

Forward.

Sometimes it's time, time for a change. I reflect and recall 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 sorrow. Others, thought major, appear insignificant in later life. Numerous I thought complicated; several I barely recognized at the time yet later turned out to be central.

I recall a more recent time when I decided to allow a change to my life pattern. 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 and confusion. 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 relating to your being, to your soul." I was, in one way nervous, in another eager to discover. What I was being presented was something that appeared 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 ones of avoidance. I was 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 explore my being. 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 guide I started to write down a jumble of notes from our meetings that eventually filled several exercise books. I was given regular homework! Many writings were repeated, many became more refined. The text that follows is a compilation of those notes. They were originally done for me to personally sort out my own feelings, but as I developed the document 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 this revised and refined wording. In it there is finally more flow to what were very haphazard jottings. I continue to have difficulty with sequencing and avoiding repetition. This, I am sure, was meant to be, for I have come to recognize so much more during its development. This is a story of a journey to consciousness. They are my notes, written for me, which I now release to freely wander. Should another reader find the writing style unusual, one reason may be that I have left out any reference to gender and creed. Tenses are occasionally tricky where I try and cope with an unconventional concept of time.

I continue to write, as this seems for me to be how I come to comprehend. I am constantly altering the text; I appear to be unable to complete the task but I am aware that it leads me to being a more peaceful person. This "work", I believe, has helped me to become more awakened and closer to my being. I see people, animals, insects, trees, the ocean, all of nature differently. I seek inwardly. I see others as souls on a similar

journey. I perceive alternatively. 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 travels. I continue to have errors of perception however I now better understand that if I do not show compassion to my friends, neighbours, perceived enemies and all nature, then I am not loving myself and therefore not at peace. My assignment is to continue to search inwardly to discover more of my essential being and so proceed in an ongoing quest.

You may identify with 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. They just are. I do not know whether they are correct or otherwise but I do know that love exists and brings peace. I trust that what I have written causes no offence and yes I still struggle over some of the content to the extent of contradicting myself. Irrespective of this I continue to find the conclusion unquestionable.

What I offer here is serious. However if you choose to read on though, may I suggest that you do not take it solemnly; rather be positive and “play” with it somewhat light heartedly.

I rarely see my spiritual friend now but we both continue along the path. We both continue to seek, occasionally 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 in an alternative way as all was not the same.

So it is as we journey through life. We are allowed to see things from diverse points of view and we are permitted to alter our thoughts and feelings. As we travel, each is on a personal path, yet we are all on the same journey. I am not wearing your sandals and you are not wearing mine. I am, you are. All are individuals yet we are one. We are one on the journey from the beginning to the end. We have each chosen to observe individually and selected our own unique path.

Some say, “I have always been like this.” “I was born like this”. Others, “I am as I see” or “I am what I breathe”, “I am what I think”, “I am what I feel”, “I am what I eat”, I

am what I learn". We perceive these things in our own way; I have this freedom of choice, you have the same independence. It is our individual birthright.

Do I perceive my parentage as making me different? Does my continent, country or town of birth cause me to be dissimilar? In what way? From what perception? Shape, size, intelligence, health, speech, happiness, family? Do I hold others responsible for my situation? We are all on a lifetime journey. We are each enveloped in our own affairs. We are our own individuality. I am my own uniqueness.

So where am I, who am I and just what am I doing here on planet earth? Others may have had an influence on my life, but I've got myself to this point, my here and now; I have made the choices, no one else. Yes, I may have been pressured by others or consider that events have influenced me, but I made the decisions.

Consider the fledging cuckoo, it cannot blame its parents for it does not know them.

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 I may perceive differently. I may discover why the dog was limping. Am I limping through life.

As I consider myself at conception on planet earth, I may envisage myself as a perfect gift. To what extent I was accepted or otherwise was a consideration of those around me, but as a spiritual presence I was perfect. As I commenced to sense outwardly and to look about, I started to absorb my mother's, father's, caretakers and other people's feelings; their emotions and opinions. As I felt and sensed, I also took on board the worldliness about me, collecting chattels as they came my way. As I grew I started to lose sight of and forget my true being, my spirit, whom I am within. I slowly became other than my originality.

As I have come to more mature years I am realizing 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 slowly forgotten and now overlook my core self; that which is my soul, my very essence: primarily due of my fascination with the worldly.

There is an inborn desire within me to go back and see again the places I remember, especially those memories of my youth: the house where I was born, the first school and so on. In my case I have moved far away and doubt I will return, yet the thought remains.

There is a parallel consideration to return within, to re-visit and check on the well being of my soul; yet that calling is not so discernible even though the journey is critical to my fundamental being. Bodily I may wish to return to my childhood memories, spiritually I am required to return to my early awareness for that is from whence I came.

I am not "out there", I am my presence, I am within. The authenticity of my life is my inner being, my truth, my true presence. It is just that I have forgotten.

Practice:

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

The usefulness of a cup is in what is not there; perceive differently.

Two

I am spirit; I am essence, consciousness, and vitality. I am me. Yet I have covered my "me" (the real me) with the trappings of worldly wants. I have neglected my true presence and gathered great measures of jumble, curios, bric-a-brac, confusion and bewilderment as I journey along on my temporary visit to this island planet. If I could take all this accumulated excess away, then I again become my true self. This is what my spirit, the life that is within, yearns. Light and love is who my inner self is now, as it was at my beginning when I came to this speck in the universe. During my stay here on this planet I have taught myself to ignore this fact. Yet my inner instinctive desire remains to love and be loved.

Thus far I have buried my soul deep within, covering it so that my mind believes my spirit is no longer of primary consequence. I believe that I am in the outer, amongst the worldly, more than I am my inner self. I accept as true that I am in my thinking, more than my feelings. This is to the cost of my true presence, my inner being, my essence. I have forgotten that my deepest yearning is the consciousness within. 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 and leisure that I leave little occasion to be with my fundamental existence, the vital presence within. But I am responsible for my own life and for where I now find myself; no one else. While it is true that my background, associates and my environment do affect me, I am not their prisoner. I do not have to blindly follow, I am a free being. During my life to date I may consider that I have done well or maybe not so well, but in all of these hectic happenings I have strayed from my true presence, drifting apart from my soul. I have almost totally lost contact with my inner creation; that which is my beginning and will be with me at the closing of this episode.

My worldly desire seems to be to collect belongings and status, 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 with this baggage so effectively that I no longer recognize my own reality. I no longer identify with my own true presence. I have in effect sold my soul. Having got to here and now, is this spiritually where I really wish to be? I do not take my worldly wealth, my status, my family and friends with me when I depart for I leave as I arrived; as a presence who is me. I am a perpetual soul wearing a transient earthly body. I do not know when it may be my moment to depart.

When I realize (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 thus recall who I am. If I look to myself and journey within I might even delight and surprise myself!

As I decide and make the attempt to get closer to my true being, I am then on the path to again being my soul who is love.

To help me do this I need to make space, for I have so crammed myself with the jumble of life that little free area remains. My task is to remove these bits and pieces; those possessions; the junk and debris I have so willingly taken on board, eliminating all that is not love. This will make space to free up my inner being, my essence, and allow the

true me to again be. As I do this I am to be patient with myself, kind, caring and cherish my internal presence rather than look to my external appearance. I am to cease rushing about hectically, chasing the world. In preference I am to rediscover my true self: the one who I really am and so regain my true presence. I am allowed to rediscover who I am.

I have neglected to remember that I am love and that harmony is within, forgiveness is within, peace is within, joy is within. I have lost contact with my real me. My soul aches to again be acknowledged. I have my permission to again seek my reality. Everything I require to complete the task is within: I have forgotten this also, I have strayed far.

If I cast out all the unnecessary debris of life, then I make room for these renewals. The space I make available, I may fill with joy and compassion: all the characteristics of love. As I do this I will be able to see differently, to perceive otherwise and again become my rightful being. All I have to do is make the decision to do so and seek. If I deny myself this opportunity then I do not allow the hope of change and without hope there is no peace. Only as I make space within as I throw off the worldly can I freely receive. Previously I have been full of absurdity and overflowing with the paraphernalia of worldliness. I may choose to discard all this previous clutter. I may release the heaviness and so free myself to again be. As I accept, then I find love, I re-unite with the truth within and I open up to giving and in return receiving love. I am permitted to restore myself in this manner and again be with my soul. It is my birthright, my love-right. I am free to choose. I may do these things; all I have to do is accept.

It cannot be difficult or complicated for it is not the nature of love to be complex or tricky: it's just that I have allowed it to appear so. It cannot be that it is obligatory to visit specific gurus and attend special teachings. Love does not hide in this manner; it is me who has been hiding from love. I may find peace. Love is totally helpful to assist me in my resolution for, by its definition, love does not judge and is unable to favour one over another. I do not require any additional "qualifications" to attain love, I was born with everything I need. Love is within.

Practice:

Say to self and repeat frequently: 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 perceptions. I will again be free and all is forgiven.

Three

I seem to be obsessed with judging, it has become a full time habit and I am scarcely conscious of how much I am doing it. When 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 a never-ending manner. I judge people emotionally, I judge people on my consideration of their talent or lack thereof. In the same way I judge buildings, motor vehicles, roads, utilities, gardens, TV programmes, governments, religion, culture, jobs. Judging and judging, and I accept all this as normal for everyone else appears to be

Does the fragrance of a rose die when it is cut?

doing the same. Virtually everything in my and other people's lives I judge. It has become a habit, a life style that rarely seems to abate. If I ceased this pattern I give myself the opportunity to perceive differently.

We are all souls on our individual journeys on this planet. We are all here for a short period only, yet seemingly we are unable to live in harmony, even though we have an inborn desire for peace and compassion. It is essential for mankind's future survival that we live in unison rather than apart. It is similarly vital for my survival that I live in unison with my soul rather than apart. To live apart from my inner being is effectively dieing. To live apart from others, not caring, not showing kindness and consideration, is squandering the life given to me. I wish to again be in touch with my loving feelings.

It is imperative that I look at myself and others as permanent souls journeying in a temporary body rather than predominantly seeing and concerning myself about my outward transitory and worldly exterior. This is fundamental for my own survival, mankind's continuing existence and for the future wellbeing of all 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 accept the responsibility of my own soul; my task solely and souly. As I do this I will come to a re-acquaintance of my own being and in turn I come to respect myself, others and planet earth.

I may start on this journey of renewal by accepting and honouring myself as a being who is a spirit who is the presence of my existence. To do this I get in touch with my inner presence and again acknowledge my oneness with the light whom I am.

To this present moment I think 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 muddy 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 deliberately take the occasion to be with my feelings? When did I last communicate with my soul? How regularly do I make the effort to be with my self? Upbringing, education and life 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 worldly wise but at what cost to my soul?

I am my being, 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 inner being. My soul was whom I am when I came to this planet; my soul will continue to be whom I am when I depart. Where am I now in this relationship? Do I know my true self; do I even recognize the being within? Am I in contact with my own presence, my very essence? Have I spent time being in the company of my truth or am I devoting my life to the transient trinkets of the world? What am I doing about it?

Within me is a power beyond my comprehension. I must recognize it to be able to take advantage of it. This power is love. Love is what I crave, but even this longing I have starved and smothered so frequently that it is less than recognizable. I am so involved with judging that the result is anguish in my soul. I dull this pain by taking on board the

The lamb does not ask: "Why am I being fattened?" It just gets fatter.

drugs of worldliness. I have become remote from my feelings and I no longer distinguish the hurt. The discomfort often gets worse as I ignore it and I possibly become sick or turn to an addiction, taking on some obsession in a belief I may gain satisfaction. I look for the instant quick fix rather than acknowledging my dependence. I obtain only temporary relief, if at all. Should I recognize my true distress I might ask for help, I might plead for a sign to show the way out. These signal lights are constantly present but I have forgotten what many look like. I am no longer aware.

I may re-open the door to my soul by closing the door to all that is judging. Each occasion on which I put judging aside I make space to receive forgiveness. Although I am a temporary being on this planet, I have chosen to spend my presence living in a world that is alienated by borders, divides, limitation, separatism, barriers, sanctions and groupings. Mankind has developed it so. But I would rather see the oneness of the planet than these divisions. I would rather see and be with the wonder of my soul; to be one with myself and others. This is my option. I may freely choose.

To regain my soul, I release the worldly and in its place accept love. I may let go of my shame, my distress, hypocrisy, envy, greed, spite, pretence, vanity, arrogance, boasting, blaming; all my lies. I may exchange their pain and fears to replace them with love. I may accept the alternatives of compassion, hope, truth, mercy, forgiveness, gentleness, grace, patience, humility, glory, happiness and kindness. I may re-acquaint myself with the gift of the life given to me. I may again be free rather than enslaved. The gift of love is ever present. It is never too late to start. I may be at peace.

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? When did you last embrace my child within?

Four

I was first given to. I was given my life; I was given the ability to love as a fundamental capacity of that life. I was given freedom of choice and so many gifts. So having been given to it is now my responsibility to give. Until I give I am not likely to receive. As I am compassionate to others, I make space to receive compassion. As I forgive it becomes easier for others to forgive. As I allow my true feelings to flow I open the door to receive. As I love others I give love a chance. First give, then I may receive. I do not need to wait for an opportunity to give; the occasion is always present. My spirit, my very essence is healed as I do so.

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. It is here now. It is throughout and beyond. I am never alone. My problem is that I have clouded my ability to see its clarity. I have been neglecting love who is my companion. It is not within the nature of love to hide and be unavailable to me, for why would that be so? Love has no

We live on a wounded planet; as the tiger is more dangerous when wounded so also is nature.

requirement to hide for that is not the essence of love. It can only be me who has made myself distant from love.

Love cannot help but give of itself for that is its character. Frequently I do not recognize this, I am blinded by my own inability to see. On another occasion I may be blinded by love, by its beauty and brilliance. Where I do not see truth today, I may find it tomorrow. The same is true of all the aspects of love.

Although love is not hidden, in order to see love and be in its presence, I am required to seek it out and, finding it, I am to stay within that place. Love will assist, that is its personality. I may not however just sit back and let love do the work for me, it is for me to initiate the reunification by returning back to the kindness, compassion and joy that I am in my true presence. As I do these things I pick a powerful and comforting partner to whom I may always ask assistance. Love will not and cannot reject me for its pattern is to give of itself. 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 in my being and as my companion, I re-unite with a mighty giving and forgiving presence

Love is not rationed, nor is its availability restricted. It and all its ingredients such as kindness, forgiveness and truth are free. It is more available than the air around me. I may tap into its compassion wherever I am, within and without, for it is ever present and ever a present awaiting to be opened. I only need to practise my recognition to achieve its companionship. My task is to actively look for and seek its company in every situation. I am to allow love to again become apparent and devote myself to an everlasting partnership. What better cause can there be in life? I am here to re-discover love; it is the reason for my life. My soul is love and yearns my return. I often forget and have difficulty accepting this.

In the beginning I am love, what has happened since? How come I no longer recognize my beginning? Where have I hidden my truth? I have become so remote. I seem to have difficulty distinguishing my own spiritual self, my own reality. Do I no longer even recognize my true nature? Have I buried myself so deep? Have I been so calculating with my masks and disguises that I do not recognize whom I am?

How come I let others advise me about my feelings? How come I let the world I perceive, the material world, tower over me so; above my affection for my soul? How is it that I ignore my very being, my presence? How come I have shut myself down from love?

Now is my chance to again be with my soul. It is not within my power to change yesterday, nor am I able to surely predict tomorrow, but by living love in the “now” of this instant, then I become more accepting, less judging. And love will love me for that. By giving, I receive. By showing kindness, I so receive. Forgiving others and forgiving self is what I yearn. Love is who I am. I am just to re-accept the company of love.

As I receive love I may pass it on for, as I do so, I may be immediately replenished. But not giving is being apart 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, I am just to give. It is not for me to judge whether I should give to the perceived rich or

Power may crush and the crushed feel broken, yet power used with wisdom will lift the trampled.

poor. 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. Similarly it is for me just to give. Give freely so I may freely receive freely. Practise giving and be thankful. Give with joy in the heart. Today is given to me for giving. 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 spirits as I am, journeying temporarily on planet earth. I am granted the consciousness of love, why would I deny it?

My giving is just to be giving, not with any attachment. If I give 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 then that is a loving gift, for hope and joy are attributes 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 aspects of love such as hope, peace and forgiveness, but I am not able to so give love if there is an associated expectation or stipulation. 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 and such exploitation is no longer love. I do not choose to whom I give love for this too may be misguided. The gift of love is freedom, love itself is free.

I prefer not to use the term “unconditional love” as it 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” or “perfect” love for “impure/imperfect” love is no longer love. The quality of love is assured. I deceive myself by considering alternatively.

As I give lovingly, I have given; I am not responsible for the receiver. A car travelling a little erratically 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 the odd road behaviour and gets upset, temporarily forgetting that there is a bumper sticker on the rear of the vehicle. While it is a pity that the driver may be upset, I am not answerable for that. I gave in love, I have given.

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 because I choose, 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 so. This is true of many “superstitions

If I am not giving, I am holding on. If I am holding on I am not making space to receive. If my plate is full, there is no room for alternatives. Practise giving: as I give I then receive. Giving opens the door to life, giving opens the door to love and allows my return. Dare to give myself over to love. There is nothing I need that love will not

return in abundance. If I am not giving in this manner I am wasting the life granted to me.

If stuck, find something easy to love, perhaps care for a flower and at the same time have compassion for self. From that willingness I allow the joy of love to well up within. It is a privilege to give love but I am not to take love for granted. The only deed I am required 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, will give of itself, that is its behaviour.

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”, “fake egos” or similar wording. They are the veils and masks I put on to hide and conceal the real me. The cover-ups and disguises I habitually use; the excuses, delaying tactics, addictions and control. All those deceptions that in part or in whole camouflage and conceal the real self. When considered as a whole, their multiplicity represents a total shield about me that is complete with fortifications. I have built and committed myself to my own prison, bound myself within and 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, blaming, curtness, desire, lust, greed, indulgence, laziness, 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 life so far. I continue to add to them. My mind is full of their bickering and their constant squabbling is at my expense.

I classify the word “ego” to include all thoughts, characteristics, patterns and excuses that in some way or another I use, intentionally or unconsciously, to avoid being who I really am.

There are armies of egos within my mind, constantly clashing 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 being the real me. They are the enemies of my truth. I live with so many of these deceptions; each hinders me from being my reality. No wonder love seems so remote. I put on the character of those I allow.

No ego has the ability to make me spiritually happy. They 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 my cost. They 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 yet they are all perceptions that I have created.

The more egos I carry, the heavier I find life, although they will always tell me otherwise. The less, the lighter I am and the more I am free. They 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 parasites feeding off me and I, not realizing, am addicted to them. Each tries to dominate in its own way. They expand their purpose with the sole intention of being uppermost in my thinking, thus they sidetrack me from being who I truly am. They are only interested in self survival at the expense of anyone and anything, including themselves, including me. Each of their aims is supremacy and they would have me bound in my own jail, being intent on satisfying their selfish needs. Each instance when I have a thought other than love, I encourage them; I self inflict wounds, living with the hurt.

Should I be addicted to cigarettes, then to some extent cigarettes control me. If I am addicted to alcohol, indulgence, possessions, pride, deceit, dominating, loftiness, pretence, arrogance, any drugs or other addiction, 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 the other and ruthlessly vying to be in the top spot. In total their business is to dominate, involving me in their activities and diverting me so that I am kept distant from whom I am. 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 fulfilled at the expense of my truth and freedom. There are legions within me, cravings that are at war to maintain their own selfish desires. As I feed them, they become stronger striving to consume me. My soul knows about my egos, but I am so busy associating with them that I ignore my core being and this is to the egos' delight.

When I see egos in others I may be attracted to them and adopt them. As others see them in me they similarly may become attached and accept them into their own lives. Others may dump them on me and I may dump onto others. Dumping itself is an ego as I off load my perceived attitudes and problems onto another; yet at the same time the ego stays with me, just multiplying as I pass it on. As I masquerade behind my egos it serves to help them strengthen. None are trivial, they all cause pain: how we deceive ourselves!

Amongst them are many tricksters, they will tell me that judgement is necessary, they will mislead me: they will categorize and justify their desires at my peril. They encourage me to condemn self and others and distract me from the truth. They divert me from the attributes of love. All this and so much more, convincing me that I need them. By their disposition they instruct me about greed, blame, impatience, possession, ungratefulness, suspicion, superiority, guilt and their kin. Egos fight amongst themselves in their ongoing battle to be in command. In combination their intent is to blind me from my own true existence. 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. Their objective is to eclipse my spirit, clouding my

Nature too has laws to obey and may be gentle or brutal.

fundamental nature, blocking out its light. The very consideration of allowing love to become again within me is contrary to any ego's temperament and abhorrent to each and every one of them. They convince me that I am deprived, that I don't own enough. Each aims for pre-eminence and they would have me tied as I desperately try to satisfy their needs. They are the one's that sting me with pain as they strive to create separation and limitation. They are parasites feeding off me while contriving to command, dominate, divide, concoct, hatch, scheme; they do anything to achieve their own ascendancy. They play on the fear of my perceived death. I recognize some of them but I little appreciate their price tag. As I join in their disputes they turn me into their accomplice and slave. My mind is constantly involved in their altercations and bickering. I am the victim; my very being is the casualty of their squabbling. The chatter of my mind is the bantering of the egos as they strive to drown out the feelings of my inner being. My mind is subjected to the wrangling company of these parasites and this leaves little acceptable environment for love to develop and grow. In this ongoing conflict my very essence is forgotten and at risk. Anything I say or do that is not loving is pampering to an ego. An ego asks: "What can I get?". Love asks: "What can I give?".

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

So I am to let go of the old ways and excuses such as confusion, procrastination, lies, complaints, hostilities, denial, resentments, upsets, deviousness, guilt, helplessness, negativity, annoyance, criticism, diversions, frustration, fear, hurt, mistrust, pain, resentment, self pity, battles, arguing, resistance, arrogance, pride, conceit, selfishness, self importance, self centeredness, spite, arrogance; all these obsessions and so many more. In their vacated space I am to create harmony and allow joy, compassion, singing, music, laughter, peace and happiness. In this way I bring forth my true ability that I have so long neglected, to reveal and increase the love given qualities of abundance, expansion, dedication, discipline, balance, direction, devotion, guidance, genuineness, truth, focus, spontaneity, freedom, happiness, openness, fun, playfulness, awareness: all these and the many others that assist rather than hinder me in my journey through my planetary life. Remembering always to be hopeful, for without hope love is not present. Be thankful that I always have the freedom of choice to come back to love.

So many of these ego characteristics are within me, some I have put to the side, others I have developed. Should I not admit to their company I live a lie for I perceive them in some form or another in each and every one of us. I may have difficulty in their recognition for many of them are deceitful and will pretend to be what they are not. If I do not do something to get rid of my egos and replace them with love, then by default, I support their existence and allow them domination, sentencing myself to their authority. There is essential work I have to do and now. I am to lovingly forgive and release the past, choosing to fill my presence with compassion and the joy of true life, becoming free to again be at peace. Expel the egos, deny their perception and allow light where there was previously darkness.

Music may assist me on my pathway through.

I am thus challenged to put the egos of the world away and in their place to live with love so that I may regain the company of my true being. The yearning to make this change is ever within me and always has been; it is just that I have masked it so that I am barely aware.

Whenever I have a thought other than love, I am encouraging a worldly ego. Love is not worldly, for if it was it would no longer be love; love is of nature, of the planet and of the universe as I too am of love, nature and the universe. Love does not pursue worldliness. My undertaking is to free myself of that which I cannot take with me when I leave the planet; these masquerades, veils, obsessions and addictions. Then I may once again reveal myself as a soul visitor to earth rather than being a consumer of worldly cravings. I need to practise by firstly observing, recognising and identifying my egos and then systematically reject, decimate, eradicate, exterminate and annihilate them. Giving up smoking or alcohol is not easy; giving up an ego is likewise a considerable task. But I have help!

The one more powerful than my attraction to worldliness is love which when poured over an ego replaces and dissolves it. As I eliminate egos in this manner I say “no” to desire, want, selfishness and their kin and love rejoices as I celebrate. With their death I come closer to my true being, closer to my spirit, aware of the planet. All I have to do is decide that I would rather again be love and then I ask love to help. I search out the egos to be eradicated in this manner and keep eliminating them so that a huge shift in consciousness occurs. I call on love to come forth and consume all that is not love in and around my existence. Totally displace these unwanted nasties in all forms, their energy, their connections, their very fabric, so that my self-entombment crumbles and disintegrates. My past worldly doings become forgiven and forgotten and I am again free.

I do this in act, mind and deed to move out of confusion and into understanding. Love is the free and abundant exterminator of my past deceptions and, eager to assist, 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 forms; eliminate within and without, in humility and with thanks. Similarly dissolve their relations and associated energies. Be determined, demolish, destroy, wipe out and despatch the remnants, together with their connections, never to return again. If I do not do these things, they will continue in their determination to dominate my soul separating me from the child within who cries for freedom – just listen.

As I break out of this previous cycle I open myself up to again living love. As I do this 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 and plentiful gift to remove my limitations and reveal beyond my expanse, beyond my current knowledge, beyond my present understanding, my current sight, feelings, emotions and thoughts. Totally remove these nasties in all forms, within and without, together with their associated energy: cast them off forever. By this action I disintegrate their ranks allowing peace where there was previously fear and commotion. I do these things with humility, in gratitude for the assistance given and thus allow my inner truth to once again see light and freedom.

Love releases me from perceived imprisonment.

Beware of the procrastinator, for egos will always provide another question, they will always try to delay me and offer alternatives, claiming they are the peaceful ones, while offering anything but peace. Let them know that the “Ego Buster” has arrived and the more I use it the better it works. As I start to throw my excess baggage overboard in this manner, I lighten up and I become less shackled. I make space to again be kindness and be in the presence of compassion. As I say “No” to an ego, I make space to once again be my own reality, to be who I am.

Practice:

Recognize an ego, replace it with love, and rejoice in the feeling of turning the tide as the ego is vanquished by truth. Be thankful.

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 it is so. Nature cares, as the sun comes up and then again sets, ever returning, eternally sharing, ceaselessly being. So too the moon; sometimes new, sometimes old, unvarying in its own form, never altering its pattern but always changing. As with a circle, which is one but with no point of origin and none of closing.

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 fades. When ripples broaden and the bud opens; present yet passing. Time is the beginning and the end, present in its instant while continuing on. Time evaporates as it travels, newly arriving and promptly departing in its unbroken flow.

The only moment I have is the “now”, this instant. Now is the moment: hesitate and it has passed, for a new time is born. Time just is. It does not cease, just as love continues eternally.

I have lived in my body for many years, but the event will come when it is for me to leave this planet, to lay my body aside and depart, just as I arrived, returning 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 passed. No prior instant may be reclaimed for now is the only moment that I have. My past is no longer with me. The presence given to me previously has departed and, except as a recollection, it is out of my grasp. Similarly I am unable to be in the future; I may forward plan but being there is beyond my surety. The only moment that I have is now, this moment, this instant. I may choose to be fully present in my “now” for that is the freedom I have been given. It is my choice and, if I so choose, I may select to be in the company of love rather than that of my egos.

Whichever thought or feeling I am with is the one I am encouraging. If I am criticizing, I am supporting that ego and condemnation grows within me. If I am caring I am sustaining the compassion within and fanning that ember. Choosing to be

It is not the task of the wise to bewilder the unwise.

with other than love or one of its attributes renounces my right to offer and receive love in the same moment: the opportunity dies as the instant passes me by. It is for me to choose, I have this option now; the power of this decision is mine to take; that is the freedom with which I was born. The opportunity the instant brings will never return, I may consciously join with truth to cherish and embrace it. I may use it with wisdom. If I do not share compassionately, the occasion passes forever and by default I have supported an 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. This is what I am here on planet earth to do. The 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 guide is here now, this teacher is love. Be with the teacher. Indeed, why be with any other for there is only one truth, one worthy presence. There is no question, the answer is love.

Being in the instant is being present in the instant. Just that. But being in the presence with which awareness in that moment? Being argumentative is being confrontational in the moment and I am free to be with that feeling and its associated thoughts which of itself is an experience of living. My mood is able to change though, from being quarrelsome to being peaceful or some other loving alertness. Rather than letting the egos run my instant with their power struggle, I may sway my mood and choose alternative company. I may reject being in a confrontational mind and alternatively welcome in the presence of concord, permitting myself to be kind and compassionate to self and to others. In this way I avoid fear and hurt. I have this choice. The more I practice being with love, the more joy will accompany me in my life. The precious instant of giving and receiving then becomes my immediate reality.

I do not see electricity but it is there and I may unquestionably feel it. In the same way I often do not see love, but it too is there and again I may feel it. The more I search for love, the more I uncover and the more I enhance my true relationship with self and others. Love is always present, I simply need to seek and accept. In the same way as I acknowledge the physical existence of electricity, I also admit to the reality of love. I may plug into love as a permanent connection wherever I am. This is the energy of life and the moment to switch it on is now. Like electricity my connection is instantaneous, unlike electricity, love's source cannot fail. I may drink freely of love, taking my fill at any time; I may accept its abundance. The cup is overflowing, its quality is assured. To love and be loved is my soul desire and my sole task on planet earth. I have no other calling.

Yet I may be so busy in "my" time: rushing, always frenzied, being behind schedule and never quite finishing; so hectic that it is my constant state of being. If I am persistently hurrying I do not leave occasion to be with my inner presence; the company of my within. I ignore my essence and my inner child. Yet it is my responsibility to be with self, no one else's. Similarly I may be so occupied looking after others that I fail to find time to care for my own soul. This is similar to a building: the footings must be solid or else it will be subject to future flaws. My "building" also must be safe, or I too will be subject to break down, then when others lean on me, (those I "help"), they are in effect holding on to a leaky life raft that is in danger of sinking. It is not selfishness to care for one's own spirit; rather, not to do so

I am constantly deceiving myself by putting on airs, graces and masks that hide my inner beauty.

is an invitation to future dilemma. I am not saying I am not to offer help to others, only that I am to be sure of my own platform. Being hurried in my worldly life is no excuse for neglecting my inner self. When my time comes to depart this planet; I am obliged to leave ready or not. As I speed to someone else's funeral, am I ready for my own?

I spend much of my life establishing status so that I may feel "recognized" by self or others, even in minor ways. Am I doing so now by recording these writings? My motive can so often be to satisfy an ego. Occasionally I find myself writing with a feeling of pride and then my process can no longer be one of humility. I may be happy with my writing, but not proud (pride being an ego, happiness being an aspect of love). My custom within is to be harmony rather than assenting to vanity, bickering, arguing and their resulting hurt? It is not for me to compel my presence or beliefs on others; love does not and cannot force. Accepting love is not a selfish act for love cannot be self-centred. I am not to be confused in my purpose, now is my only moment, now love is.

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. Write down the things you would do? (Try not to read on until you have completed your list). Consider just ten days left. Take the opportunity to rewrite the list.

But if I had ten months remaining, the matter would certainly continue to be uppermost but decisions may not be quite so immediate. I may be slower making the list or prioritise it differently.

But if ten years or ten decades, I would have no immediate need to panic.

And the priorities are dissimilar again (no time to even make a list!) for:

Ten hours?

Ten minutes?

This moment?

The answer is to love. To love self and others in each moment, for the next ten seconds, ten minutes, ten hours, ten eons and become endlessly in that presence. This is my task and when I arrive I am there. I come to understand all, for the enlightenment within is love. The egos will tell me that this is all nonsense and not worthy of investigation, but it is all part of their deception. Love will shine through as I accept. I have allowed the egos to smother the light; I have sold out so cheaply and at such pitiful cost. But it is now the moment to accept the truth and regain who I am, the real me.

Each instant is given to me. I can waste it allowing the egos to dominate or I may alternatively make eternal use of it by accepting my reality. I may be in attendance, aware of self, honouring my being, at peace within; whilst not being distracted by the worldly. I am allowed to receive wisdom in the moment, it is my coming to understand; it is my birthright. By accepting forgiveness I relinquish fear; that dread that I may get hurt, the trepidation of what others may think and the panic that what I search for may not be real. Previously I have accepted so much fear that excludes my acceptance of compassion. But I am free to accept peace and so displace the egos that

Forgive with the intention of not repeating the perceived error again.

have long been a hindrance to my true being. I have the power to do away with them now, this instant, and replace them with love. This strength is within and now is the moment.

By being with love I am able to restore myself. Now is my new beginning, each and every instant. By accepting this gift I again come to know and reinstate my truthful being. I am once more my rightful self, my presence and my essence. I am again who I am and no longer as my egos previously dictated. Love consumes and I allow its light to shine once more where I had previously allowed such darkness. I become at peace again.

In any moment I may look inwardly, observing, searching coming to know, comprehending, and being aware of all that is the perfection of creation. In the instant I may be in the company of my soul and re-unite with love within.

When I look outwardly at the many people and things surrounding me and try to assess and understand them, I am judging and I become diverted from the real me neglecting my inner presence. My task is to return to hope and wisdom so that I may once more venture out with the insight of knowing. At this very moment love is within me, am I in that same place?

With insight as a companion I am to make today a day where my presence takes me only in the direction of love, leading me towards peace. May the path I tread be the path of forgiveness, joining with others so all may share? Should I veer off course, may I inwardly quickly comprehend and come back to love. Today may I be compassionate in all I do. May I touch others with kindness and in the same way be touched by them, giving and receiving; living in the presence. Let my eyes see the enlightenment and my ears hear the harmony and my feelings be only of sharing. I am one with self and one with others. Should I hurt another I hurt myself. Should I love another I love myself. In love we are all one. We may be at peace together.

Do not start the day expecting to get something out of it, rather spend the day giving to it, at work and at play. Then, as I put joy into my surroundings, I pass it on and give the opportunity for others to do the same. As I give to the universe I will receive many times over and I, together with all those who share, will be restored. Rejoice, for today is given to me for loving, today I will be gentle hearted, today I will be true to myself. I will do only loving deeds, I will say only loving words. Let my mouth speak caringly; may the words I utter not deviate. If anything I think, do or say is not of my very essence, then I choose to be silent until the opportunity is taken allowing compassion to re-enter. Then I may once more cherish the moment of peace and forgiveness.

Yes, I have much loving to do today, to love everyone I see, everyone I meet and everyone whose life I touch. To care for self and the presence within. To give hope to my neighbour, the visitor, the stranger, my adversary and all that is nature. In the past I have habitually forgotten and I have been fooled by the egos. I have been looking blindly; not seeing. To deny the availability of light is to accept darkness. I may return to my enlightenment, its presence cannot be denied. My destiny is for me to choose.

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 the gifts given, rather join with others so all may share. Seek in each moment to be living abundantly. Not to do so is living to die. The abundance of love is mine. My journey is urgent but tread cautiously for each instant is sacred. Aspire never to abuse a single moment, for all too briefly it will be gone.

If I am not finding love then I am to seek alternatively, for its presence is surely there. I am to keep seeking, for even if a shadow is present there has to be light. Then having found, do not let go. Become a partner from moment to moment to eternity. There is no more powerful ally than love. I look now to pursue this teaching, accepting wisdom and the presence of nature. See and feel the beauty and hear the triumphant rejoicing.

As I release my fears I make space to return to my gentleness. Then, as I accept, I continue on my journey receiving the newness of life, relinquishing the old and embracing the new. Previously I have been afraid but now is my renewal. I am here on this earth as the representative of love. There is nothing to be afraid of.

As I maintain my focus on the spirit within, I am no longer abandoning the life given to me. In every moment my responsibility is to seek out and accept peace. Life has no other worthy cause.

My undertaking is to breathe love and be in this moment of wonderment, to experience and honour and joy, else I am departing of myself. Love is ever present and here within me now, available to embrace as my ever present friend and life companion. If I do not accept I wither allowing myself to fade and wane away. As I actively live joyous harmony I am accepting the life given to me. Compassion will prevail as I allow its presence. I do not have to wait for a chance; the moment is with me now. 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 of nature. All have the ability to share and contribute to this joyous task.

I am responsible for my own being. 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 be with 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 future destiny remains for me to create. I may now initiate the move in my reconnection with light. If I choose love then love will unfailingly help and the wonder occurs, it cannot be otherwise. It is my choice to be in this process and obtain the companionship. I can pick no better companion.

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. I am compassion with the assignment to give and receive forgiveness, now and always. There is always a season for sowing, another of growing: now is the opportunity to plant and nourish the seed of my being and bestow the fruits of my future. Love is the seed of life. Am I encouraging its growth? There is an ocean of love available; I am free to take the

I do not see without light. I do not live without love.

plunge. I may drink of love without restraint, taking my fill, accepting its abundance. Truth will always assist; it cannot behave in a pattern contrary to its being. Why would I do anything else? My soul yearns my presence. The child within craves my attendance. The only possible mistake 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, be kind and forgive one another?

Maybe you would like to contemplate this now before you read further. What do you feel about this situation? Write down your reflections on the matter.

Or if there were three, four, five, or even ten people left, might they all be joyous, all be content and care for one another? Or might there be materialism, envy and anger? Quietly also consider this.

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

If thousands, millions, would most be full of hope and assist one another? Or would there be greed, separation and killing? How many children would go hungry? Hungry for food, hungry for love?

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, killing and maiming. Many millions are hungry and there is much sadness and misery.

Allow my feelings to explore these things.

What can I do? First I am to accept love within, for if I do not do so there is no corner stone in place.

If you and I were the last two people left on planet earth today, what will I do? What will you do? How will we react together considering the possibilities of different upbringing, age, size, gender?

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

Your and my choice in this instant is the seed of our future.

Practice:

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

Does the budding flower worry that the earth may fade away before it has a chance to bloom?

Seven

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

This hope is not an illusion. I am love before and I am here to love. I may look outwardly and perceive the worldly about me or I may look within to reveal love. I choose the love within, the real me that does not fail nor abandon and which nothing can destroy.

To live I need to breathe and I need to be in the presence of air; to be complete I need to be in the company of love. This is the meaning of my being: to surrender to this consideration is the beginning of my re-unification. My soul hungers for my loving presence and with this renewed relationship there is illumination that allows me to see. I become enabled, I see my own self, others and all that is nature through the eyes of kindness and sharing; recognizing all that is truth. I become one with these things. As the clarity is revealed within, I am once more with my presence, the one whom I truly am. My worldly life will ebb away but my being is eternal.

I am created in perfection. My beginning is love but here on earth I have become of the worldly as I taught myself things like competition, struggle, sickness, shortage, guilt, shame, death, greed, judgement, loss, colour, creed, race. All these and more. Each is based on fear, my perception of insufficiency, the deprivation of love and my terror of death. Love is my beginning; fear is what I have learned. I was perfect until I judged. In all the happenings of my life I have obscured whom I am within. I have ignored my spirit presence and I have successfully been duped by the egos to conceal my truth. Yet the one who is within cannot be destroyed. I was created souly love and the smothering I have added since is a worthless encumbrance and hampering obstacle. Yet beneath all this clutter, muddle and confusion joy remains. My true being cannot be extinguished. While perceiving in a world of illusions, my soul desire is to live the reality that is peace.

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

I see nothing beyond my self-imposed limits. It can only be I who, in the past, has imposed limitations on the amount of harmony I have been prepared to accept, for whom else might it be? I may blame others but I made this cake that is the worldly me. I am free to discard my self imposed limitations and see beyond. Now is my opportunity to accept to the full. I am freewill and may choose to be with my reality

Death is not the final mystery of life: it is the de-mystifying of life which is the revelation of love.

where forgiveness is unlimited, welcoming and everlasting. The opportunity is now. I am never alone in this quest, love does not desert me. My life's purpose is truth. From this instant on, I am living to love and no longer dieing to love. My soul heals as I do these things, my presence reignites in its regained freedom.

I am visiting planet earth as a personal representative of love: this is my purpose. I am here to co-create with love by extending peace to others. Here is my classroom, I am the student, and love is the curriculum. I am a voyager, love is the fuel. Trust in truth and go on; if I do not the opportunity will pass away. Allow the harmony in my inner self to come into my mind and flow throughout my being so that I become one with the universe. I am to remove myself from the worldly and live renewal. This is no dream; it is my reality freely offered in each instant.

When I arrive at the end of my transitory journey on planet earth, if I have not reunited with, practiced and found this hope, then I will not recognize it nor will I be able to choose the ongoing way. I will not comprehend what I see. I will become confused and go astray. I will not understand the signs even though the message is there. I now have the opportunity to accept and see differently. I am here to study, gain knowledge and apply myself to the topic of love and all its aspects so that I may follow that ongoing path, immediately and in the future. As I recognize I am supported and I am granted insight. I come to know. Love by its nature assists. All that is required of me is to accept. As I do so, I am given the opportunity to perceive in a different way. My ongoing task is to be at peace within and to forgive. In this manner I develop my senses and I am free to uncover my inner being as I cast out the egos. I will able to identify and be familiar with the signs, now, at the event of my departure and thereafter. Who would go on a journey without first considering the itinerary? It is my responsibility to study the map of reality.

I have no excuse. Should I put off in my decision to start on this path, the immediate hope for my future is invalidated. Forgiveness is neither hidden nor unavailable. Love is neither furtive nor concealed. If I feel distant, I re-examine and look again. It can only be me who has become so distant from my real self. Peace does not leave me; I have removed myself from that presence. I have closed my eyes to my true being. Yet I am forgiven, all I have to do is allow.

Each of us has travelled far, far from the consciousness within, each in our own way. We are all on uniquely different journeys. Every moment is different; each offers the opportunity to use free will to choose. Where I do not see today, I may find tomorrow. Be aware that I may perceive something today as loving but find I am mistaken on the morrow. I discover my truth by searching and studying. I am allowed to make errors but I am to learn from them. In this way I give forgiveness a chance. Harmony will ever continue to joyfully give of itself. Light is here now as my partner and helper. The more I search, the closer I get and the more in tune I become. The occasion is mine for the taking.

I am not to sit back and expect love to find me. Procrastination is one of the many egos that continue with their tasks of trying to impede and sabotage my efforts with their constant bickering and tricking. They will continue to offer worldly alternatives. It is imperative that I remove them and continue in my efforts to re-unite with my true consciousness, being who I am. Peace is there to welcome me as I choose to be free.

As I patiently seek, life becomes more and more enlightening. I allow myself to be cloaked by love rather than masked by my egos. I devote myself to my partnership of giving and accepting.

When I come to an intersection in my life, I will be able to see, accepting the guidance from signs that are apparent rather than obscure. At every junction be peaceful and then follow that path.

Just live love. This is the reason for my existence. This hope will not, does not and cannot fail me. It is not an issue of the moment whether there is or is not an afterlife, whether reincarnation features, what happens when I die and so on. Such questions become unneeded in the instant for I am unable to regulate my future. I may only be in the moment and in that moment I may choose peace; being in harmony with self and others. If I want kindness and compassion in my life it is for me to accept them into my life; then when I reach the end of my time on planet earth I will have given them the opportunity to become apparent to self and those I have touched. All the questions I have about this life and the hereafter become unnecessary in the instant and this instant is all I have. If I am giving, hopefully others will likewise share and our planet will be more peaceful. Nothing else matters only that I live love.

My soul, my spirit, my very essence yearns love. My material world tries to deny this as the egos continue to fight, argue and squabble to regain my attention. They constantly drive a wedge in their attempts to keep me apart from my rightful being; they urge my thoughts to advise me about my feelings. I allow the glitter of the material world, to dominate over the perfection of my being, I ignore my true self, that which is within and I do so at my peril. How is it that I have allowed these egos to shut me down so efficiently? They have done these things, all at my expense. Now is the moment 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, 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 this is the true joy of life.

If I do not care for my garden, weeds grow and suffocate the flowers. If I do not care for myself, then I too shrivel and fade. As I do not allow harmony, I suffocate the presence within. If I do not care for my own person, my own mind, and my own inner self, then how may I be at peace? How can I be in harmony with others? If I am not finding this guidance within me, what chance my being? If I do not find love in my own home, what chance for truth? If I do not find peace in my own kitchen what chance my spirit and others using that same room? If I do not find harmony in my own bedroom, family room, my workplace, my surrounds, then what chance my soul, what chance my partner, my family, my neighbours and what chance planet earth? If I want peace on this planet I am required to be in the company of peace and that means I have to be at peace within. If I am not peaceful within where is my hope?

The signs are consistently there but I have had difficulty identifying them. If stuck, be silent, be peaceful. I may always become more aware and comfort the inner child, for that one has never left me. Be patient for love is patient. Be compassionate. Then, as I

progress and I am given the opportunity, care for a family member, my neighbour, an acquaintance, a perceived stranger, a supposed enemy; at all times patiently nurturing the forgiving instinct. Care for planet earth and all that is nature. To each and all give love and accept love, for from this beginning the hope of enlightenment 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 from my self made shackles. I am again at liberty to rejoice and be thankful.

I only see love within my expanse, my knowledge and my understanding. I see nothing beyond my limits. It is for me to release my boundaries. This I do by expanding my understanding and uniting with the compassion within. If a motor vehicle is not maintained it will eventually stop. If I do not service my body, it is more likely to break down. If I do not forgive, I will break down. My maintenance programme is an essential content of my daily living, for both my physical body and my inner peace. Practice is a necessary part of my daily routine. Thus I find. Love is the underlying root that is to be nourished.

Where I have difficulty recognising this freedom, it is because I am putting my own interpretation on what I consider love might be and I search without recognizing. If I seek "love" in any other form I will not find, I see something else. When I am having a struggle finding love, it is because I am having difficulty in perception; what I previously considered to be "love" might not be. An ego disguised as love is extremely deceptive but it can be tested and shown not to be the truth. Yet even where I am having these problems, hope is present. I am to open myself, take off my blinkers and accept. As I let go of my preconceived concepts, I identify and find.

I may consider that radio waves are invisible but they are there. I may not see love, but it is there. The more I practice looking, the more I find and the more I see as clarity is revealed. I receive wisdom.

Buds just offer their leaves and flowers 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 forgive. I am not to differentiate, whether porter or president, carrier or king, just allow truth, to anyone and without preference. I am to be caring to all nature. I am to offer and accept this freedom wherever and whenever I am able, to reflect and share and to greet all in harmony and peace. Now I greet you with humility and give thanks.

My home is within; it is where my spirit resides. I am responsible for my home. My task is to welcome truth and light 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, the one who cries out for light? I have been in darkness too long, I weep at this separation. By allowing compassion within I free my oneness to again be. I am to adopt peace as my continuous presence within and without. Join with this presence and let wisdom take me for an outing. Keep the batteries fully charged, always be alert and accept the abundance. Continue to be thankful.

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, fighting, obsession, corruption, violence, war and so much more. My

fear is my lovelessness, my self designed terror. I hide, I abort and I revolt. In the moment that I reject the love in my soul, I attack. This has been my ongoing pattern of self-betrayal and duplicity. I may change all of this and accept peace. The truth of love requires no defending. Should I be defensive then I fear attack. Any situation that angers me is one where I do not yet have the capacity to be open to forgiveness. As I show aggression I am not giving peace a chance but as I love there is no necessity to defend. Living with fear is terrifying but living with love brings hope; love just is and fear recedes as I concede to this. Fear in my mind produces fear in my life; peace in my mind produces peace in my life.

I am to be watchful that what I love is capable of loving. If I love money; money of itself cannot love. This I am to question always: what am I loving and why. If I care for nature, then the way is open for nature to return its splendour. If I do not act in my concern then, by default, I destroy and erode nature's ability maintain its correct balance. Nature wobbles as humans gobble. As we exalt money and purchase the worldly we destroy nature. Money is not of itself malevolent, it is incapable of such a feeling, but money may cause of unhappiness, arguments, jealousy. I am to use money with wisdom, not to idolise it, not to use it for possession or control. I care for my fellow beings, not because I want something in return but because they too are capable of showing compassion. By offering peace to them they may in turn show kindness to others and nature; that is their freedom of choice. My task is not to hoist my ideas and attitudes onto others; (my apologies if you think I am doing this now!), I am just to be peaceful, living in the kindness of love. In this way I offer hope.

We are not our qualifications, our grades, rank, resumes, houses, business, our pomp and ceremony: all such monuments that we build to ourselves fade. I am not saying that we should not have such credentials just that we perceive them for what they are. My worldly shrines will fade away, especially if I construct them to my own ego. Alternatively consider love as an everlasting investment offering compassion to all.

Love cannot force me back to love because love does not force. Nor am I to compel others, since coercing is not of love. I am to use my life harmoniously, developing compassion as my ongoing pattern. Consider this: that I even try to inflict my will after I have left planet earth in my last will and testament! Control! So as I come to do that task I write my will lovingly; for what am I holding on to? As I cling on to the material world, I deny my truth.

I may seek any of the ingredients of love; each is within. For example: wisdom is within me, if this is not so, I am not perfect at my origin, which is impossible. My present perception of wisdom has become distorted, for the egos have trained me see erringly. I have buried my true understanding where I have buried kindness and forgiveness. This burying or smothering is so with all aspects of love. Let my search be only for love, to the exclusion of the egos. I explore inwardly; seeking constantly as I look for the peace that lies within. Love is from whence I came and yearn to return; love is my compassionate and wonderful partner that is beyond all my present understanding. I am forgiven.

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

As a sapling bends in the breeze to give passage to the winds, I too may ebb and flow with the tide of love.

judging are the reasons why we argue and fight, they are the source of our resentment. As I fear, I judge; this is the cause of my current dilemma. Yet there is no fear that truth does not resolve. When I forgive myself I transform fear into peace. My forgiveness is to be with the true intent of not repeating what I perceive as the error; or else what I am anticipating is no longer forgiveness. I am to forgive myself and to forgive others, not bearing any grudge nor 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 of perfection. That I forgive self and others is the essential work required of me. I am always free to forgive. It is my worldliness that allows fear.

I may not claim ignorance of worldly laws as an excuse for breaking them: similarly I may not claim ignorance of the laws of love as a reason for ignoring them. I cannot afford not to heed the presence of truth. The regulations 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 planet earth. Each situation is an opportunity to give and receive. My relationships are my opportunity; this is my classroom. If I tidy up the rubbish that I have made, I am assisting the planet. If I pick up rubbish that someone has caused, I am supporting nature. By sow doing I sow concord. If I care for a friend or enemy I am offering compassion. If I allow giving, gentleness, kindness, any ingredient of love, into a relationship I am placing light in that relationship. First though, deal with the relationship with self. As I forgive myself, light wells up within. As I forgive others freedom ascends and I rejoice.

These things help humankind and our planet earth. Offering harmony in this way allows peace to follow.

I am able to change the way I see, to perceive differently, this opportunity is open for all. As I eliminate the egos, peace remains with me for I do not die when I die. A plant fades without water, so do I if I do not give and accept harmony. If I do not love myself, how can I love others? If love is not within me how can I show compassion?

I am unable to travel this path alone; love is present to help me. I just accept. Love is my response to any circumstance. I am to see no one as a body but rather as a soul on a spiritual journey. I am to see them as I am to see myself. If I do not love myself, I do not know myself. If I do not know myself, how can I know anyone? My assignment is to see forgiveness everywhere, within and without. Trust in the truth and go on. Go on and allow the wonder to happen. Just give love a chance, accept and be thankful. Love dwells within as my timeless companion.

This is love.

Practice:

Periodically take the opportunity 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.

A home without love is no longer a home.

Eight

I am a spiritual being having a human experience. If I do not share with all people and all that is nature, then I am incomplete and I am not at one with the planet. The fulfilment of my presence 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 homecoming is love.

My stay on this planet is not a game; I am here to appreciate love, forgive self and offer compassion to others. This is my designated journey. I am obligated to be in this classroom planet. I frequently choose to ignore this as my egos obstruct, meddle and impede. I am so blinded that I may not acknowledge that the classroom even exists and I do not respond to what is required of me. But 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 freedom and peace. There is no more beautiful adventure offered than sharing this journey on the cycle of love; the alternative is to be bound by worldly desires. I would select peace. So why do I hesitate? Why do I pretend to be bewildered and lost? The pigeon knows the way home, the salmon finds its way to its spawning ground; so too instinctively I know the path to my dwelling place but I so often choose to ignore this. I am here to live a life of caring, giving, gentleness, truth and wisdom and to practice their patterns. It is my charge. This is not a process of learning, it is one of remembering.

As I identify with love it nourishes me within and unfurls the confusion and bewilderment to illuminate my true pathway. Should I not return to love during my temporary stay on planet earth then I have forgone my opportunity. If 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 or that I didn't know, but this is no excuse.

If my present life situation is a place where it is not spiritually true 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, then move. If I am doing what is not love, move. If where I move to also demonstrates to be an unloving environment, move again. Move, for seekers are habitually nomads, wandering from search to search. I do not move haphazardly but rather I forgive as I re-discover. I seek until I find the truth. Avoid the diversions; rather flow with the stream of life and light. Take the bypass and avoid the confusion. Then finding 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 flow and course of love to surge on and create the fertile plains, being clarity, to then issue out into the sea of compassion.

Spiritually I am free to do these things for I am not restricted except by the shackles of my own making which I may just let go. All that flows forth from love is available to flow into my life. Forgiveness will release me. Just accept. As love is not bound, then, as I become one with love, I am no longer tied. I am liberated and free to reunite with my centre and inner guide.

I am not here to control the planet for the planet turns in its own pattern.

Just as I stir when my body is physically uncomfortable, then I must also move when I am spiritually at odds. I move to regain the presence of love, for love is the comforter. If I am too lazy to bother, love is patient, but until I come to accept, I remain endlessly lost and confused, remaining with the pain. But as I dare to let go, I soar as an eagle and fly in the company of hope. I find my way, I discover the path. I move from being stuck to being free, adventuring in the stream of true life. Always keep in mind that the only person who can do these things is myself and that I do this by first loving self. If I ever have difficulty finding, remember I am forgiven the moment I accept forgiveness. I am lovable for I am love.

There is a paradox about feeling comfortable, in that it can be a risky state. If I am comfortable in the manner that I cannot be bothered to move, then I am not changing with time, nor changing with the flow of reality, thus my opportunities pass by. In such a state 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 awareness for the joy of peace is true comfort.

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. I have left my truth in obscurity for too long, my soul is crying out from the shadows, screaming for my company. Unless I reunite 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 forgive, then I regain my presence and uncover my being. Yes, I am allowed to perceive differently.

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

It is as simple as this, if I arrive at the end of my transitory journey on planet earth and I have not lived being with peace, truth, forgiveness and all that is love, then I will not clearly recognize their characteristics and nor will I be able to choose their ongoing way. If I do not befriend love as my partner, then I will not correctly identify the path and I will be alone and become bewildered, missing the signs. I risk becoming frozen to the spot by fear, staring blindly at a love indicator, denying its presence, not identifying nor understanding. Only when I re-acquaint with love will I distinguish the path before me, both now and in my future, here on planet 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?

If in the military I would be tracked by a series of numbers, each person having an individual series of digits for identity, this I may have considered as dehumanising. Today it is common practice to be identified by a series of characters and numbers, being standard procedure in many organizations such as banks, government departments and for tax purposes. I may even identify myself by a personal identification number (PIN). As time passes more and more are being tracked by digits, characters or such as a bar code. It has become an everyday event.

If asked by a person to say who I am, I will probably give my name. This likewise may be written as a series of characters. There is little difference, though we may like to think differently. Some change their name. It may alter at a wedding and be an alternative set of characters.

So who am I? A series of numbers? A series of characters? A DNA code? If I think about this for a while do I even know me? The real me, the deep within me, the one who I am now and 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 planet earth. I arrive elsewhere. "Who are you?" a kindly 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 yet know yourself," the voice says, "Return to the universe and be another presence in different place and discover yourself."

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

But in order to claim love as my witness I need to be a friend of love and be in a relationship with love, or else there will be no mutual acknowledgement. It is not that love denies me, but the reverse in that I have denied love. To achieve my companionship with love I am to seek out, discover, accept and work with the aspects of love so that they becomes my nature. Then I will know love and love will know me. I may then claim love as a witness. There is work in this, I have to make the effort, there is no magic wand to wave except love. No one is going to spirit me out of the TV chair. I am to make the first move. My task is to come to a better understanding of this wisdom. It is necessary to train in a similar way as an athlete, to work out as with physical schedules so that I may bond spiritually with peace. It is never too late to start. Why would I hide, why would I stay away from love's gymnasium?

I offer some exercises that may assist.

I feel therefore I am. I think therefore I am confused.

Mini routine with maxi results:

A simple work out that may be done quickly in about two minutes which may be included frequently, especially when time is limited:

Sit or lie comfortably and cease the internal chatter of the mind, allowing yourself to be at rest. (Love will help).

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, including the immediate surrounding body space).

Take four complete breaths in this manner. You will probably find that these breaths are longer in duration than normal breathing patterns. You may decide to breathe in through the nose and out through the mouth. Let the breaths be like the waves at the beach with no sharp change between the “ins” and the “outs”.

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 whole body, presence and surrounds.

Take four complete breaths in this manner.

On the ninth breath, breathe in through the nose and 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 and afar for all in the universe to share.

Take four breaths in this manner.

Remain relaxed and be thankful for the free gift of love.

Add-on option:

Continue in silence and be calm. Now direct the love as it flows within to dissolve and wash away the egos. Direct the flow to re-unite with the inner teacher. Remain present within.

(The four breath cycle may be any chosen number when more time is available. There is no need to count. Even one conscious breath in this manner is of benefit).

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

The example above is also useful as a starter for other routines and may be extended. If you find meditation difficult, perhaps get an instruction book or attend classes.

Try this:

At the completion of the above and in stillness visualize:

If I treat my journey lightly I may well float over what I would otherwise consider to be obstacles.

I meet my spiritual teacher, my teacher is one with me. My teacher is love. I invite my teacher to join with me. 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, assessing and trying to understand the many people and things I see. Avoid self-justification and pretence. Observe without judging, accept and comprehend self. Concentrate on being at peace internally and externally. Accept newness and change.

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 in commotion, how may I distinguish the answer? Choose your own meditation to suit the moment. Regularly pursue these peaceful missions.

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

I may also practise by going out into the world allowing, for example, truth as my uppermost feeling. Do nothing in an attacking or forceful way for truth requires no defence. Just be totally truthful, without any masks or put on airs and graces. Try it! Similarly practise with other ingredients of love such as showing compassion or being caring in every instant. Concentrate on one aspect at a time. Make regular little sorties. 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 outing, be thankful for the lessons and the understanding regained.

Another schedule:

In silence be still and ask for the company of peace. Ask in humility from the soul 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 realized in relation to self, partner, family, home, environment, work, humankind and all of nature. Allow the transformation to come through in fullness.

And:

As a temporary visitor to the planet, imagine moving beyond and above. Move out, come back, and then move out further. Practice until you can come and go at will, observing 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:

If you observe an ego in another, realize you are judging; also acknowledge that the self same ego must also be within self. If it is not within, how could you identify it?

Substitute any selected 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.

If we do not accept one another there is barely a far-away hope for our future.

As I observe others and someone is deceiving towards me, be grateful for it shows me my past.
As I observe others and someone is blaming me, be grateful for it shows me my past.
And so on and so on.

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

All these suggestions are individual choice. You may like to use or develop your own loving alternatives, but keep exercising and do so in harmony within and without.

Removing the egos:

Select an ego that you recognize as a troublemaker. Optionally commence with the twelve breaths above. Let love flow into the mind, into the presence. Be with the ebb and flow of loving emotions; be silent. Now take the ego and deluge love over it to completely dissolve and eradicate it in every form. See the ego vanish before your sight: the ego so fears love that it will flee. Cast any remnants of the ego beyond the limits of the universe never to return. Call on light to consume all that is not love in and around your existence.

Repeat these ego dissolving measures frequently as an ongoing task. Egos are a little like the common cold, they will endeavour to return if you do not keep them at bay, especially if you are out of spiritual condition.

I made up a list of egos but found when I passed the hundred plus mark it was disheartening. Better to use the effort removing the egos. They're very obvious.

Some egos may be ambiguous. For example:

“Accepting” in the form of “not bothering” rather than doing something is an ego of laziness and procrastination; but not so in the form of “accepting” love.

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

Just be aware.

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 find myself habitually judging.

I was perfect when I came into being, then I discovered judgment and I became afraid. From observing others I accepted judgement into my own life; I learnt to be the critic and so condemn myself. Frequently as I umpire the world in this way I do not see love, failing to acknowledge its presence; I am blinded from love by my egos. My task is just to observe, not to categorize. The more I judge, the wider I open the door to receive

Is the beauty of a butterfly dimmed when alighting a flower?

judgement in my life. To judge another is to judge myself. If I judge someone, I am wrong even if I am right. As I perceive someone as guilty, I deny myself peace, but where there is no censure peace prevails. Why would I judge when I may forgive? If I do not judge I do not see right or wrong; nor do I think right or wrong. Peace is when my egos are no longer in dominance, when I do not attempt to control, when there is no greed, no pride, no self indulgence, no lust, no envy; no more of these things. Peace just is. But when I judge, I am no longer peaceful; upheaval is in attendance and I forget the truth of life, neglecting my being, blaming and causing division within and without. If I replace the judgement with forgiveness, the fear is vanquished and compassion returns.

I may write the previous paragraph in many other forms:

I was perfect when I came into this life but then I judged that some were of a different race and I became afraid as I considered some as another colour. In the same way I saw myself as a member of a clan and by so doing condemned myself. By identifying myself of one grouping I create the difference between myself and others. Frequently I see some as not belonging to the same group as myself, not accepting them, and I perceive them as wrong or to be avoided. Separation then occurs and love is not in attendance. This enforces my own dimness of vision and, not seeing, I sanction rejection. I make many premises in early life without going back to reconfirm their appropriateness, unquestioningly taking on the opinions of others without verifying their foundation. My true assignment is to observe, not to censure, for as I see division I leave the door open to receive separation into my life. We are all one; we are all souls on a temporary journey to this planet, each in our own way.

And:

I was perfect when I came into being 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 deny myself freedom. Yet beyond control there is only freedom.

Again:

..... then I saw myself as part of the surrounding world. I saw that some people doubted and then I doubted myself. I became afraid. By doubting I deny myself the certainty, the certainty of love. Yet beyond doubt there is only belief.

..... then I saw myself as part of the worldly and I saw that some people were fighting with one another and I became afraid and took sides. I denied myself peace, yet beyond fighting there is only peace.

And I became afraid, yet beyond indifference there is only compassion.

And I became afraid, yet beyond unkindness there is only gentleness.

And I became afraid, yet beyond gloom there is only clarity.

And I became afraid, yet beyond conflict there is only harmony.

And I became afraid, yet beyond vanity there is only humility.

And I became afraid, yet beyond darkness there is only light.

And I became afraid, yet beyond despair there is only hope.

And so on.

I will know when I find the final answer, for the final answer will reveal all.

Try adding some yourself. It does not matter whether right or wrong; it is a stimulation of coming to “real eyes”.

How I have punished myself for so many years by being afraid. At my creation there is no fear, for fear had not been taken on board. I may live in the instant, I may live love.

To believe that I was not perfect at my beginning 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 understand the truth and this lesson constantly awaits me. I may accept or reject it, I have been gifted a free mind to decide as I am able: the choice is mine. Should I follow 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 differently is to presume love does not exist. Yet love is real and nothing can destroy it. My fear may be replaced by accepting love; it is for me to decide. I have allowed my true spirit to become like a genie trapped in a lamp. I may rub love onto the lamp and release my genie. It is as a wonder, a marvel.

In every conscious moment my assignment is to ceaselessly strive to be in the presence of love. The more I apply myself the more it becomes so. As I wake in the morning my intent for the day is to live love, to bring comfort to those I meet, to be in harmony with self and others. Then as I go to rest I will find my thoughts and feelings remain at peace. At my dawning I am love and I am centred on truth for I am light. There is no other true path, for all other directions lead away from my being and far from my yearning, thereby hiding my essence as I try to live that which I am not.

As I reject the worldly around me, I no longer tolerate the impressions that go to feed my egos. I deny the egotistical consideration of my mind that my soul is its possession. I am able to de-fuse 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 and accept love, in the instant there is freedom. I come to understand from these experiences and I am again with my teacher.

As I study and come to understand love, I am offered the wisdom to see where previously I did not. A blind person who forgives sees more than a seeing person who condemns. As I look for love in any situation it is always there; if I do not at first see it, then I just have to look more intently. I use the spiritual gifts I am given to search. Nothing of love is difficult to see, it’s just that my prejudices and intolerances get in the way and obscure my vision. Observe in self. Observe in others. I am not to judge nor justify. Just observe and love.

Nor am I to delay. If I keep waiting for the perfect wave, I will never launch. My intentions, unless accompanied by action are valueless. If I procrastinate and fritter away the life given to me, I am squandering my creation. My journey is urgent but be ever conscious of the egos as they try to impede.

There is no shortage of love but it is and remains the most precious commodity; I am not to abuse it. Never shut out its compassion for the pain is great, rather open wide

If not at peace within, how can I be at peace without?

the door of joy and live life to the full. Reside in harmony so freedom becomes my dwelling place. Thirst the presence and freely drink to fulfilment. Do these things now while the occasion is at hand, it is never too late. There is a perceived pain in letting go, releasing the useless clutter I have accumulated, but until I do so, I do not give love the opportunity and the hurt will remain. I am obliged to let go when I leave this planet; I may set myself free now and no longer be restricted by the worldly. The world I see is absurd, it spins round and round, twisting my illusions; yet I created the contorted place that I see, no one else. Planet earth though, given by nature, 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 forgo the beauty of flying and being one in the company of light.

I am to accept the spiritual responsibility for my own being: not to do this denies my truth; this is my task, no one else's. With each dark thought I die a little but even in the presence of a shadow there must be light. As I see this light and meet with love I am able to say: "May I call you teacher?" The response is: "I am but you." for my teacher already expects me. The egos perceive this teacher as an enemy. They will redouble their efforts to create separation and limitation. It is for me to simply revert to accepting and breathing love. I am spiritually complete and should I doubt this, I am allowing my egos dominion. The purging of the egos is paramount to finding true joy. Extinguish the doubt.

As the plant is free to seed a new life, the seed itself does not proceed until it lets go of its parent plant. So too I jettison the worldly to allow the regrowth of my spirituality. The cycle of life and love has no beginning and no end. Nature has decreed: seed, growth, plant, fruit and back to seed again. As the old brings forth the new in this ongoing cycle I may see nature as living or dieing. I may see species as becoming extinct, but being love I am not part of that alternative for love cannot be extinguished. Each spirit I meet is on this same journey; we are to greet in love and forgive. Nature will assist to clearly show me these things as light helps me find the way. Without love I am spiritually blind, without light there is only darkness. As I let go, I am open to giving and receiving care and compassion and I am free to fly with my presence, dancing with the inner child.

It is not my task to change others; it is my task to change self. I am to find by following the path of peace. 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 that moment of exchange and offer compassion throughout. If I am to make a decision, I am not alone, I may ask love to assist. We all have much to do; much repair work is to be done.

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. I am learning that writing is a great leveller; we may like to voice our thoughts in a conversation, but write them down and see who wants to read them. So be with the interlude and look for the blessing, look for the teaching and accept forgiveness 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 practise, for only when I have trained to play a musical instrument may I be a useful part of an orchestra. I may then join in the harmony and be joyous with the melody. I am first to know myself, only then may I harmonize with others. I am to live life being in tune, within and

without, so that I may appreciate the melody of life: whether alone or with others. Each person I meet is my family; each of my actions affects self and others. Hear my inner guide 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 accept self. Commence by being at peace within then, from that environment, I will come to know how to harmonize with the refrain of love.

Too frequently when I look at nature on planet earth, it is apparent that we are in trouble. Now appears an ecological crisis. With so many not finding peace in their own homes and failing to see freedom in the world, it is little wonder that 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 may love. I may love myself, I may love others, I may find peace within. I may speak truth out of love, I may be compassionate, I may 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 self and nature. Rather than living in a world of fear and discord, I may substitute and live in unison with planet earth. Of myself, without love, I can do nothing. Life is my opportunity to give and receive love; by loving nature I become in accord with its balance. The only error of life I can make is not to choose love. Each and all souls are one in the sight of love; to reconcile to love is the renewal of life. My soul love is everlasting. Forgiveness is my task, in this way I allow nature to repair. As I care for nature, 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; that is the way my egos and worldly 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 planet earth will repair. As I accept, I am more able to assist.

If I want peace in my life then I must abandon attack. I am also to forgive my perceived attacker and forgive myself for defending. Those who I see as attacking and those who are angry with me are important teachers; from seeing 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 an important task in my healing, the healing of others and the planet. I am to remove the perceived barriers that I have placed between myself and love and instead accept the relationship within. Revitalize my bond with the inner child, the little boy, the little girl, the male, the female, the sexual self, the man, the woman, the perfection within. Be with self and accept.

My relationships with other people and nature offer me the opening to seek out and see with compassion. Every instant is an opportunity to give and receive. The less clutter I carry, the lighter my journey. All that I see is a reflection of my internal world. Some will perceive a flag as bringing unity, to others it will accompany the battle cry.

As I procrastinate I affront nature and I insult the truth. As I include love the equation changes and the union with my reality celebrates.

The perception of a glittering and 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. As I pursue the worldly course it leads away from the essence of my being. If I take any other route but peace then I am distancing myself from the yearning within and hiding from my true presence and trying to live that which I am not, which results in perceived death. Rather I would live.

If I say I cannot do or 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 help me, 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 existence; accepting sustains a fruitful life. As we start to love, we start to mend and re-establish peace; nature is 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 my life? Consider each of these and become more aware as to their significance or otherwise and so increase awareness. Become alert to all body centres and to the actions of my mind. Regain my spiritual presence, being with every aspect of my core essence and become 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 there is less and less pace until I get to the true centre where nothing is moving and all is stillness. If I was still turning, I would either not yet be at the centre or have passed through it. At the centre there is balance and all is symmetry. Another example: if I free wheel 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 stationery, not moving. The swinging pendulum as well must be still 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 there is silence; I may allow compassion to be present. So too with my feelings, as I release one I may replace it with another, with love. Then when this sharing is present I hold onto the feeling; remaining in the space, staying centred. The centre is where all is in balance, where all is still. As I achieve that place, there is silence, there is harmony and there is hope. 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 the place of balance, be in its guidance and remain there in the oneness.

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. I know the way, why do I pretend to be lost?

My mind has previously been a victim of the warring between my egos. When feelings emerge that come from the soul, my egos will try to make my mind think thoughts of anything to divert the truth. My egos unite and strive in their charge but they cannot conquer where I call on love to assist. As I dissolve the egos, there is again acceptance

for the love within. Over past times I have been afraid. My way to heal the past is to let go, to centre, be at peace and be thankful.

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. Dwell on these truths.

Eleven

I have probably come from a dissimilar background to you, maybe only in some small way but perhaps more significantly. These contrasts may even mean that we speak a separate mother tongue. Our varying cultures, combined with our ability to judge, put us into groupings of such as colour, caste, belief, age, education and so on. We may tend to exclude those who we consider do not fit into our own model.

It is all to do with the way we perceive ourselves. In most cases I follow a pattern because my culture has taught me so. I believe I am of this creed or sect because of my upbringing. My upbringing has taught me to follow and believe within the envelope of my grouping, accepting it as being correct. My parents, my friends and environment have led me this way. I follow many of my beliefs with little question. I am all but a semi-clone. This is not to say that I am right or wrong, it is just that we tend to lean towards the culture of our parents, our surrounds, our learning. I feel comfortable like this and feeling comfortable leaves little desire to question or move. It is the reason why so many of the people in this part of the world believe in this religion and so many of the people in that part of the world believe in that religion. It is culture, the way we are brought up by our parents, our teachers, our mentors, our surroundings. We accept these things. We form groupings and we feel contented surrounding ourselves with similarly packaged people.

I was on a ferryboat the other day; several passengers were out on deck getting fresh air. One family was different: unlike skin, dissimilar clothes and of what I perceived as a diverse culture. They respectfully asked if they could sit on the same bench as me. We talked. Their beliefs were not the same as my beliefs, their upbringing was distant from the culture of my childhood. Their teachings were far removed from mine. They were holding to their beliefs as I no doubt was clinging to mine. There was a separation between us even though our meeting was friendly. Our upbringing, our customs, our history were totally strange to one another. We supported dissimilar teams and the game rules were different. In all of this neither party was necessarily right or wrong, we were just journeying our respective life paths but it was a more reserved encounter since we had so much less in common. Yet I need to be out of my environment in order to become aware of another.

History shows that individuals, families and nations are prepared to go to war and kill one another over these differences. The non-acceptance of others is one of the root causes of our continually unstable world. As I want peace then it is for me to accept my neighbour; it is for me to accept my enemy. If I do not accept people who are at

Attack is not in the teaching.

variance with me, I am effectively waving “my” flag at them. If I do it to a bull I invite trouble! Whether I perceive myself as right or wrong.

My task is to accept the stranger, to be at peace with the stranger, to love the stranger. I am to accept that there are different cultures and different beliefs. If I want harmony then I am to let peace have a chance. If I do not seek peace I deny self and mankind.

If I was put on a planet where it was always light, I would not be able to understand darkness: I would not be able to judge the opposites of light and dark because I would have no knowledge of darkness. If put on a planet where there is only love then, likewise, I would not be able to identify fear. Yet here I am able to recognize love and fear, dark skin and light skin. I am on a multicultural planet and I have the ability to judge. So if I am not at peace within myself, my family, my friends and the stranger, then concord is far removed and the door is open for hostility to enter. My assignment is obvious for the sake of my children, your children and all their respective offspring: for the sake of all on the planet.

There is a test to apply to my activities: am I doing whatever I am doing lovingly? Is this the loving way? Should I meet a stranger, I offer peace, then if they too offer peace there is hope. If I am not accepting in this way then trust has no opportunity. There cannot be concord if either party is not considerate of the other. I am unable to secure a future if I am not first at peace. There is no such thing as a “peace keeping force” because peace cannot be forced, in exactly the same way as love cannot be forced. Peace may be offered to another who, in turn, may or may not accept it.

Many inhabitants of the planet have had their cultures plundered by cultures of greater force. This did not make their culture wrong. It certainly questions the culture of those using force. Oh the yoke of my past and present. There is work to be done. I am to love myself and others.

Practice: Be peaceful and imagine being with those whom I was previously at variance, joining in their company, accepting new found harmony.

Twelve

Nature is present in the universe, in the stars, the sun, the moon, planet earth, the oceans, shores, mountains, valleys, forests, plains, the fire, the waters. Nature is the power of the suns, the volcanoes, the winds, yet the serenity of the mists, the stillness of the calm. Seeds, buds, growth, all these and more are present for mankind to see. As I see nature, I may also see love, for nature teaches me and maintains my journey here on earth. I may witness these patterns; the signs are clear for me to see.

The universe is at one with love and all is in balance. Balance is fundamental. Yet during my presence here I have surely damaged myself and I am no longer in balance. Such injuries require repair so that equilibrium may be regained. Imbalance manifests itself as unrest and illness within and about me: I plainly see this in myself and others. The more I have previously created discord, the more re-harmonising I am required to do. I may wish to escape, I may look elsewhere, I may blame others, but love sees all.

For this is my birthright, to be at one, with self, others, nature and the universe.

My debts are for me to repay, I am obliged to correct these disparities and be at one with the balance of creation where I may again achieve peace. I may feel confident in this task for love will encourage me. This process of maintaining balance is not one of newness but a re-acquainting with what I previously knew. Eventually I am obliged to come to understand this teaching. 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 place until I allow peace to return within.

Planet earth is likewise damaged, resulting in its being more turbulent as it shifts to maintain balance. With nature the disruption shows itself as change. I have also injured some part of nature. The more we create conflicts with nature, the more the imbalance and the more the restoration work there is to do. Again I may wish to escape by finding someone else to pay these dues, blaming anyone but self.

It is not within the temperament of nature to accept imbalance. Nature will have every debt repaid without exception as it changes to remain in balance. The cost is great as the ravaging of the planet earth continues. I have shared in this degradation and pollution. I sit at a hardwood table! Time is with us; nature is reacting. Dumping and blaming is not working. As I continue to demand on my environment I pass the problem on to my children, children's children and all fellow beings. Is this loving? What am I doing?

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 too must be in accord. It is for me to put my thoughts, mind and doings into balance so that my surrounds may exist in harmony with me and I with them. Human population, past and present, has caused species to become extinct, if we do not listen to nature, we too may become endangered; 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 renewal of all, including nature. This law is so for me, my family, my work; all that is part of me and about me. It is the rule of balance present in every moment. Be with the concord, be with peace and forgiveness. If I am not love I do not have peace. If nature is not cared for, our environment is not peaceful. This work of repair is vital. So be within, reuniting with the teacher who guides me to mend the pain of separation. As I free the spirit my creation will flow; this is the coming together for which I crave. Mend as with nature, for the tide of life will ebb and flow and with it my chance to restore. Allow peace to accompany me within and without. As I help myself I will find the way to assist, 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.

Thirteen

Individual training routine.

Select two sayings from within these writings or from the list that follows. Endeavour to hide saying "B" so that you do not know what it says until you complete "A". Other sayings may be selected for particular circumstances as emotions may suggest.

This suggested timing is flexible.

Consider choosing suitable meditative and peaceful background music. Be prepared with an exercise book and pencil.

Be with the feelings. Relax, do the "breath" routine. With eyes closed consider your feelings on the first selected saying "A". Concentrate on feelings, not thoughts. Allow between five and ten minutes. Then open the eyes, stretch; and write down the feelings you encountered. Add any new feelings as they occur. Allow ten minutes for this writing. If nothing comes to mind, just try to stay with the nothingness.

Take a small break and repeat using the second topic "B"

Sayings need not necessarily be truths, but hopefully they provoke truth.

List of sayings: (use one set at a time)

- A. *Love is within me, it cannot be destroyed, it can only be hidden.*
- B. *I may re-unite with love.*

- A. *Discover self for that is who I am.*
- B. *Discover love for that is who I am.*

- A. *See no one as a body.*
- B. *Greet everyone as love.*

- A. *Love did not create my meaningless world.*
- B. *Love is my source and love is who I am.*

- A. *If I do not love myself, how can I know myself?*
- B. *If I do not love myself, how can I love others?*

- A. *Love does not force.*
- B. *I am not a body, I am free*

- A. *Let me not see myself as limited.*
- B. *Allow my spirit to flow in the company of love.*

- A. *As I criticise, I criticise myself.*
- B. *Forgiveness is the key to my future happiness.*

Does the quetzal consider the crow ugly?

- A. *Filter out the fear.*
- B. *See forgiveness in everything.*

- A. *I am hurt by nothing but my own thoughts.*
- B. *The past is over; it is no longer part of my being.*

- A. *If I judge someone, I am wrong even if I am right.*
- B. *As I judge I condemn myself.*

- A. *I may look out to the stars or the depths of the oceans.*
- B. *I may look to the depths of my inner being.*

- A. *If I defend I presume attack.*
- B. *If I defend I am defending the egos.*

- A. *Do I really believe I can live my life ignoring love?*
- B. *I am here to co-create with love by extending light.*

- A. *My worldly pattern is to revert to my path of self-betrayal.*
- B. *I crave a change and forgive myself.*

- A. *I am terrified by love and intimacy, I attack, I defend, I abort, I hide, I run.*
- B. *I was created by love, everything I have added since then, except love, is useless.*

- A. *Fear in my mind produces fear in my life.*
- B. *Love in my mind allows me to be in the presence of my soul.*

- A. *Love is unable to force me back to love, as love does not force.*
- B. *As I am humble, I re-unite with love.*

- A. *Love myself, for if I don't I will surely die.*
- B. *Love my enemy, for if I don't I will surely die.*

- A. *Darkness is the absence of light. Fear is the absence of love.*
- B. *To be alone is impossible, for it denies the presence of love.*

- A. *Let not my anger destroy my inheritance.*
- B. *To practise forgiveness is my task.*

- A. *Feeling comfortable is approaching unconsciousness.*
- B. *I would rather learn from the sharp pain of self-awareness.*

- A. *I am a spiritual being having a human experience.*
- B. *I am as love created me. The trouble is that I forget.*

- A. *The source of sickness may be derived from my self-perceived errors.*
- B. *I do not have to be a wounded person.*

- A. *Love is not bound, nor am I.*
- B. *I do not die when I die.*

- A. *Life is not limited, I limit life.*
- B. *Love is not limited, I limit love.*

- A. *If I am not at peace I have decided wrongly.*
- B. *I have the freedom of choice to change.*

- A. *I can only be attacked if I defend.*
- B. *With love there is no requirement to defend for I am at peace.*

- A. *My task is to seek love, and knock down all the barriers I have built within me.*
- B. *Allow love to assist.*

- A. *Look through loving eyes.*
- B. *Look through loving eyes and weep.*

- A. *Orphans ravaged by the world.*
- B. *The orphan asks: "Who is going to love me?"*

- A. *Who am I?*
- B. *Does love know me?*

- A. *Love lives.*
- B. *Live love.*

- A. *I am loved.*
- B. *I am love.*

- A. *Love is not limited. I may accept in abundance.*
- B. *Love is not limited. I may give in abundance.*

- A. *I try to inflict my will even after I am dead with my last will & testament.*
- B. *Let go and be a testament to love.*

- A. *In the midst of wars, starving, fighting; if I can't find peace in my own bedroom, kitchen, workplace, in my soul, then what chance planet earth?*
- B. *Forgive and I will see differently.*

- A. *Love is not hidden; perhaps I am choosing not to see.*
- B. *Love is within me.*

- A. *Be love in all I do.*
- B. *I am here to love.*

- A. *Just ask for guidance.*
- B. *Just allow love.*

It is not for me to chip and chisel my child to become more like me; it is for the child to be its own self.

- A. *My past is of my making.*
- B. *If I commence the unravelling, love will help me to undo.*

- A. *Planet earth is my current classroom and the topic is love.*
- B. *Seek nature and I will see love.*

- A. *The only shortage of love is my own limitation of love.*
- B. *The availability of love never diminishes.*

- A. *The sun does not ask "For whom am I giving light?" The sun just gives light.*
- B. *I am not to ask "To whom shall I give love?" I am just to give.*

- A. *Be love in the moment.*
- B. *Forgive in the moment.*

- A. *Be still and know I am with love.*
- B. *Be silent within and allow forgiveness.*

- A. *Seek and I will find love.*
- B. *The way to love is through forgiveness.*

- A. *Nature nurtures all that is.*
- B. *Why would I not assist?*

- A. *I am a pupil.*
- B. *I am a teacher.*

- A. *Accept the stranger.*
- B. *The stranger is my family.*

- A. *Join with my inner child.*
- B. *Allow light where there was darkness.*

- A. *Know self.*
- B. *So I may harmonize with others.*

- A. *Honour all gifts of nature.*
- B. *Remember to say "thank you".*

- A. *If I feel trapped, the shackles are of my making.*
- B. *Break the shackles; I am not a slave.*

- A. *The more profound, the simpler the words.*
- B. *Love.*

- A. *Hand over the negative.*
- B. *Exchange it for the positive.*

- A. *Honour my being.*
- B. *To do otherwise hurts.*

The outspoken person may be further from the truth.

- A. *Nature supports me.*
- B. *Am I supporting nature?*

- A. *Death is my transfer from time to eternity.*
- B. *Why would I be afraid of death, when I am going to remain in the company of love?*

- A. *The world is spinning; take care not to become dizzy.*
- B. *This planet is mine to care for.*

- A. *I am not to abuse my tongue.*
- B. *I am to cease the internal chatter of my mind.*

- A. *Find harmony.*
- B. *Sing the song of love.*

- A. *Know myself.*
- B. *So I may share with others.*

- A. *Nothing is hidden.*
- B. *Truth reveals all.*

- A. *Search for inner peace.*
- B. *Search for inner truth.*

- A. *As I forgive I transform fear into love.*
- B. *My spirit is healed as I forgive.*

- A. *Do I offer as a gift or do I offer to control?*
- B. *Practise the gift of freely giving.*

- A. *I am free.*
- B. *With freedom I may find.*

- A. *What am I holding on to?*
- B. *Which ego am I feeding?*

- A. *It is a privilege to give love.*
- B. *Dare to give myself to love.*

- A. *I do not need a thing that love does not bestow in abundance.*
- B. *My soul is complete and cannot be otherwise.*

- A. *See through eyes of compassion.*
- B. *Celebrate as I find the truth.*

- A. *If I see a trait in you, it is within me.*
- B. *Rejoice as I recognize love.*

- A. *Let go of my external tongue, my internal tongue.*
B. *In silence I may ask.*
- A. *Many gypsies have fun.*
B. *Many rich are in agony.*
- A. *I may be working today for money.*
B. *I may work today for love.*
- A. *There isn't enough clean drinking water in the world, yet I bath in it.*
B. *There is an ocean of love, available and free for all to use.*
- A. *If my body has no feelings I am dead.*
B. *If I have no thoughts I am at peace.*
- A. *I am to take care of my body, but not become a slave to my body.*
B. *I may free my soul from its bonds.*
- A. *To sacrifice is to surrender.*
B. *The one who knows self, knows.*
- A. *Let go of the worldly.*
B. *Letting go does not lead to insecurity, rather it allows wisdom.*
- A. *As I remove my darkness, I reveal light.*
B. *With light I may see the path to follow.*
- A. *The fruit of love is service.*
B. *Serve my soul with love.*
- A. *Sacrifice to love. Sacrifice to peace.*
B. *Forgive.*
- A. *Miraculous discoveries come from being close to the brink.*
B. *Dare to be there.*
- A. *I cannot discover new oceans until I loose sight of the shore.*
B. *My surrender to love is the beginning of my new journey.*
- A. *I am to use the gearbox rather than drift through life in neutral.*
B. *Use love as the fuel of life.*
- A. *I am not here to blame, I am here to love.*
B. *To blame is to blame love.*
- A. *Be uncomplicated.*
B. *Love cannot make itself difficult to understand.*
- A. *The reality of life is love.*
B. *Without love I die.*

Should I have gained my power by other than love, then that power is nothing.

- A. *I have a free direct line to love.*
- B. *Pick up the phone.*

- A. *Life has got intricate.*
- B. *What am I holding on to?*

- A. *How do I get there?*
- B. *I am already there.*

- A. *If I gain at some else's expense then I have not paid and the debt remains.*
- B. *Even if I find myself at the top of the pile, my only task is to give.*

Repeating a saying on another occasion is fine, different feelings surface.

Additionally choose a saying or sentence anywhere from this text to carry with you during the day.

The above is adaptable for a group of people as follows:

Group longer exercise.

The following suggestion for several people lasts approximately one and a half hours including a small break. Select two sayings from the listing above or elsewhere in the text. Endeavour to adhere to the timings suggested. Other sayings may be chosen to fit a set of particular circumstances.

You may decide on suitable meditative quiet background music to play as people assemble to quieten the minds. This music may be the same each time you come together. All are requested to bring an exercise book and pencil, but have some spares just in case. It is essential that everyone should feel that they are in a safe environment where there is no judging. We are here to be with our feelings.

When everyone has arrived, turn the music off. Introduce topic "A" by saying: "We are about to consider our feelings on a selected 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, astray, disappointment, anger, sorrow, weak, confusion, helpless, vulnerable, etc. Also feelings may be described as similes: "I feel like an iceberg", "like a bat living in a dark cave", "like a floating balloon", 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: "Open the eyes. The first topic "A" is:

"Love is present now."

(Or any topic of you choose from immediately above or elsewhere in the text)

Nature will repair if we allow but the scars will remain for generations.

Repeat the topic title and suggest all write it down in their notebooks. On completion, close the eyes again and meditate on the topic.

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. Breathe deeply and open your eyes. Please do not talk".

Now write down your feelings as you recall them. You have five minutes to do this. I will sound the gong after four minutes.

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

At the conclusion of this writing introduce topic "B" repeating in exactly the same manner as above

The topic "B" is:

*"I am as love created me. The trouble is I forget."
(or alternative)*

After this second writing section is completed say:

Now pair, yourself with one other person (preferably not your partner*) and share what you have written and any feelings that may develop as you talk. Do not judge any writings, 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. We are in the company of love, there is no judgement. 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. If the group is large say: "Now form into groups of four by joining with another pair and again share. You have eight minutes. Try and allow each person in your group to have the opportunity to comment. Again do not be a critic, do not judge, it is essential the environment is safe for all. I will sound the gong after four minutes to indicate half time. Form your larger group now please."

After that eight minutes say: "Now we come together as one group. Any person may share feelings.

Allow five to ten minutes at the most.
At the completion, turn on the music.

Try to remain within the given timings.

As I accept my temporary earthly frame I feel less imprisoned.

Ten Minute Break

Time permitting, repeat again as above with two different sayings.

Complete this second set of sayings, again coming together as a pair (preferably different to the first pairing) and then, numbers permitting, as a larger grouping.

As an alternative to a “saying” suitable selected music is acceptable.

Example: Play the Bette Midler song “Wind beneath my wings” as “A”, following the same routine. Then play the song again as “B” asking each of the assembly to consider the “wind beneath my wings” as their inner child. John Lennon’s “Imagine” is another consideration. Enjoy your music!

Nothing is intended to be rigid in the above concept, but please remember no one is to judge the thoughts, feelings or writings of any other person. This is essential for a safe environment, physically, mentally and spiritually.

Practice: Practise, practise and practise.

Let the love that is within do the work.

*It is perfectly OK to share with a partner, but, in early stages, one or the other may be overly defensive.

Fourteen

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 wounding, 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: peaceful work of action, doing, bringing about, sharing, being part of, and helping expand. Disciplined work of forgiveness and compassion: being my very instinct, my very essence. This work reveals the truth as I accept the assistance of my guide. 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, harmony and peace; being the very spirit of pure life, being unity, being one. To be gathered up with all who choose to accept and assemble in joy, as it is at the one beginning; where all is forgiveness, hope, peace and wisdom: where all is unity. My work is a continuing sacrifice of surrender to my spirit and the path of my soul where love resides. Raising myself beyond the level, to reveal truth. To celebrate in harmony and grace; awakened and inspired. Giving thanks, journeying in the presence of love; being of service and in service; rejoicing in the dance of blissful happiness.

A peaceful reflection awaits me within and without.

Helpers surround me to assist in my love willed decisions, nourishing me to do this work in completion, for me, for all. I share; all may share in the perfection and the joy that accompanies it. Being with those who allow in the oneness of union and joining with all who seek. So many, so many, for these are my family, my comforters and my helpers. All growing in unison, as children, perfect then, perfect now and expanding toward one being, one planet, one universe where all is peace. Releasing all that is duplicity, to dance the dance of love in the company of my centre, my soul.

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 for all who accept. Home is this place of rest, place of forgiveness joy and happiness. Being in the presence of my soul that is love, being one, where all may join in the company, where all is open and all pain is relinquished. Where peace and love reign; where all is sharing. A home of purity, where tranquillity is and I am. Where the fruits of love are ever present, where life and love always have been and always will be. A boundless presence that is at one with self, with others and all that is nature. A realisation where there is no need for explanation, for all is revealed and judgement is no longer. Where there is no need for sacrifice, for all is surrendered. All has been let go and certainty revealed. My completeness is in balance and in harmony.

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, being in totality to bring forth my true acceptance in perfection, that my family are one in spirit and truth. A unity of harmony with nature: accord that may be shared by all, for all, for one. This wisdom of true knowledge is freely offered to those who choose to embrace. It is a new life springing up from the waters of hope and flowing to eternity, bringing compassion, caring and creation. 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. We all may join together in this dwelling place of the peaceful spirits. There is nothing else to do.

So it is now, this moment; the occasion 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. It is the pathway, given to me before time, as I now accept the presence of my soul.

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

***If you wish to contact the writer please email: peacefulspirits@hotmail.com
I endeavour to answer. Some replies I lose amongst junk mail and occasionally I lose my in-box. Apologies; I'm human!***

If you wish please consider posting to a friend.

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The Teacher

A child came to this planet who was called "Satu". While the youngster grew the memories of earlier days and past lives stayed alive in the memory and were not forgotten. Because of this Satu grew up very wise. Others recognized these gifts and as Satu matured people came to seek guidance. Satu became known as a wise teacher.

Whenever and wherever advice was requested Satu assisted those seeking and so became well known and respected. Satu believed and knew the ability that lay within. He was at one.

More and more saw these skills and flocked to be in this presence. The teacher healed their troubles and illnesses. Some were near dying and Satu performed wonders and guided them to allow their coming to understand.

The teacher understood that all were the children of the supreme, knowing this of self and others, for it was so.

The crowds grew and many hundreds thronged wanting to hear the teaching and receive Satu's touch. There was much pushing and bustling.

So the teacher was forced to go into the countryside, to find open spaces where it was possible to address the gatherings from the top of a hill, then all could see. Satu told many truths and the followers adored their guide. All could hear clearly, whether near or far, even if there were strong winds and squalls.

More and more followed, worshiping Satu as a miracle maker.

Yet the teacher only preached that the understanding lies within each and everyone and that the strength of wisdom and the power of awareness also abide within. A follower could only find knowledge in their own soul; each could only find truth, understanding and freedom in their own souls. All were to search in this way and then they would find. In order to look within it was necessary to let go of the without; to let go of the worldly; all things being held onto. For holding on only diverts true seeing.

And the crowds expanded further into huge masses and countless were healed and when cured went away, but many still refused to search within their own souls. 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 who sold food and tents but they soon ran out of their wares not being able to satisfy demand. So the teacher performed more astonishing acts by providing meals, drink and shelter, wherever was needed.

While Satu rested the crowds celebrated well into the night for they had everything they thought they required. Only a few looked for silence in order to search within their inner selves to discover all the wondrous blessings waiting to be revealed.

As the teacher spoke some said that it was easy for Satu to talk like this being able to perform miracles and grumbled that they had to work to obtain money for survival. If

the teacher was to leave them, they complained that they would have to find for themselves again.

Others considered the words being taught but said they did not know how to look within and did not make any effort; they just wanted another miracle so that everything would be done for them.

The crowds became greater and greater and the teacher felt liable for their well being as more and more relied upon these marvels.

So Satu went to a quiet place and meditated. In meditation Satu joined with the great inner being, the soul. In an instant it came to the teacher that Satu was not following the teaching of letting go. Satu was holding on to the followers who in turn held on to and relied upon their guide.

The teacher now had further understanding and knew to let go; to let go of the followers. They had to find their own way. Satu was no longer prepared to find for them, only they could do that by seeking for themselves. Satu understood the teachings were a signpost and that the path was indicated for any to follow who chose but a teacher could not make their journeys for them. All 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 for people to just meander as though in a maze when they had already been shown the way out. All had to move on in life for time itself moves on. Each was to listen to or deny their feelings, to welcome or discard what they were being taught. All have this free will to decide for themselves, whether to seek looking within or alternatively remain clinging to the without. The teacher understood that many had become lazy for everything was provided and they did not consider there was any urgency. Now understanding these things Satu become conscious to no longer held on to the followers.

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

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

The crowd moaned as if in agony. "But why teacher?" they wailed.

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

And the teacher left them and bought a fishing rod and sat on the banks of a river but did not cast worm nor hook, for Satu was searching further within.

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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 stream, then we hurry over the bridge and watch for the stick to come 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 stream?” asks the inquisitive Piglet. “Or perhaps the stick?”

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

So Pooh and Piglet rush 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, or are we moving?”

“What’s Poohsticks?” asks Christopher Robin

“Oh, it’s Pooh’s game,” squeaks Piglet “where we throw a stick over one side of the bridge into the stream and then cross to the other side and wait for it to float out on the other side. Sometimes we have races when we each throw a stick in at the same time.”

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

So they all three rush 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’s all the nature of life.

But if I (yes me!) 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.

With deepest respect and appreciation to A. A. Milne.

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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? What to?"

"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 again. "I'll just turn on the radio to hear the news to find out what important things are happening?"

"More than two hundred people were killed today when an earthquake....."
"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. "Let's share it."

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

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Early Morning

We had previously heard the bicycle bell as dawn arrived and we stirred from our slumber. A trader was selling his wares. Maybe milk we thought. So I arose early the following morning on hearing the ring and cry of the trader. But too late, the seller was out of sight. Being out and about I decided to walk to the dairy for fresh milk. The church bells pealed as the sun rose at the horizon, the Hindus were attending their shrines, the Koran was being recited from a loud speaker on a distant minaret, incense smoke drifted across an image of Buddha. Cattle having been milked were being urged to wander away from the cottages and into the open spaces. The first washerwoman was at the village pump thrashing laundry.

Arriving at the dairy I had no container for milk and I was obliged to return and find an empty drink bottle. Back to the dairy greeting more early risers. The first bus appeared along the road through the mist.

I offered my container at the dairy to be asked: "Buffalo's or cow's?" The question was not anticipated but "Cow's" I responded positively, yet unsure but not wanting to appear unconvincing. "Ten minutes" the dairy man said. I sat contentedly watching.

The herders, having milked their animals, arrived on bicycle and by foot carrying the milk in small metal containers. The dairyman had two churns, one for buffalo and one for cows' milk. He took the lid off the appropriate churn and placed a filter screen atop. Then the milk was poured a litre at a time into an aluminium measure and transferred into the churn. A hydrometer was popped into one measure from each supplier and the reading recorded. The last partly filled measure was measured off into smaller cups for exact total. Randomly a sample was put into a small plastic screw cap jar. Details were put into each supplier's record book.

The first milk to arrive appeared to be all buffalos'. Soon some cows' milk arrived in a largish container strapped to the rear pillion of a bicycle. It was checked in and I received my half litre and paid my nine rupees. I then returned to sample my purchase.

Oh yes! And the wares being sold from the early morning bicycle bell that awoke us again the next morning were established to be, no longer one of the mysteries of India, but fresh warm bread rolls!

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