indeed, why be with any other for there is only one teacher. There are no questions, the answer is love.

Being in the instant is being present in the instant, but being in the presence with which awareness? Being argumentative is being argumentative in the moment and I am free to be with that feeling, which in itself is an experience of living. My mood is able to change though, from being argumentative to being happy or some other alertness. Rather than letting the egos run my instant, I may sway my mood and choose my company. I may reject being in an argumentative mind and alternatively

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welcome in love, allowing myself to be kind, compassionate and cheerful. In this way I avoid fear and hurt. I have this choice. I am free to choose love and be in the company of my soul. The more I practice being with love in this way, the more love will accompany me in my life. The precious instant of loving and being love then widens into my immediate reality.

I do not see electricity but it is there and I may unquestionably feel it. Likewise I often do not see love, but it too is there and again I may feel it. It is for me to choose. The more I determine to search for love, the more I discover love and the more I enhance my relationship. Love is always present, I simply need to seek and accept. In the same way as I acknowledge the physical existence of electricity, I may also admit to the spiritual presence of love. I may plug into love as a permanent connection wherever I am. Love is the energy of my life and the moment to be with love is now. It, like electricity, is instantaneous, its source surrounds me, and love cannot fail. I may drink of love freely, taking my fill; I may accept its abundance. The cup of love is overflowing, its quality is assured. To love and be loved in every instant is my soul task on planet earth. I have no other calling.

Yet I may be so busy in “my” time: rushing, always hectic, being behind schedule and never quite finishing. Yes so busy that it is my constant state of being. If I am like this and persistently hurrying, then I do not leave time for my spiritual being? It is my responsibility to be prepared when my time comes to depart this planet? If I continue to be frenzied, the moment is repeatedly lost. The instant is now and my time of departure is not known.

Similarly I may be building remembrances to myself at work or play so that I am “recognized” even in some minor way. Am I doing so now by recording these writings? Is my motive love or an ego? Do I throw myself into my work for pride or position or is my motive because I wish to do it properly and in so doing love myself and others? Is my environment of family one of love or is there bickering, arguing and hurt? Am I forcing my presence or beliefs on others? Remember love does not force.

If I had insight and knew I only had ten weeks of life left on planet earth, what would I do? Decisions become imperative. Think about this for a while. Why not write down those things you would do? (Try not to read on until you have completed your list.)

But if I had ten months left, then that would not be so urgent and I might delay making the list, yet the matter would remain uppermost in my mind. Yet if ten years or ten decades, I would probably decide not to panic.

Consider just ten days left. Take time out and rewrite the list. What is different? Why? Ten hours?

Ten minutes?

This moment?

The answer is to love. To love self and others in the moment, for the next ten seconds, the next ten minutes ten hours, ten eons and to constantly be with love. That is my task and when I arrive I am there. I come to understand all, for the enlightenment is love.

Each moment is given to me, I can waste it allowing the egos to dominate or make eternal use of the presence given. I may be present without being attached, aware but

not caught up. I am allowed to receive wisdom and absorb love, it is my birthright, I just need to dare to accept. I am free to do these things, only I (the ego) can be a hindrance to my being love. I am just to love.

By being with love I am able to restore myself, now is my new beginning, each and every instant. This moment I may look inwardly, observing, searching coming to know, comprehending, and being aware of all that is love. In any instant I may be with love, I may be in the company of the child within, with my soul. If I look outwardly at the many people and things surrounding me and try to assess and understand them, I am diverted away from the real me, away from my soul whom I have so long neglected. It is time to return. At this very moment love is within me, am I in that same place?

With love as a companion I am to make today a day where my feet take me only in the direction of love, leading me towards peace. May the path I tread be the path of wisdom and hope, joining with others so all may share? Should I veer off course, may I inwardly quickly realise and return to love. Today may my hands reach out to love, being caring in all they do. May I touch others with love and be touched with love by others, giving and receiving; living love. Let my eyes see the beauty and my ears hear the harmony and my feelings be only of love. I am one.

Do not start the day expecting to get something out of it, rather spend the day putting love into it, at work or at play. Then, as I put love into my surroundings, I pass on love and give the opportunity for others to love. As I give to the universe I will be repaid many times over and I, together with those who accept, will be restored. Rejoice, for today is given to me for loving, today I will love, today I will only be love. I will only do loving deeds, I will only say loving words. Let my mouth speak truth, may the words I utter not deviate. If anything I think, do or say is not loving, then I choose to be silent and so the opportunity is offered for love to re-enter. As I again find love and cherish the moment, peace, truth and forgiveness return to be within. I am reunited with my soul.

Yes, I have much loving to do today, to love everyone I see, everyone I meet and everyone whose life I touch. To love myself, the child within, to love my neighbour, the visitor, the stranger, my adversary and all of nature. Everyone and everything of nature that surrounds me is of love, my soul is love. In the past I have sometimes forgotten these things and I became confused, looking blindly and not seeing. I previously perceived differently.

These matters are vital, for this may be the last time I touch you and the last time you touch me. Grasp the moment firmly with both hands for the opportunity is now. Never let go of love, rather join with others so all may share. Seek in each moment to be living abundantly, living love. Not to do so is living to die. The choice is mine. My journey is urgent but I take time to tread cautiously for each instant is sacred. Aspire never to abuse a single one.

If I am not finding love then I am to search differently, for love is surely there. I am to keep seeking, for even if a shadow is present there has to be light. Then having found love, I do not let go. I take love on board as my friend and partner to accompany me from moment to moment to eternity. There is no more powerful ally. I look now to

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pursue my learning with love and the presence of nature. All is here to be seen and felt. See and feel the beauty and hear the triumphant rejoicing.

As I release my fears I make space to receive love. Then, as I accept, I may continue along on my journey, moving with time and receiving the newness of life, relinquishing the old and embracing the new. Over past times I have been afraid but now is the time of my renewal. I am here on this earth as the representative of love. What is there to be afraid of?

As I maintain my focus on the love within, I am no longer abandoning the time given to me, but should I abuse the moment, the precious opportunity is lost forever. In every moment my responsibility is to accept love. Life has no other worthy cause.

My undertaking is to breathe love and be in this moment of wonderment, to experience and honour the joy, else I am dieing to myself. Love is ever present; love is here within me now and I may again recognize and embrace it as my every day, and lifetime companion. Otherwise I wither allowing myself to fade and wane away. As I actively live love I am recognising the life given to me. Love will prevail as long as I accept its presence. I do not have to wait for a chance to love; the moment is now. We each have the ability to help in this work, whether at home, at work or just out and about, wherever. In each instant my feelings, thoughts, inlook and outlook are to favour the loving answer. By reuniting with my soul, I restore myself, my fellow beings and everything that is nature.

I got myself here to this moment in my life, why would I expect some other to come along and resolve my situation for me? So many, so many, want the instant miracle, the waving of a wand, rather than taking time out to learn love. We wish for someone else to come and just take the pain away. But I was given and still have the gift of freedom of choice, given to me in the beginning: my life has been my choices. Each past decision was mine to make, each to my destiny remains mine to make. I may now initiate the move in my connection to love. If I choose love then love will unfailingly help and the wonder occurs, it cannot be otherwise. But only I can be in the process and obtain this companionship. I can pick no better friend than to be with love.

I myself have the great power of love, visible within me and through me; it's just that I have hidden it. I have buried it deep within to the delight of the egos. Love is my birthright, I was born love with the assignment to give and receive love, now and always. There is always a season of growing, there is always a season of sowing: now is the time to plant and nourish love and bestow the fruits of my future. There is an ocean of love available; I am free to take the plunge. I may drink of love freely, taking my fill, accepting its abundance. Love will always assist, why would love do anything else? Why would I do anything else? My soul yearns for my loving presence. The child within yearns my presence. The only possible error I can make in the moment is not to choose to be with the love that resides within.

Quietly consider for a few moments that if there were just two people remaining on planet earth, what might they do together? Be happy, be compassionate, love and forgive one another?

Maybe you would like to contemplate this now before you move on with you reading. What are you feelings about this situation?

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Or if there were only three, four, five, or even ten people left, might they all be joyous, all be content and all love one another? Or might some be covetousness, envy and resentment?

Quietly also consider this.

Similarly if there were just one hundred people left on planet earth, would they be living harmoniously, or would there be jealousy, rivalry, judging and disputing? Might there be hate, the forming of groups and factions?

If there were thousands, millions of people left on planet earth, would most be full of hope and loving one another? Or would there be greed, separation and killing? How many children would go hungry? Hungry for love, hungry for food?

Today, now at this moment, there are billions on planet earth: many may be loving in the instant but billions are judging, being resentful, grasping, disputing, forming factions and fighting. Many millions are hungry and there is much sadness and misery. Consider these things.

If you and I were the last two people left on planet earth today, what will I do? What will you do?

It may be the last time you see the next person you meet today. What will you do?

This instant is the seed of my future.

Practice:

In peace consider the instant. Accept the wonder of the given moment. Be present in the moment.

Seven

Love always has been, is now and always will be. I always have been, am now and always will be.

Love is not an illusion. I am born with love, I am born to love. I may look outwardly and perceive the worldly about me or I may look within, to my soul, to see love. It is my choice and I choose the love within for that is real; nothing can destroy it. For my life to be complete I need to be in the presence of love, just as I require air in order to breathe. To experience love is the meaning of life. To surrender to love is the beginning of life. My yearning to re-unite with love lies within. With love I see differently. I may see my own self, others and all that is nature through the eyes of love and so recognize all that is love. As I uncover the love within I return to again be

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with my soul, my being, the one who I truly am. My worldly life will ebb away, love is eternal.

When I was created I was perfect, it could not be otherwise. My natural tendency was to focus on love, then I was taught things like competition, struggle, sickness, shortage, guilt, shame, death, greed, judgement, loss, colour, creed, race. All these and more. Each is based on fear. Love is my beginning; fear is what I have learned. I was perfect until I judged.

The real issue is that I have forgotten that I am love. I have concealed the love within so successfully that I ignore my spirit and my being. But the love that is within me cannot be destroyed. I was created love, everything I have added since, except love, is worthless. Beneath all this clutter, muddle and confusion that I have gathered, love remains. It cannot be extinguished. While perceiving in a world of illusions, my soul desire is to live the reality that is love.

Love is a universally free energy with a loving makeup, in part or total, of blissfulness, caring, comfort, consciousness, faithfulness, forgiveness, freedom, giving, guidance, grace, gentleness, happiness, harmony, hope, humility, kindness, joy, light, mercy, patience, peace, presence, silence, strength, truth, understanding, supporting, wisdom and all that is belonging to love. I am unable to fully define love until I am wholly love for I am unable to recognize what I have not yet come to know, even though it is already within me. It is my hope to continue to seek out love and to mould with each and all of its ingredients. I am to allow myself to become these things. It is a matter of coming to know. There is no restriction on my access to love, there is no toll, there is no penalty. Love is free, limitless, and grants the hope of freedom. The availability of love never diminishes. The resources of the world are finite, love is not.

It can only be I who, in the past, has imposed limitations on the amount of love I have been prepared to accept, for who else might it be? I see nothing beyond my self-imposed limits. I may blame others, but my life is of my doing. I am free to discard my limitations to see beyond, to see love. Now, this moment, is my opportunity to accept love to the full. I may go within, to where love is infinite and everlasting. The opportunity is given to me. I am never alone in this quest, love cannot desert me. My life's purpose is love. From this instant on, I am living to love and no longer dying to love. My soul heals as I do so, my being is again alive.

I am visiting planet earth as a personal representative of love. Love is my purpose. I am here to co-create with love by extending love to others. This planet is my classroom, I am the student, and love is the subject. I am a voyager, love is my fuel. Trust in love and go on, otherwise the opportunity will pass away. Allow the love in my soul to come into my mind and flow throughout my being to become one with the universe. I am to remove myself from the worldly but live love while still on the planet. It is no dream to do so for the reality is love.

When I arrive at the end of this transitory journey on planet earth, if I have not learnt of, practiced and found love, then I will not recognize these things and will not be able to choose their ongoing way, for I will not understand what I see. I will become

confused and lost. I will not recognize the signs even though their messages are there. I am now given this opportunity to learn and see differently.

I am here to study, gain knowledge and apply myself to the topic of love. Only then will I know love and be able to follow its ongoing path, both now and in the future. As I recognize love, love will support me and grant me insight so that I come to know. Love by its nature cannot do otherwise. All I am required to do is accept. As I do so, I understand and I am given the necessary insight to see differently. My ongoing task is to be loving to myself, to be loving to others and to find love wherever I am. In this way I develop my senses to be able to find my way. I will see the signs, now, at the time of my departure and thereafter. Who would go on a journey without first considering the route? It is for me to study the map of life and love. Not to do so is at my cost.

I have no excuse. Should I have difficulty seeing and recognizing love, any defence is invalid for it is not within the pattern of love to have hidden or to be unavailable. Love has nothing to conceal, so, if I feel distant, I re-examine and look again, for it is I who has become remote from love and I who is not seeing clearly. Love does not detach from me, I have turned away from love. Love does not abandon me, I have abandoned love. In this new instant it is my opportunity to again seek love.

Each of us has travelled far, far from the child within, each in our own way. We are all on uniquely different journeys. On one occasion I may barely recognize the love that is part of me, having a clouded view and being limited by my blurred vision. Yet in another instant I am blinded by love, its brilliance. Every moment is different, for every moment of individual life is a varying contrast. Where I do not see love today, I may find love tomorrow. So too I may perceive something as loving today but find I have misunderstood on the morrow. I find love by searching and studying, then I become more loving in every moment. Love will ever continue to joyfully give of itself. Love is here now, my partner, my helper. There is no better companion. The more I search, the closer I get and the more love assists and becomes visible. Love is mine for the taking.

I may not sit back and expect love to find me. Any delaying is an ego at work. The egos will continue on their task of trying to impede me, they will ever try and trick, they will offer worldly alternatives. It is essential that I ignore them and continue in my efforts to re-unite with love. I am to be a willing pupil and give myself to love, practising at every opportunity. Love will always welcome me. Love cannot fail.

I am with love wherever I am, love is within and without, love is always present. As I seek love it will become more and more apparent. I allow myself to be cloaked by love and devote myself totally to this partnership. Then, when I come to a junction in my life, I will be able to see and choose the way of love. At every junction be patient, study the signs, and then follow love's way. To put all of this into its simplest form: "just live love". What better cause is there in life? It is the reason for my existence. Love will not, does not and cannot fail me.

My soul, my spirit, my very essence is love and yearns love. My material world will try to deny this. The egos will continue to fight, argue and squabble to gain my attention; they continue to do this at the expense of my soul. My egos have made me

remote from my true nature. They allow my thoughts to advise me about my feelings. I allow the glitter of the material world, to dominate over the beauty of my being, I ignore my true self, that which is within me. I do so at my peril. How is it that I have allowed these egos to shut me down so effectively? They have done these things, all at my expense. So now is the time to reclaim love. Now is the time to accept blissfulness, caring, comfort, consciousness, faithfulness, forgiveness, freedom, giving, grace, guidance, gentleness, happiness, harmony, hope, humility, kindness, joy, light, mercy, patience, peace, presence, silence, strength, truth, understanding, wisdom and all that is belonging to love, now this moment. Being love and being loved is what I yearn. It is who I am. To experience love is the joy of life.

If I do not care for my garden, weeds grow and suffocate the beauty. If I do not care for myself, then I too do not reveal my beauty, I shrivel and fade away. As I do not care for my soul I suffocate the love within. If I do not care for my own body, my own mind, and my own soul, then how may I be in harmony with myself? How may I be in harmony with others? If I do not find love within me, if I do not find love in my own bedroom what chance my being, if I do not find love in my own kitchen what chance my spirit, if I do not find love in my own lounge room, family room, my home, my surrounds, my workplace, then what chance my soul, what chance my partner, my family, my neighbours and what chance planet earth?

The signs are consistently there, it's just that previously I have had difficulty identifying them. If stuck, find something easy to love: care for something simple. I may always care for the inner child, for that one has never left me. Be patient for love is patient. Then, as given the opportunity in the instant, care for a neighbour, a friend and re-develop the loving instinct. Care for planet earth and all that is nature. To each and all give love and accept love, for from this seed of hope love will grow. To indicate my celebration, I become bright where I was dull, I become happy where I was sad, I become forgiving where I was judging. I become free of my own shackles. Rejoice and be thankful.

I only see love within my expanse, my knowledge, my understanding, my sight. I see nothing beyond my limits. It is for me to release my limitations. This I do by expanding my understanding; my learning of love. If I do not service my car it will eventually stop. If I do not service my body, it is likely to break down. If I do not love, I will break down. My maintenance programme is an essential content of my daily living. Practice is a necessary part of my daily loving.

Where I have difficulty recognising love, it is because I am putting my own interpretation on what I consider love might be and I look without seeing. If I look for love in any other form but love, I will not see love, for I see something else. If I am having problems finding love, it is because I am having difficulty in recognition, for what I previously considered to be "love" might not be. Yet even where I am having problems in seeing, love is present. I must open myself to love to find love. Love is love. I may have difficulty accepting this and still be wanting "love" on my conditions which makes it impossible for love to be apparent. As I let go of any preconceived concepts of love, I will find.

I may not see radio waves but they are there. I may not see love, but it is there. The more I practice looking, the more I find love, the more I see love; its clarity is revealed.

Flowers just offer their beauty for all without question. The lessons of nature are apparent. It is not for me to say: "To whom shall I give love." I am just to give love. I am not to differentiate, whether porter or president, carrier or king, I am just to give: to anyone and everyone without preference. I am to give love to all within nature. I am to offer and accept this free commodity wherever and whenever I am able, to reflect and share, to greet all in love. Now I greet you in love and give thanks.

My home is within; it is where my soul resides. I am responsible for my home. My task is to welcome love into every corner and crevice. This home is temporarily within my earthly body from which I depart as I leave this planet. In what condition am I keeping the home of my spirit who will be my soul company as I leave? My soul, my spirit, cries out for love, my home has been in darkness too long, I weep at this separation, much light is required. By allowing love within and throughout I free my soul to again be my spiritual partner on my continuing journey. I am to accept love as my permanent presence within and without. Free the love within, take it for a drive; rather let love take me for a drive. Keep the batteries fully charged. Accept the abundance of love and continue to give thanks.

I am afraid of getting too close to love and intimacy. I am scared of getting hurt. This fear is expressed as anger, abuse, disease, pain, greed, addiction, selfishness, manipulation, obsession, corruption, violence, war and so much more. My fear is my lovelessness, my self designed terror. I hide, I abort, I revolt, I do not accept myself and so I attack. My pattern is self-betrayal and duplicity. I may change all of this and accept the splendour of love. Truth and love need no defending. Should I be defensive then I fear attack. Any situation that angers me is one where I don't yet have the capacity to be open to loving. But as I am love, I am safe from attack for there is no requirement to defend; there is no need to fear. Living with fear is terrifying but living with love is peace. Love just is. Fear recedes as I accept love. Fear in my mind produces fear in my life; love in my mind produces love in my life. When with love there is nothing to fear.

I am to be careful that what I love is capable of loving. If I love money, money cannot of itself love, but if I love nature, then the way is open for nature to love me and all that is nature. If we do not all join together and love nature we destroy nature and we destroy its ability to care for us. As we worship money and purchase the worldly we destroy nature. I am to use money lovingly and with wisdom, not to idolise, not to use it for possessions or control. I love my fellow being because my fellow beings are themselves love. I love nature for nature is loving. I love those things that themselves are able to love.

We are not our credentials, our grades, our rank, our resumes, our houses, our businesses: these things are of the world and will eventually fade away. Love though is everlasting. Join the everlasting.

Love cannot force me back to love because love does not force. Nor am I to force others, since force is not of love. I am to use my life for the betterment of love.

Consider this: that I even try to inflict my will after I have left planet earth with my last will and testament. So as I do this task I write my will lovingly; for what am I holding on to? As I hold on to the material world, I deny my soul.

I may ask for love or any of the ingredients of love; I am to find them all within. For example: wisdom is within me, if this is not so, I would not have been born perfect which is impossible. My present perception of wisdom has been distorted, for the egos would have me see otherwise. I have buried wisdom where I have buried love. This is so with all the ingredients of love. Let my learning be only of love so that worldly egos are excluded from my mind. Search inwardly; search, search and keep on searching for wisdom is within. Love is from whence I came and yearn to return. Love is a wise and peaceful partner beyond my comprehension. Love is forgiving.

Mankind is in trouble because we are afraid. When I am jealous I am afraid, when I am rude I am afraid, when I am cruel I am afraid, when I attack I am afraid. Fear and judging are the reasons why we argue, why we fight, why we envy. Because we fear, we then judge: this is the root cause of our current dilemma. Yet there is no fear that love does not resolve. As I forgive myself I transform fear into love. My forgiveness is to be with the intent of not repeating what I perceive as the error; otherwise what I am anticipating is no longer forgiveness. I am to forgive myself and to forgive others, not bearing any grudge and not discriminating. Then fear leaves me; jealousy, cruelty, these and more, all depart. As I ask for forgiveness I am already forgiven for I have given forgiveness a chance. Yet nothing that nature created needs forgiveness, such a consideration is a misconception for nature is flawless. That I forgive self and others is the only exercise required of me. I am always free to forgive.

I may not claim ignorance of worldly laws as an excuse for breaking them: likewise I may not claim ignorance of the cosmic laws of love as a reason for ignoring them. I cannot afford not to heed the presence of love. The laws of the world are copiously with us; the presence of love is abundantly with us. My reconciliation is to love.

We are all in relationships, with our partners, friends, acquaintances and nature. Each situation is an opportunity to give and receive love. My relationships are my opportunity; this is my classroom. If I tidy up the rubbish that I have made, I am assisting nature. If I pick up rubbish that someone has dropped, I am supporting nature. By sow doing I am sowing love. If I care for a friend or enemy I am sustaining love. If I allow harmony, gentleness, kindness, any ingredient of love, into any relationship I am placing love in that relationship. As I forgive myself love wells up within me. As I forgive others love wells up within me. I rejoice with love.

I am able to change the way I look, the way I see. I may perceive differently. First I love myself, then everything else follows as I cannot help but love others. Then the opportunity opens for all to love. As I tear away the egos, love is what remains and it is love that will carry me on, for I do not die when I die. A plant fades without water, so do I if I do not give and accept love. If I do not know how to love myself, how can I love others? I would be living a pretence. Since I am unable to get there on my own, I accept the help that is love. Love is the answer; I do not need to know the question. I am to see no one as a body; I am to see each as a soul on a spiritual journey, just as I am. I am to see them as I see myself, as love. If I do not love myself, how can I know myself? If I do not know myself, how can I know anyone? My task is to see love

everywhere, within and without. To trust in love and go on; go on, for the seas will part as love and I become as one. Just give love a chance, accept love and be thankful, for love dwells within me as my timeless companion.

This is love.

Practice:

Periodically take time out to breathe and relax. Sense the love within and all about. Do this more and more so that loving is as much a habit as breathing.

Eight

I am a spiritual being having a human experience. If I do not love myself, my journey is incomplete. If I do not love others the journey is incomplete. If I do not love all people and all that nature has provided, I am incomplete. The fulfilment of my time here on planet earth is not the conclusion of my spiritual journey for my spiritual journey has no beginning and no end, but it does have a homecoming and that is love.

My time on this planet is not a game; I am here to be a pathway to love. This is my designated journey. I am obligated to be in this classroom and yet I so frequently choose to ignore love as my egos obstruct, meddle and impede. I am often so blinded by egos that I do not acknowledge that the classroom exists, nor do I respond to what is required of me.

I am the only one I can take down my path of life. I may choose to be subjugated by my egos or I may be accompanied by the freedom of love. There is no more beautiful adventure offered than in choosing to complete this journey on the cycle of love. The alternative is to be bound by my worldly desires. I would select the freedom of love. So why do I hesitate? Why do I pretend to be bewildered and lost? The pigeon knows the way home, so too my own instinct. I am here to learn all loving behaviour and to practice its pattern. That is my commission.

As I identify with love, love will always nourish me. It will unfurl the confusion, the bewilderment, and illuminate my pathway home. Should I not learn of love while on this journey then how will I be aware of which way to go in the hereafter? As I allow fear, I root myself to the spot and I am unable to proceed. It seems easy to pretend that I am confused and lost, but this is no excuse.

If my present junction of life is a place where it is not spiritually good for me, then do not blame others, move. Move physically, move emotionally, move spiritually. If I feel hurt, move. If I feel trapped move. If I am not finding, giving and receiving love,

move. If I am doing what is not love, move. If where I move to also proves to be an unloving environment, move again.

Move, for seekers are habitually nomads, wandering from search to search: not moving about haphazardly but rather seeking to find. In this manner I seek out love and keep shifting until I find love. Avoid the diversions; rather flow with the stream of life and love. Then finding its peace, I remain within that place but at the same time moving with it. The river of love flows from its spring to eternity, I can fight the flow, be in constant turbulence, gashed on the rocks, tossed in rapids, flooded then stranded, eddied, become stagnant, clogged with weeds, see only murky water; or I can move and choose to be at one with the course of love to surge on and create the fertile plains, being clarity, and issuing out into the sea of love.

Spiritually I am free to do these things for I am not restricted except by the prison of my own making. All that flows forth from love is available to flow into my life. Love will release me. Just accept. As love is not shackled, then, as I become one with love, neither am I constrained. I am liberated to reunite with my soul.

Just as I stir when my body is uncomfortable, then I must also expect to move when I am spiritually at odds. I need to move to regain the assurance of love, for love is the comforter. If I am too lazy to bother, love is patient, but until I come to understand, I remain endlessly lost and confused. But as I dare to let go, I learn to soar as an eagle and fly in the company of love. I find my way. I move from being stuck to being free, being in the flow of life and love. At the same time always remembering that the only person who can do these things is myself and that I do this by first loving myself.

From its seed comes the mighty tree, as I plant the seed of love and complete small changes I move along on my rightful journey. My soul has been left in darkness too long, the child within is crying out from the shadows, screaming for my company. Unless I reunite with love, with my soul, I am not whole, I am not one and there is no homecoming. But as I choose to use my abundant source of light and love, then I become my soul and again uncover my being. Yes, I am allowed to see differently.

There is a paradox about feeling comfortable, in that it may be a risky state of spiritual being. If I am comfortable in the manner that I cannot be bothered to move, then I am not changing with time, not changing with the flow of reality and my opportunities pass by. In such a state of being comfortable where I tend not to pay heed to the requirements of my spirit, then it is to my significant cost. It is an ego at work. Rather than be comfortable, I would choose the sharp prick of spiritual consciousness.

I look out to see the marvels of the universe; I look within to reveal the exquisiteness of my being. Should there be pain in letting go of the old and releasing the egos, these are the pains of birth from which no one is exempt. Allow the exceptional and be free, removing my boundaries and receiving wisdom. Go beyond and allow the joining, for I am not separate and duality is no longer. Let the quality of my life be refined by love. I have this power within to complete the task, it cannot be otherwise. For this is no dream, I am my source, it is where I yearn to be, where there is no fear and all is forgiven.

It is as simple as this, if I arrive at the end of my transitory journey on planet earth and I have not learnt of, come to know, practiced and found love, truth, forgiveness and all that is love, then I will not clearly recognize these characteristics and I will not be able to choose their ongoing way. If I do not befriend all that is love, then I will not recognize the path and I will be alone and become bewildered and, being lost, miss the signs. I might be frozen to the spot by fear, staring blindly at a love indicator denying its presence, not seeing. Only when I have learnt to understand love will I distinguish the path before me, both now and at any time in my future, here on earth and beyond.

Practice:

Be still, of quiet mind and consider your present spiritual location. Where would I like to be? Am I to move?

Nine

So who am I?

In the armed forces and many other organizations we are likely to be officially recognized by a number. This may be perceived as dehumanising. It is similar with many other institutes such as government departments and banks, where we are tracked by a series of digits and characters.

Yet if asked by a person to say who I am, I will probably give my name, which similarly is a series of characters. There is little difference, although we may perceive otherwise. I may change my name if I wish; it may change at a wedding to an alternative set of characters.

So who am I? A series of numbers? A series of characters? Surely more than this.

Do I even know me? The real me, the deep within me, the one who I am now, the one who I am when I came into being?

Imagine this or a similar scene: (Fill in your own details as applicable)

My body breathes its last breath on earth. I arrive elsewhere. "Who are you?" a voice asks.

"I am(your name)....."

"I did not ask for your earthly name the voice says. "Who are you?"

I reply: "I'm the child of and the partner of....."

"I did not ask of your parents and partner. Please who are you?"

"I don't understand. I'm the parent of"

"You obviously do not know yourself," the voice says, "Go back to the universe and be another life in different place and discover yourself"

So who am I? I offer a possible answer: I am an individual spiritual soul, travelling temporarily on planet earth. I am a representative of love. Love knows me and I offer love as my witness.

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But in order to claim love as my witness I need to know love, otherwise love will not recognize me. To do this it is necessary to seek, discover, accept and exercise love so that it becomes my nature. Then I will know love and love will know me.

No one is going to magically get me out of my comfortable chair. I have to make the effort. As I do so I will come to a better understanding of love. But I must continue to exercise to remain within love. It is the same with physical exercises, the more regularly I train, the better my condition. Why would I hide, why would I stay away from the gymnasium of love?

I offer some exercises that may assist.

Mini exercise with maxi results:

A simple exercise that may be done quickly in about two minutes and may be included several times a day and especially when time is limited:

Breathe in through the nose and feel the flow of air pass the back of the throat. On breathing out feel the newly inhaled air flow to renew throughout the body (from the tip of the toes to the crown of the head and include the mind and the immediate surrounding space).

Take four complete breaths in this manner. You will probably find that these breaths are longer in duration than normal breathing patterns.

On the fifth breath, again breathe in through the nose, but this time feel the flow of love pass the back of the throat.

On breathing out feel the newly inhaled love flow peacefully throughout to similarly energise the body, mind and surrounds.

Take four complete breaths in this manner.

On the ninth breath, breathe in through the nose. This time feel the flow of love pass the back of the throat and travel throughout the body and on breathing out allow the love from within to flow out for all to share.

Take four breaths in this manner.

Remain relaxed and thank love for the free gift of love.

Practice, practice and keep practising, always remembering to thank love for the energy that love freely offers.

The exercise above is also useful as a starter for other routines and may be easily extended: (The four breath cycle may be any chosen number when more time is available. There is no need to count).

Continue in silence and be calm. Cease any internal chatter of the mind, allowing the mind to be at rest. (Easily said, not so easy to do! Love will help.) Now direct the flow of love throughout the mind to dissolve and wash away the egos. Direct the flow of love to re-unite with the soul. Remain within. When finished give thanks.

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A variation:

Be quiet and cease the chatter of the mind. In stillness imagine:

I meet my spiritual teacher, my teacher is one with me. My teacher is love. I invite my teacher in. I see love within my expanse, within my knowledge, within my thinking, within my sight, within my feelings, within my emotions. I am encapsulated with love.

Be thankful.

As I go about my day:

Refrain from looking outwardly trying to assess and understand the many people and things I see. Avoid self-justification and pretence; rather just observe, accept and comprehend self. Concentrate on being at peace and observe internally, coming to know.

Should I have no thoughts I am at rest. Be at rest so I may hear. Be silent so I may ask, for if I ask when I am not at peace, how may I hear the answer?

Choose your own meditation to suit the moment:

The one who hesitates may well be lost. But the one who meditates finds himself.

I may also train by going out into the world and “jousting” using, for example, truth as my “stick”? Do not joust in an attacking or forceful way for truth requires no defence. Try it!

Similarly joust using other ingredients of love such as comforting, kindness and so on. Concentrate on only one of the ingredients of love at a time. Make regular little sorties.

As another example, venture out and only be forgiving and see only forgiveness. I find these mini-voyages open up my feelings, causing me to perceive differently. At the conclusion of each joust, be thankful to love for the lessons learned.

In silence ask for the company of love and be still. Ask in humility from the soul. Then ask for ability, abundance, awareness, balance, clarity, courage, guidance, increase, insight, knowledge, potential, strength and support, so that love, truth, peace, hope, wisdom and joy may be realised in relation to self, partner, family, home, environment, work, humankind and nature. Allow the transformation to come through in fullness. Thank love for being present.

As a temporary visitor to the world, move beyond and above. Move out, come back, move out further. Practice until I can come and go at will so that I may experience the world while not being part of it and in this way be free of the worldly, but remaining part of the universe.

When out and about:

I am just to observe, without judging. Observe the egos in self and in others. What I observe in others, observe also in self.

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Substitute any chosen ego as in the following examples:

As I observe others and someone is angry towards me, be grateful for it shows me my past.

As I observe others and someone criticises me, be grateful for it shows me my past.

As I observe others and someone is spiteful towards me, be grateful for it shows me my past.

As I observe others and someone is avoiding me, be grateful for it shows me my past.

And so on and so on.

Ask for happiness, laughter, fun, spontaneity also to be added to my exercises, lessons and life. Enjoy exercising in peace and love

All these suggestions are for individual choice. You may like to use or develop your own loving alternatives, but keep exercising and do so in love.

Removing the egos:

Select an ego. Find one that you recognize. Perhaps commence with the twelve breaths above or similar, as you prefer. Let love flow into the mind, into the soul. Be with the ebb and flow of loving emotions; be totally love. Now take the ego and deluge love over it to completely dissolve it in every form. See the ego dissolve and vanish before your sight. Cast any remnants beyond the limits of the universe never to return. Call on love to consume all that is not love in and around your existence.

Repeat the ego dissolving exercises frequently. It is an ongoing task. Egos are a little bit like the common cold, they will return if you do not keep them at bay, especially if out of spiritual condition.

A listing of some egos follow, there are many more. Do not be depressed and feel it's all too hard, for that's just another ego at work and a good one to start dissolving.

In the following list the characteristic in all forms is not necessarily an ego. For example:

“Accepting” in the form of “not bothering” rather than doing something about it, is an ego, but not so in the form of “accepting” love.

Similarly some of the other listed words need to be considered in various forms.

“Denying”. If I deny love that is an ego doing its worst, whereas if I deny an ego then I am at work with love.

Each word is worthy of a study. (Something I admit to not having completed myself!)

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Abandonment.	Abstracting.	Accepting	Aggravation.
Alarm.	Aloneness.	Analyst.	Anguish.
Difficult	Animosity.	Annoyance	Antipathy.
Anxiety.	Ardour.	Arrogance.	Assumption.
Attack.	Authority.	Avarice.	Averting.
Avoidance.	Bafflement.	Battling.	Being afraid
Belittling.	Belligerence.	Betrayal.	Bitterness.
Blame.	Boastfulness.	Busyness.	Disguise
Cantankerous.	Carnality.	Categorising.	Censor.
Censure.	Comfort.	Commentator.	Competition.
Complaining.	Conceit.	Condemnation.	Confusion.
Control	Covering up.	Covetousness.	Cranky.
Cravings.	Crankiness	Criticism.	Curtness.
Deception.	Defence.	Delaying.	Denial.
Desertion.	Desire.	Detachment.	Disapproval.
Disclaim.	Discomfort.	Disgust.	Dislike.
Distraction.	Distress.	Distrust.	Diversions.
Domination.	Dominion.	Doubt.	Egotism.
Enmity.	Envy.	Excuses.	Faltering.
Fear.	Fear of letting go.	Fighting.	Flight.
Fractious.	Frustration.	Gluttony.	Greed.
Guilt.	Hang up.	Hate.	Haughtiness.
Helplessness.	Hesitancy.	Hesitating.	Hiding.
Holding on.	Hostility.	Hurt.	Impatience.
Importance.	Inadequateness.	Indifference.	Indulgence.
Inferiority.	Insecurity.	Insecurity.	Irritation.
Jealousy.	Judging.	Justification.	Lack.
Laziness.	Lechery.	Limiting.	Loftiness.
Loneliness.	Lust.	Malice.	Manipulation.
Materialism.	Meanness.	Monopolising.	Narcissism.
Need.	Neurosis.	Obligations.	Obsession.
Opinionizing.	Opposition.	Other ties.	Over confidence.
Ownership.	Pain.	Parasite	Passion.
Perfectionism.	Persecution.	Pontificating.	Possession.
Possessiveness.	Power.	Pretence.	Poor me
Pride.	Lose plot	Problemizing.	Procrastination
Rage.	Rejection.	Resentment.	Retribution.
Revenge.	Righteous indignation.	Rivalry.	Running away.
Sabotage.	Self-approval.	Self esteem.	Self-gratification.
Self pity.	Self pleasure.	Self-righteousness.	Self-satisfaction.
Selfishness.	Self-vandalism.	Separation.	Shame.
“Shoulds”	Slothfulness.	Small mindedness.	Spite.
Suffering.	Superiority.	Supposition.	Supremacy.
Suspicion.	Tidying up.	Time wasting.	Timing.
Tricking.	Ungratefulness.	Unworthiness.	Urges.
Vanity.	Vengeance.	Vexation.	Victim.
Vying.	Want.	Warring.	Woe.
Wretchedness.	Camouflaging	Attention grabbing	

Practice: Practise, practise and practise.

Ten

Newly born babies are placed in a crib facing one another. Which baby is different? My problem is that I have learnt to judge.

I was perfect when I came into planet being, then I learnt to judge and I became afraid. I learnt to judge others and by so doing I condemned myself. Frequently as I judge I believe that love is not present, rather than acknowledging my own lack of seeing. As I look I am just to observe, not to identify, for as I identify I judge and leave the door open to receive more judgement in my life. If I judge someone, I am wrong even if I am right. To judge another is to judge myself. As I perceive someone as guilty, I deny myself peace. Why judge when I may forgive?

Where there is no judgement, there is no censure and so peace prevails. In that place I see no right, no wrong; nor do I think right or wrong. Peace is where my egos are no longer present, where I am no longer trying to control, where there is no greed, no pride, no lust; no more of these things, for peace just is. But when I judge, love is absent and rather than acknowledge my own lack of seeing, I blame and I am afraid, otherwise I would not judge. My task is to replace judgement and fear with forgiveness and love. Practise forgiving.

I may write the previous paragraph in many other forms, which may apply, diversely to different souls. For example:

I too was perfect when I came into this life but then I judged that some were of a different race I became afraid as I considered some as another colour, I likewise saw myself as a member of a clan and by so doing condemned myself, for by identifying myself of one clan I created the difference between my group and other groupings. Frequently I see people as not belonging to the same set as myself and where I perceive a group or person as right or wrong, better or worse, then love is absent, which acknowledges my own lack of seeing. I am just to observe, not to qualify, for as I identify I leave the door open to receive division into my life. We are all one; we are all souls on a temporary journey to this planet.

And:

I was perfect when I arrived on planet earth but then I saw myself as part of the world. I saw others as trying to control me and I became afraid and I decided that if I was not to be controlled myself then I must control others and thus I saw the world as those who control me and those I control. As I allowed this to happen I accepted control into my life and by so doing I denied myself freedom. Yet beyond control there is only freedom.

I was perfect on my arrival on this planet but then I saw myself as part of my surrounding world. I saw that some people doubted and I then doubted myself and I became afraid. By doubting I denied myself access to certainty. Yet beyond doubt there is only certainty.

I was perfect on my arrival on this planet but then I saw myself as part of the worldly surrounds and I saw that some people were fighting with one another and I became afraid and took sides. By so doing I denied myself peace. Yet beyond fighting there is only peace.

And so on and so on, all being applicable to my life. Yet beyond separation there is only unity.
You may like to complete some others yourself.

To believe that I was not perfect at creation is a wronging of love for only my soul, which is love, knows the truth that lies within. The function of my life is to love and so come to understand the truth. This lesson constantly awaits me. I may accept or reject, I have a free mind to decide as I wish, the choice is mine. Should I choose fear I have chosen a path of self-deception and unreality that leads to the insight of all that fades away. If I choose love I have taken the path of hope that leads to reality. To consider otherwise is to presume love does not exist. Yet love is real and nothing can destroy it. My fear may be replaced by love; it is for me to act. My soul is like a genie trapped in a lamp waiting to be freed. I may rub love onto the lamp and free my soul. It is as a wonder, a marvel.

In every conscious moment I am to ceaselessly strive to be in the presence of love. The more I practise (exercise), the more it is so. As I wake in the morning I am to wake with the intent of living love, to bring love to all I meet, to everything I do; throughout my day. Then as I go to rest I will find my thoughts continuing on love. At the dawning I was love and I was centred on love for I am of love. There is no other true cause than love, for all other directions lead away from the essence of my being. If I take any other route but love then I am moving away from the yearning of my soul, and hiding from my being and trying to live that which I am not.

As I deny the worldly around me, I no longer form impressions that go to feed my egos. I am to deny the consideration of my mind that my soul is its possession. I am to deny any situation that angers me so that my egos go into retreat. Each person I meet is in some way a mirror of myself. All I see is a reflection of my internal world for I am unable to distinguish any form that is not already within me. Should my mind identify what it perceives as an error, then that self same error is part of my makeup. How else could I be aware of it? As I become conscious of only love, then in that instant there is only love within me. I learn from this experience of love to reclaim my soul.

As I learn and come to understand love, I am given and accept the sight to see where previously I did not. A blind person who forgives sees more than a seeing man who condemns. As I look for love in every situation I realise (real eyes) love is always

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present. I use all the spiritual gifts I was given to do these things. Nothing of love is difficult to see, it's just that my prejudices and intolerances get in the way and obscure. Observe in self. Observe in others. Do not judge nor justify. Just observe and love.

I am not to delay for if I keep waiting for the perfect wave, I will never launch. Practise by launching myself on every wave for my intentions, unless accompanied by works, are valueless. My journey is urgent but I tread carefully for the egos will try to trick me. Remember that if I waste the life given to me, I am wasting my creation.

Although there is no shortage of love, it is and will remain the most precious commodity; I am not to abuse it. Never shut out love for the pain is great. Rather open wide the door of love and live to the full. Reside in love so love becomes my dwelling place. Thirst for love and freely drink to fulfilment. It is never too late. Do these things now while the opportunity exists. There is perceived pain in letting go, letting go of the useless clutter I have accumulated, but until I let go, I do not give love a chance and the real hurt will remain. I let go when I leave this planet, so as I let go now and I become a visitor to the planet, no longer being part of the worldly. The world I see is ludicrous, it spins round and round, twisting my illusions. I created the contorted place that I see, no one else. Yet the planet I see, the planet given in love, turns only to complete the circle. If the caterpillar holds onto the cocoon, there is no butterfly. As I hold on to the material world I too deny myself the beauty of flying and being one within the company of love.

I am to become spiritually responsible for my own being: not to be so denies my truth. With each dark thought I die a little. Remember though that if I see the presence of a shadow there must be light. As I see the light and meet with love I am able to say: "May I call you teacher?" The response is "I am but you." My teacher already expects me. I am spiritually complete and should I doubt this, I am allowing the egos dominion. The egos will try to divert me for they perceive my teacher as an enemy. They will redouble their efforts to create separation and limitation, but it is for me to simply revert to accepting and breathing love so that my teacher and I may then proceed on. The dissolving of the egos is paramount to future joy.

As the plant is free to seed a new life, the seed itself does not proceed until it lets go of the parent. So too I jettison the worldly to allow the regrowth of my spirituality. There is no beginning and no end to this cycle just as love has no beginning and no end. Nature has decreed it so: seed, growth, plant, fruit and back to seed again. This is the circle. I may see nature as living or dieing, but the old brings forth the new in the ongoing journey. I may perceive species as becoming extinct, but being love I am not part of that perception for love cannot be extinguished. Each soul I meet is on this same cycle, nature clearly shows me this as love helps me find the way. Without love I cannot see, for without its light there is only darkness. As I let go, I see and love again and my spirit is freed. I may fly; I may dance with my soul, with the child within.

It is not my task to change others; it is my task to change myself. I am to find myself by knowing love. It is no more difficult for one person rather than another, for love does not differentiate. As I share in companionship with another, be in the moment of exchange and offer love throughout. As I make a decision I first ask myself whether it is for the benefit of those it affects, self and others. We all have much to do; there is

much to repair. As we do these things in love, love will assist for I am, we are, not alone.

As an exercise, when in company, deliberately take less than a share of the conversation to the extent of experiencing the incident of a silence or lull. Be with the interlude. In any meeting with another look for the blessing, look for the message and look for love in every pattern. Allow all to be present. The same applies to the internal chatter of the mind; allow the mind to become quiet so the soul may be heard. These things I am to learn, for only when I have trained to play a musical instrument may I be a useful part of an orchestra and join in with harmony and appreciate the melody. I am first to know myself, then may I harmonize with others. I am to practise being in harmony, not only in the conversation but at all times whether alone or with others. Each person I meet is my family; each of my doings affects self and others. Hear my soul as I dissolve the egos so that my being is no longer blurred and celebrate the renewal of my own acquaintance. In all these things I am unable to truly share in the restoration unless I first learn of myself, otherwise I am like a guitar player who joins a band but has not yet learnt how to play the instrument. Start first by being at peace within then, from that environment, I will develop and learn to be in tune and harmonize with the refrain of self and others.

Whenever I look at the presence of nature on planet earth, it is very apparent that we are in difficulty. Now is a major ecological predicament. With so many not finding peace in their own homes, nor seeing peace in the world; no wonder nature is neglected and suffering so. But to look at the planet and say I can do nothing about it is far from truth, for I can love. I can love myself, I can love others, I can find peace within. I can speak truth out of love, I can be compassionate, I can care and cease judging. My alternative is to continue towards inadequacy, wearing the masks of procrastination and ignorance, being who I am not and thereby permitting the ongoing ravaging of nature. Rather than living in a world of fear, I may substitute and live in unison with the planet. Of myself, without love, I can do nothing. Life is my opportunity to give and receive love so that our planet survives. The only error of life I can make is not to choose love. Each soul is one in the sight of love, to reconcile to love is the renewal of life and love. My soul love is to be everlasting. This is my task, for in this way I allow nature to repair as I care for nature and nature cares for me. My egos are an illusion, let them go. They try to divert me, yet they are incapable of providing other than death for that is the way my egos and “possessions” take me. But all that is nature will respond to my loving. Nothing of this planet is mine, all belongs to nature. With loving care, nature on this planet will repair. As I learn of love I am more able to assist.

If I want peace in my life then I must abandon attack for I can only be attacked if I defend. I may forgive my perceived attacker and I may forgive myself for defending. Those who I see as attacking, those who are angry with me, they are my most important teachers for from them I see myself. My egos tell me that forgiveness will only lead to being trampled upon, but this does not accept the truth that is of love. To forgive is to remember only the loving thoughts and feelings, everything else is forgotten. Forgiveness is my important task in healing. I am to remove the perceived barriers that I have placed between myself and love and in stead accept the relationship within; with the inner child, the little boy, the little girl, the male, the female, the sexual self, the man, the woman within. Be with self, be within and accept.

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My relationships with other people and nature offer me the opening to seek out and be with love. Every instant is an opportunity to give and receive love. The less clutter I carry, the lighter is my journey. All that I see is a reflection of my internal world. Some will see a flag as bringing unity, to others it will accompany the battle cry. The dissolving of my egos is my responsibility, no one else's. If I do not love, I insult nature and I insult love. As I include love the equation changes and the bond with my soul celebrates.

The perception of a tempting world gains my attention by offering me a way to allow it to control my mind. If I permit this, the egos move in and I forget that I am love and that my purpose is love. If I pursue this course of the worldly it leads away from love and away from the essence of my being. If I take any other route but love then I am distancing myself from the yearning of my soul and hiding from my reality, trying to live that which I am not; this results in death. Rather I would live.

If I say I cannot do something that is loving or I cannot attain something that is loving I am saying love cannot do or attain it, which is impossible. If I say that loving is too difficult, I am saying love does not have sufficient power to do it, which again is impossible. As I make the effort I will be assisted, for love will guide and comfort me. The question is not, why does love allow people to live in such sorrow, rather why do people allow it, why do I? The question is not, why does love allow people to starve, rather why do people, why do I? The question is not, why does love allow fighting and wars, rather why do people, why do I? Ignoring love accompanies a barren life; accepting love sustains a fruitful life. As we start to love, we start to mend. So too is nature restored.

What perceptions annoy me? What concerns me? What bothers me? What do I dislike? What do I resent? What am I fed up with? To what am I objecting? What do I want to change? What do I want to bring forth in myself? What do I want to bring forth in my life? Consider each of these and practise increasing my awareness. Become aware of all my body centres, of the actions of my mind, of my spiritual self, being with every aspect of my core being, becoming centred.

Consider the centre. A turning wheel such as a water wheel has its greatest activity at the outside edge, that is where it is fastest. As I go in towards the centre of the wheel there is less and less speed until I get to the true centre where nothing is moving, all is stillness. If it was still turning at that point, I would either not yet be at the centre or have passed through. At the centre there is balance, all is symmetry. Again: if I free wheeling downhill and then the road begins to rise, I will slow then, as the hill continues up; I will slow further until I commence going backwards; at the point of change in that micro instant I am stationary, not moving. The swinging pendulum likewise must be stationary as it changes from one direction to the other. It is the same with my thoughts as I change from one to the other, in the micro moment I am with neither consideration. If I let go of my thoughts without taking up another, then I have let go and left space for change and I may allow loving to be present. So too with my feelings, as I release one I may replace it with love. Should love be present I hold on, going for the ride and remaining with that feeling, so that I may remain in the peace, staying centred. The centre is where everything is in balance, as I achieve that place there is silence, there is peace, there is harmony. Since these features are present, so is

love for peace and harmony are ingredients of love and by definition love too is at hand. I am allowed to be centred, I am allowed to be at peace; I just need to let go of the outside and go within. This is my ongoing assignment. In any instant I am to find that place of balance, where harmony exists and then remain there in the presence of love.

Identify with each and all centres within and without, become aware and bring balance to all life. Sight leads to insight, insight to awareness, awareness to awakening, awakening to the soul. I am not required to use intellect; in peace I may ask love. A pigeon knows the way home, why do I pretend to be lost?

My mind has no ability to make me happy, it makes me a victim of the warring between my egos. When feelings emerge that come from the soul, my mind will try to think thoughts of anything to divert these feelings of love. Each ego fights to have its own feelings uppermost and all strive to be in charge of my mind, but they cannot conquer where I call on love to assist. As I dissolve the egos, there is again space for the acceptance of love within my mind. Over past times the mind has been afraid, thinking it has previously been hurt by love; these are the trickster egos at work. My way to heal the past is to centre, forgive, give thanks and let go.

Practice:

What a beautiful task to be asked to get to know oneself, to find love again.
My mind cannot conceive the magnificence that love has prepared for me.

Eleven

Nature is present in the universe, in the stars, the sun, the moon, the earth, mountains, shores, forests, the fire, the waters. Nature is the power of the suns, the volcanoes, the winds, yet the serenity of the mists. The seeds, buds, growth, all these and more are present for all to see. As I see nature, so too I see love, for nature maintains my journey here on planet earth. I may witness these patterns of nature, the signs are there clearly for me to see.

The universe is at one with love and all is in balance. Balance is fundamental. Yet during my time on this planet I have surely damaged myself and I am no longer in balance. Such injuries require rectification so that equilibrium may be regained. Imbalance manifests itself as unrest and illness within and about me. The more I have previously created discord, the more harmonising I am required to do. I may wish to escape, I may look elsewhere, I may blame others, but love sees all. My debts are for me to repay, I am obliged to correct these disparities before I am accepted back as being one with the balance of creation. There I may again achieve rest. There is no exception to this, but I may feel strong for I have love to encourage me. This act of re-balancing is not a punishment, it is a learning. Eventually I am obliged to come to

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understand this teaching, if not in this place then elsewhere. I may delay my presence in the classroom but eventually I am destined to attend. That is what I am here to do now in this moment. I will return and return to this or some other learning place until I allow peace to return within.

Similarly our planet is damaged, resulting in its being more turbulent, for I have also injured some part of nature. With nature too there is imbalance showing itself as unrest. Nature wobbles as humankind gobbles. The more we create conflicts within nature, the more restoring we are required to do. Again we may wish to escape by finding someone else to pay, blaming anyone but self.

It is not within the nature of nature to accept imbalance. Nature too will have every debt repaid without exception, for nature will naturally return to balance. I have shared in this degradation and pollution of our planet. I sit at a hardwood table! The time is with us; nature is reacting. Dumping and blaming is not working for I am only avoiding and by so doing I am passing the problem on to my children, children's children and all fellow beings.

Nature, as love, is a perfect teacher and not to be ignored. The universe has to be in harmony, that is the law. Planet earth likewise must be in accord, that too is the law. It is for me to put my thoughts, mind and doings into balance so that my surrounds may exist in balance with me and I with them. Human population has caused species to become extinct, if we do not listen to nature, humankind too may approach or become extinct, for that may be how nature has to eventually regain balance. As we start to love one another we will start to mend. As I undo what I have done up, then I free myself and assist in the restoration of all including nature. This law is so for me, my family, my work; all that is part of me and about me. This is the rule of balance that is in every moment. Be with love, be with peace and forgiveness in each moment. If I am not love I do not have peace. If nature is not cared for, our environment is not peaceful. So be within, allow myself space to be still, to reunite with self and mend the pain of separation. As I free the spirit my creation will flow, for this is the coming together for which I crave. Mend as with nature, for the tide of life will flow and ebb and with it my chance to repair. Allow peace, love and truth to accompany me within and without. As I help myself I will find the way to assist nature, for all is revealed. This is the balance of life, the balance of all that is.

Practice:

Be with the marvels, beauty and balance of nature.

Twelve

GUIDE TO SELF HELP GROUP EXERCISES

The following suggestion lasts approximately one and a half hours and includes a small break. Select two sayings from here or elsewhere in the text. Endeavour to adhere to the timings suggested. Other sayings may be selected to fit a set of particular circumstances.

You may wish to select suitable meditative quiet background music to play as people assemble as this may help to quieten the minds. The music may well be the same each time you come together. All are requested to bring an exercise book and pen or pencil, but have some spares just in case. It is essential that all should feel safe, we are here to be with our own feelings. Feelings are neither right nor wrong, they just are.

When everyone has arrived and you are ready, turn down or off any music and introduce "Topic A" by saying:

"We are about to consider our feelings and thoughts on a topic that I will shortly give you. Concentrate on your feelings rather than your thoughts. Examples of feelings are joy, happiness, sadness, hurt, fear, anxiety, cold, numb, scared, excited, disappointment, anger, sorrow, weak, helpless, vulnerable, etc. Eight minutes is allowed for this section. A gentle sounding gong will be sounded after seven minutes allowing one minute to finish. Do you have any questions?

First of all, for a minute, get yourself comfortable, close your eyes, breathe gently and be at ease.

After that minute say:

The first topic is:

"Love is present now."
(Or any topic of you may have chosen)

Repeat the topic title for everyone and recommend that each present write it down.

After seven more minutes, gently sound the gong. Say: "One more minute."

After the final minute Say "Breathe deeply and slowly move your fingers and toes. Stretch yourself . Breathe deeply again and open your eyes. Please do not talk"

This second section is again eight minutes with the gong sounding after seven, but this time you may write down your thoughts and feelings. Try and concentrate on the feelings. If you do not feel like writing just again consider the saying and again feel your emotions. Writing is recommended.

The topic again is:

"Love is present now."
(or alternative)

Are there any questions?" You may start writing now."

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Sound the gong after seven minutes sound the gong and again at the eight minute. Say: "Please complete your writings and read them through."

Pause.

Now pair, yourself with one other person and share what you have written and any other feelings that may develop as you talk. Remember feelings are neither right nor wrong. Do not judge another's writings, thoughts or feelings. Just accept. Please talk quietly so as not to disturb others. You have eight minutes for this discussion. Try and share approximately half each. I will sound the gong after four minutes. If you do not wish to share that is fine, please just remain quiet letting your mind be at rest or let your partner continue. Are there any questions?

"Pair off now please." (If there is an odd number of people form one group of three. Alternatively join in yourself to make a pair).

After the four minutes have elapsed, sound the gong and say: ~~Half time~~ and after a total of eight minutes again gong and say: "Now form yourselves into groups of four by joining with another pair and again share. You have eight minutes. Try and let each person in your group have time to comment. Again do not judge, it is essential the environment safe for all. I will sound the gong after four minutes to indicate half time. Form your larger group now please. (It may be necessary to omit this stage where there are insufficient numbers)

After that eight minutes say: "Now we come together as one group. Any person may share their own feelings or the feelings expressed during any group discussions." Do not name another person. Solely comment on feelings that emerged.

This open forum is scheduled to last a maximum of ten minutes. Close with all closing the eyes and relaxing then turn on quiet background music. Try to remain within the given timings.

Ten Minute Break

Repeat again as above but the topic (B) is:

" Love is present now. Am I in the same place?"

GUIDE SELF HELP EXERCISES FOR INDIVIDUAL

In a similar manner select any saying you may feel applicable. Set your meditative music on low or off.

Close your eyes and consider your thoughts and feelings on your selected saying. Concentrate on your feelings rather than your thoughts. Allow between five and ten minutes. After that time , similarly, write down those thoughts and feelings you had while meditating. Up to ten minutes writing time is ample.

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At the conclusion of your writings, again consider what is written for a couple of minutes.

Take a break and select another topic if you wish.

ADDITIONAL SUGGESTIONS FOR SAYINGS

A	B
Love is within me, it cannot be destroyed, it can only be hidden.	I may shift my perception and re-unite with love.
See no one as a body.	Greet everyone as love.
Love did not create this meaningless world.	Love is my source and love is who I am.
If I do not love myself, how can I know myself?	If I do not love myself, how can I love others.
Love does not force.	I am not a body, I am free
Let me not see myself as limited.	Allow my spirit to fly with love.
As I judge, I judge myself.	Forgiveness is the key to my future happiness.
Filter out the fear.	See forgiveness in everything I see.
I am hurt by nothing but my own thoughts.	The past is over, it is no longer be part of me.
If I judge someone, I am wrong even if I am right.	As I judge I condemn myself.
If I defend I am wrong even if I am right	If I defend I am defending the egos
Do I really believe I can plan my life ignoring love?	I am here to co-create with love by extending its light.
My worldly pattern is to revert to my path of self-betrayal.	I crave a change and forgive myself.
I am terrified by love and intimacy, I attack, I defend, I abort, I hide, I run.	I was created by love, everything I have added since then, except love, is useless.
Fear in my mind produces fear in my life.	Love in my mind allows me to go to my soul.
Love is unable to force me back to love, as love does not force.	As I am humble, I re-unite with love.

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Love myself, for if I don't I will surely die.	Love my enemy, for if I don't I will surely die.
Darkness is the absence of light. Fear is the absence of love.	To be alone is impossible, for it denies the presence of love.
Let not my anger destroy my inheritance.	To practise forgiveness is my task.
Feeling comfortable is approaching unconsciousness.	I would rather learn from the sharp pain of self-awareness.
I am a spiritual being having a human experience.	I am as love created me. The trouble is that I forget.
The source of sickness may be derived from self-perceived errors.	I do not have to be a wounded person.
Love is not bound, nor am I.	I do not die when I die.
Life is not limited, I limit life.	Love is not limited, I limit love.
If I am not at peace I have decided wrongly.	I have the freedom of choice to change.
I can only be attacked if I defend.	Love has no requirement to defend.
My task is to seek love, and knock down all the barriers I have built within me.	Allow love to assist.
Look through loving eyes.	Look through loving eyes and weep.
Orphans ravaged by the world.	The orphan asks: 🇸🇰 Who is going to love me? 🇸🇰
Who am I?	Does love know me?
Love lives.	Live love.
I am loved.	I am love.
Love is not limited. I may give love in abundance.	Love is not limited. I may accept love in abundance.
I try to inflict my will even after I am dead with my last will & testament.	Let go. And be a testament of love.
Fan the ember of love.	Allow the flame of love.
In the midst of wars, starving, fighting; if I can't find peace in my own bedroom, kitchen, workplace, in my heart, then what chance planet earth?	Forgive and I will see differently.

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Love is not hidden, perhaps I am choosing not to see.	Love is within me.
Be love in all I do.	I am here to love.
Just ask for guidance.	Just allow love
My past is of my making.	If I commence the unravelling, love will help me to undo.
Planet earth is my classroom where I am to learn love.	Seek nature and I will find love.
Only when I have learnt to play a musical instrument may I be a useful player in an orchestra.	Only when I know myself may I harmonize with others.
The only shortage of love is my limitation of love.	The availability of love never diminishes.
The sun does not ask "For whom am I giving light?" The sun just gives light.	I am not to ask "To whom shall I give love?" I am just to give love.
Be love in the moment.	Forgive in the moment.
Be still and know I am with love.	Be silent within, for in silence I hear wisdom.
Seek and I will find love.	The way to love is through love.
Nature nurtures all that is.	Why would I not help?
I am a pupil.	I am a teacher.
Accept the stranger.	The stranger is my family.
Join with my inner child	Allow light where there was darkness.
Know myself.	So I may harmonize with others.
Honour all gifts of nature.	Do not accept them without saying 🙏thank you🙏.
If I feel trapped, the shackles are of my making.	Break the shackles, I am not a slave.
The more profound, the simpler the words.	Love.
Hand over the negative.	Exchange it for the positive.
Honour my being.	To do otherwise hurts.

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Nature supports me.	Am I supporting nature?
Death is my transfer from time to eternity.	Why would I be afraid of death, when I am going to re-unite with my loving family?
Accept the stranger.	The stranger is my family.
The world is spinning, take care not to become dizzy.	This planet is mine to care for.
I am not to abuse my tongue.	I am also to cease the internal chatter of my mind.
Nothing is hidden, for nature sees all.	Truth reveals all.
Find harmony.	Sing the song of love and life.
Know myself.	So I may join with others.
Nothing is hidden.	Truth sees all.
Search for inner peace	Search for inner truth
As I forgive I transform fear into love.	My spirit is healed as I forgive.
Do I offer as a gift or do I offer to control?	Practise the gift of giving freely.
I am free.	With freedom I may find.
What am I holding on to?	Which ego am I feeding?
It is a privilege to give love.	Dare to give myself to love
I do not need a thing that love does not bestow in abundance	My soul is complete and cannot be otherwise.
See through loving eyes.	Celebrate as I find the truth.
I cannot recognize traits in you if they are not within me.	Rejoice as I recognize love.
Let go of my external tongue, my internal tongue.	In silence I may ask.
Many gypsies have fun.	Many rich are in agony.
I may be working today for money.	I may work for love at the same time.
There isn't enough clean drinking water in the	There is an ocean of love, free for me to use.

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world, yet I bath in it.

If I have no feelings I am dead.

If I have no thoughts I am at peace.

I am to take care of my body, but not become a slave to my body.

I may free my soul from its bonds.

Sacrifice is the ultimate surrender.

The person who knows themself, knows.

Let go of the negative, accept the positive.

Letting go does not lead to insecurity, rather it brings comfort.

As I remove my darkness, I reveal light.

With light I may see the signposts.

The fruit of love is service.

Serve my soul with love.

Sacrifice to love.

Sacrifice to peace. Forgive.

Miraculous discoveries come from being close to the brink

Dare to be there.

I cannot discover new oceans until I loose sight of the shore.

My surrender to love is the beginning of my new journey.

I am to use the gearbox rather than drift through life on automatic.

Use love as the fuel of life.

I am not here to blame, I am here to love.

To blame is to blame love.

Be uncomplicated.

Love cannot make itself difficult to understand.

I have a free direct line to love.

Pick up the phone.

Life has got complicated.

What am I holding on to?

Repeating a saying at another exercise time is fine.

Different feelings surface.

Repeating a saying at another exercise time is fine as different feelings surface.

These sayings are not necessarily all truths, but hopefully they provoke truth.

It is essential that all the participants feel and know they are in a safe, non-judging and free environment; physically, mentally and spiritually.

Use any of the topics found elsewhere in these documents. Hundreds more short sayings are available.

Some of the list above are duplicated from the main text.

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You may also choose to consider them in any different manner, perhaps just select one to carry with you during the day.

Also consider music such as listening to Bette Midler sing "Wind beneath my wings" as "A". Then play the song again as "B" asking each of the assembly to consider the "wind beneath my wings" as the inner child. There are many other similar musical opportunities. Music alone will stimulate feelings.

Video clips are also possible using such as the Robin Williams movie film "What dreams may come". Again there are many others.

Nothing is intended to be rigid in the above concept, but please remember not to judge the thoughts, feelings or writings of any person. This is critical for a safe environment.

Thirteen

Time is here now and the home of love is within. That place where I am spiritually free, free from pain, free from hurt, where there is no more sadness. A home that is the gift of life. A loving home, seen in the instant and accepted. The home I choose.

My work of love is present on this planet: work of action, doing, bringing about, sharing, being part of, and helping expand. Work of forgiveness and being love: being my very instinct, my very essence. Work of revealing the truth within, finding and being guided by my soul. I surrender to all that is love, dissolving all illusions of a previously judged and perceived world to be where there is no ego. Where all is once again balance, symmetry, peace and silence; being the very spirit of pure life, being unity, being one. To be gathered up by all who choose to accept and assembled together as it is at the one beginning, as we all allow forgiveness, hope, peace and wisdom: where all are unity, one. My work is a continuing sacrifice of surrender to my spirit and the path of my soul. Raising myself beyond the level, to reveal and be revealed as truth. To be love, joy, harmony and grace; awakened and inspired. Giving thanks, journeying in the presence of love. Being of service and in service. Being accepted in joy and happiness.

Helpers surround me and assist in my love willed decisions, nourishing me to do this work in completion, for me, for all. I share, all may share, in this perfection and all that accompanies it. Being with those who accept sharing, the ones who are prepared to accept the bliss of union. Joining with those seeking: so many, so many, for these are my family, my comforters and my helpers. Growing as one family, as children, perfect then, perfect now. Growing toward one being, one planet, one universe. Dancing the dance of love, letting go of all that is duplicity, rejoicing in being.

The way home is my welcome. For home is the place of arrival, here, now. This true arrival is the birth, my birth. A birth all may share. Home is this place of rest, place of joy, love and happiness. Being with my soul that is love, being one, where all may join

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me in the presence, where all is open, where all pain is relinquished. Where peace and love reign; this place of sharing. A place of purity, where peace reigns and I am. Where the fruits of love are ever present, where life always has been, is and always will be. Absolute beauty, at one with self and at one with nature. A realisation where there is no need for explanation, for all is revealed. Where there is no need for sacrifice, for all is surrendered. All has been let go and truth revealed. All is in balance.

My relationship to this work, life and myself is bound by love, bound in obedience - for this is love that I love all as myself, being unity and sharing totality to bring forth my true acceptance in perfection; so that my family are one in spirit and truth. A unity of perfect beauty and harmony. Unity that may be shared by all, for all, for one. An entirety of truth freely offered to those who choose to embrace. A new life sprung up from the waters of hope and flowing to eternity, bringing compassion, caring and creation, the new birth. The invitation is: "Come home" that we may share and rejoice together in everlasting love, for all time, for ever. For this is life that I love you and you love me, that we all may join together in the dwelling place of the peaceful spirits. There is nothing else to do.

So it is now, this moment, the time to take the helm of life and set course over the sea of love, where the stars guide the course, the moon gives the tides and the sun enlightens the way. For this is the way, given to me before time, as I now accept the presence of love.

So it is. Thank you for reading my writings. With love I am safe. With you I share.

I add some other short texts that you may like to read:

With deep respect to A.A. Milne

Poohsticks

“Let’s play Poohsticks.” says Pooh

“What’s Poohsticks?” Piglet asks.

“I throw a stick over the edge of the bridge and into the river, then we hurry across the bridge and watch for the stick to float out on the other side.”

“Oh, quick, let’s do it. It sounds fun.” squeaks Piglet excitedly.

So they do.

“Are we moving or is the bridge moving? Or is it the river, or perhaps the stick?” asks the inquisitive Piglet.

There was a moment of silence while Pooh thought. Then he said, “I’ve got a sort of feeling it’s best to ask Christopher Robin.”

So Pooh and Piglet go off to Christopher Robin’s house.

“Christopher Robin,” says Pooh, “Piglet and I were playing Poohsticks and we want to know which was moving: is it the stick, the river, the bridge or are we moving?”

“What is Poohsticks?” asks Christopher Robin

“Oh, it’s Pooh’s game,” squeaks Piglet “where we throw a stick into the river over one side of the bridge. Then we cross to the other side and wait for the stick to come out from under the bridge as it floats along. Sometimes we have races with two sticks.”

“That does sound fun” says Christopher Robin “let’s all do it.”

So they all go off to play Poohsticks.

Owl looked down from his tree above and mused: Maybe it’s time that is moving, or perhaps the mind. It is all the nature of life.

But if I don’t hurry I will miss the chance of *being in the moment* and playing Poohsticks with Christopher Robin, Pooh and Piglet. Wait for me I’m coming.

A fun friend called Elsie

"Elsie, why aren't you busy?" I asked.

"Because it's a nice day" replied Elsie.

"Yes but...."

"Why ruin it?" said Elsie.

"But you could be doing something important" I said.

"I am" said Elsie.

"Oh? Doing what?"

"Listening" said Elsie

"Listening to what?"

"To the birds over there." said Elsie.

"What are they saying?" I asked.

"That it's a nice day." said Elsie.

"But you've said that already."

"Yes, but it's good to hear that someone else thinks so too." Elsie replied.

"But you could be getting on and doing things" I said. "I'll just turn on the radio and listen to the news to find out what important things are happening?"

"Two hundred people were killed today when an airliner crashed over....."
"Floods have left thousands homeless in....."

"What does that tell you about the here and now?" asked Elsie

"Hmm, you 're right "

"It is such a nice day?" said Elsie.

"Yes" I said. "It's a lovely day."

The Master

There was a man who came as a child to this planet, not far away at all. As he grew he did not forget the things of when he was younger and of his past lives. So he remained very wise. Others recognised this and came to seek his guidance. They called him “Master.”

As the people requested advice, he assisted all those seeking for the master believed and knew it was within his ability.

Others saw his skills and likewise flocked to him as he healed their troubles and illnesses. Some were near dieing and he performed miracles and extended their lives allowing further chance for them to come to understand.

The master recognised that all were the children of the supreme being just as he himself. He knew this and it was so.

Soon the crowds grew and many hundreds thronged him wanting to hear his teaching and receive his touch. There was much pushing and bustling as the crowds pressed forward.

He was forced to go into the countryside, to find open spaces where he could address the crowds from the top of a hill so that all could see him. He told them many wisdoms. His followers adored him. All could hear him clearly as he addressed them, whether near or far, even if there were strong winds and squalls.

As more and more followed him, they all worshipped him as a miracle maker.

Yet he only preached that the understanding is within each and everyone, as is the power of wisdom and the power of awareness. Each could only find knowledge within their own soul; each could only find truth, understanding and wisdom within. Each was to search and then he would find. In order to look within it was necessary to let go of the without: to let go of the trappings of the world, to let go of all things being held onto. For holding on only confuses the seeing.

And the crowds expanded further into huge masses and countless were healed and being cured went away but many others still refused to look within. Some having been restored to health considered that it was no longer urgent to seek and returned to their previous ways.

Others became camp followers and they began to sell food and tents but they soon sold all their wares not being able to satisfy demand. So the master performed more astonishing things by providing food, drink and shelter, wherever it was needed.

While the master rested the crowds celebrated well into the night for they had everything they thought they needed. Only a few looked for silence in order to look within and discover all the wondrous blessings waiting to be revealed.

As the master spoke some said that it was easy for the master to talk like this for he was able to perform miracles, whereas others had to work to obtain money to survive:

if the master was to leave them then the people would have to find for themselves again.

Others considered his words but said they did not know how to look within and did not try. Many did not know themselves nor were they prepared to make any effort, they just wanted another miracle so that everything would be done for them without their making any effort.

The crowds became greater and greater and the master felt responsible for their well being as more and more relied upon him.

So he went to a quiet place and meditated. In his meditation he said to the great inner being, his soul, "Not my will but thine." And his soul responded, "Not my will but thine." In that instant it came to the master that he was not doing as he preached and that he was not letting go.

He too now had further understanding and knew that he had to let go, to let go of the followers: for they had to find their own way. He was unable to find for them, only they could do that. He understood that he was a signpost and that he had indicated a path to follow but he could not make their journeys for them. Each now stood at this signpost, at their junction of life. Each had to make their own decision about their onward journey, which way to follow, for it was pointless to just all mill around without moving on. Each had to listen to or deny their feelings, to accept or deny what they were being taught: for all have the free will to decide for themselves whether to seek and look within or alternatively remain clinging to the without. He understood that many had become lazy for everything was provided and they did not consider it urgent to move on.

The master having realised these things no longer felt responsible for them for he had decided to let go.

He returned from the place of quietness and the multitudes massed him more and more. They became crushing and severe. They demanded of him to heal, to feed and look after them. They wanted him to wave a wand even over petty needs.

He stood before them and said, "I release you, and you are free to go. I am leaving you now."

The crowd wailed as if in agony.

One asked, "But why master?"

The master responded, "I am of free will and so are you. But you have been following my will. It is for you to find for yourselves now. The way is indicated to you."

And he left them and bought a fishing rod and sat on the banks of a river, but casting neither float nor hook, for he continued to look within.