



**Nothing matters,
except
Love and Light**

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Published in book form only

5000 Years of Wisdom

Nothing matters, except Love and Light

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Selected quotations on Love and Light

God's body is Light

- Zarathustra

Light is the symbol of truth

- James Russell Lowell

Only the Light we have kindled in ourselves can illuminate others

- Arthur Schopenhauer

It isn't more Light we need. It's putting into practice the Light we already have.

- Peace Pilgrim

To Love is to reach for God

- Rumi

Let the Beauty we Love be what we do. There are hundreds of ways to kneel and kiss the ground

- Rumi

Love is fearless in the midst of the sea of fear

- Rumi

Love said to me there is nothing that is not Me. Be silent.

- Rumi

Lovers don't finally meet somewhere, they're in each other all along

- Rumi

Love is the nature of God. He can do no other: Thus, to be God, Love at each moment.

- Angelus Silesius

God is Love, and he that has learnt to live in the Spirit of Love has learnt to live and dwell in God

- William Lawrence

To Love another person is to see the face of God

- Victor Hugo

Love is the essence of God

- Ralph Waldo Emerson

Where there is Love, there is God also

Leo Tolstoy

Love is God, and to die means that I, as a particle of Love, shall return to the general and eternal Source

- Leo Tolstoy

You will find as you look back at your life that the moments that you have truly lived are the moments when you have done things in the Spirit of Love

-Henry Drummond

Love is infallible; it has no errors, for all errors are the want of Love

-Andrew Bonar Law

The more one Loves the nearer he approached to God, for God is the Spirit of infinite Love

- Ralph. W. Trine

Love is qualified as an attribute of that force, power, or influence known as God. Thus as man makes application of Love in his daily experience, he finds God a personal God.

- Edgar Cayce

When you Love, you should not say, "God is in my heart," but rather, "I am in the heart of God."

- Kahlil Gibran

Love God sincerely, and He will reveal Himself. Sacrifice everything at the altar of this supreme Love; you will realise the Beloved within you.

- Meher Baba

The moment you have in your heart this extraordinary thing called Love and feel the depth, the delight, the ecstasy of it, you will discover that for you the world is transformed

- Jiddu Krishnamurti

**“What is Love?” “The total absence of fear,” said the Master.
“What is it we fear?” “Love,” said the Master.**

- Anthony de Mello

When the power of Love replaces the love of power, man will have a new name: God

- Sri Chinmoy

The bonds of Love are what connects us to the Other Side

- John Edward

Teach only Love, for that is what you are

- A Course in Miracles

For God is Love

- John 4:7 – 8

Love is a state of being not a state of feeling... Love is the most powerful magnetic force in the Universe

- Carnelian Sage

When we leave this world. How much we have Loved will be our true legacy. It is the only thing we will leave behind and carry with us.

- Anne Siloy

I don't feel that we have any choice but to see the Love and Light that exists in every person

- Doreen Virtue

Source: *5000 Years of Wisdom*

I hope you found these 30 selected quotations about Love and Light from *5000 Years of Wisdom* a useful introduction to this book.

Since the 1970's I have carefully selected over 750 000 invaluable quotations from others spanning 5000 years. It has been a great source of learning for me to sit at the feet of possibly the most intelligent and wisest people who have lived over the past 5000 years. Compiling, collating, and publishing *5000 Years of Wisdom* with the team who assisted me was a labour of love. Through it, all the Love and Light within me recognised the Truth, Beauty, and Love, who is Nameless, and is such Love and Light. We this Love and Light- God, Oneness, Source, Creator, Universe, etc.

Due to its some 1000 pages, this book of over 13 500 selected quotations, categorised chronologically for each of the over 950 topic headings, was published in book form only and given to close family and selected friends of mine.

Nothing matters, except Love and Light

Who are we?

We may think that we are flesh and bone, and the world around us is real, but that is a sliver of what is truly real. As human beings on earth, we experience our reality as if we were an earthworm digging through the earth, experiencing that as its reality.

Telling an earthworm that life is not lived in the earth surrounded by darkness but standing on the earth living in sunlight during the day, and the moon, stars, and electric light shining at night would seem incredulous to the earthworm. Explaining the night sky and the billions of stars shining their light through millions of light years is difficult for us to contemplate, let alone an earthworm who only knows darkness as its reality.

As Shakespeare so eloquently wrote in Hamlet, *there are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.*

William Blake stated, *if the doors of perception were cleansed, then everything would appear to man as it is, infinite. For man has closed himself up, till he sees all things through narrow chinks of his cavern.*

With that introduction, I will plunge you, my dear reader, into a definition of reality that may be difficult to grasp. It comes from my free book found on personalempowerment.co, *Understanding and Elevating your Vibrational Energy.*

In truth, all we ever are is points of energetic vibrational Beings of Love and Light in an infinite and eternal stream of Consciousness of Unconditional Love and Light. We choose to call this infinite and eternal stream of Consciousness our Higher Power/Source Energy/God and many other names. We are All One and far from ever being alone. You are me, and I am you, as we are all the same infinite Unconditional Love and Light at our eternal essence. We are Oneness. We are God.

If you have not read my book on vibrational energy stated above, this may take a while to understand and comprehend. We are Beings of Love and Light, and we exist eternally as points of energetic vibrational fluctuations. This we call our eternal and infinite Souls. To illustrate this, look up at a star in the night sky and see that

blinking light. We see it as a blinking light from the earth, but it is a star like our Sun. There are some 100 billion stars in our known galaxy, as explained later.

To continue with the illustration of us as points of energetic vibrational Beings of Love and Light in an infinite stream of Consciousness of Unconditional Love and Light, let's assume, for the purposes of comprehension, that each one of us, as points of energetic vibrational Beings of Love and Light are such a star shining in our night sky.

As explained later in this book, an estimated 107 billion people have lived on the earth since its formation. Currently, there are close to 8 billion people living on earth. With an estimated 100 billion stars in our known galaxy, everyone who ever lived and those still living on earth can illustratively be represented as a star. All those 100 billion stars exist in an infinite and eternal stream of Consciousness of Unconditional Love and Light. We call this stream of Consciousness, God of a hundred names but, It is Nameless. We will use God as the name commonly used on earth by most religions and spiritual beings for simplicity. This stream of Consciousness is All That Is, much like the night sky housing 100 billion stars is all that is at night.

I hope this illustration helps in giving you a better understanding of this explanation of you as an energetic vibrational Being of Love and Light existing eternally, and infinitely, in a stream of Consciousness of Unconditional Love and Light we are calling God who is All That Is.

We have come a long way from being like a lowly earthworm burrowing into the dark earth and now seeing ourselves as stars in the night sky!

What is Love?

Let's commence with an explanation from Wikipedia:

Unconditional love is known as affection without any limitations or love without conditions. This term is sometimes associated with other terms such as true altruism or complete love. Each area of expertise has a certain way of describing unconditional love, but most will agree that it is that type of love which has no bounds and is unchanging.

In Christianity, unconditional love is thought to be part of the Four Loves; affection, friendship, eros, and charity.

In ethology, or the study of animal behaviour, unconditional love would refer to altruism which in turn refers to the behaviour by individuals that increases

the fitness of another while decreasing the fitness of the individual committing the act.

In psychology, unconditional love refers to a state of mind in which one has the goal of increasing the welfare of another, despite any evidence of benefit for oneself. (Source: Wikipedia)

In Hinduism and Islam, the concept of Unconditional Love is usually referred to as that which is given to a Deity they worship.

In Buddhism, unconditional love is defined as loving-kindness and compassion to all living sentient beings capable of feeling or perceiving things.

Unconditional Love is given freely without any expectation. Conditional love imposes expectations being met.

We are all infinite and eternal souls and are all a part of God. Our souls, and the part of God within us, are also within all living sentient beings too. When we deal with any living Being, we are dealing with the part of God within them as well as their soul. Therefore, we should be much more conscious of Who walks beside and within everyone.

We should be much more conscious of the unconditional loving-kindness we give to another Soul, as part of Oneness or God.

The *Law of Attraction* states that *Like is attracted to Like at an energetic vibrational level of frequency*. By giving anyone and everyone unconditional loving-kindness, complete understanding, and acceptance of them, unconditionally, you will begin to live in a world where unconditional love may flow like life-giving water. But have no expectations of that occurring as such expectations are then based on conditional love.

We accept and allow the tree in our garden or elsewhere to exist. We do not attempt to ask the tree to change or to change the tree. We accept the tree unconditionally for what it is. We don't say I would prefer you to be a fir tree and not an oak tree. We are unconditionally accepting and understanding of our oak tree. Have you ever hugged the tree in your garden or elsewhere? If you do, you may feel something stirring within you identifying your oneness with the tree. A tree provides oxygen for all beings on the earth and removes carbon dioxide making the air we breathe healthier. A tree does this unconditionally. There are times when we should remind ourselves of this fact and also become unconditionally loving to all sentient beings.

So, the bottom line of all of this is that I see the Unconditional Love of God, or Oneness, as the model we should seek to emulate. By acting from soul-based Love

and not from fear-based ego, we can attain such Unconditional Love of ourselves and for all sentient beings.

I believe that God is Love and that Love is God. If we approached every issue in our lives with, “what would Love/God do now?” we are likely to find our world being a more loving place.

What is Light?

Let's start with a definition from Wikipedia. *In theology, divine light (also called divine radiance or divine refulgence) is an aspect of divine presence, specifically an unknown and mysterious ability of angels or human beings to express themselves communicatively through spiritual means, rather than through physical capacities.*

Here is a definition from the University of Michigan website, *Light is one of the most universal and fundamental symbols. It is the spiritual and the divine; it is illumination and intelligence. Light is the source of goodness and the ultimate reality, and it accompanies transcendence into the Nirvana of Buddhist doctrine.*

Another definition from the Mykolas Romeris University, Lithuania, website, *in the Bible, light has always been a symbol of holiness, goodness, knowledge, wisdom, grace, hope, and God's revelation. By contrast, darkness has been associated with evil, sin, and despair.*

(As a personal aside, when I went to check where this quote originated from, I found this University located in Vilnius, Lithuania. I have a vague recollection that one or more of my grandparents came from Vilnius to settle in South Africa eventually. This is the first time in my 68 years I have ever found a connection to my grandparent's hometown! I subscribe to Albert Einstein's theory that there are no coincidences in God's world.)

Ralph Waldo Emerson stated, *from within or from behind, a Light shines through us upon things, and makes us aware that we are nothing, but the Light is all.*

*Light is the source of enlightenment, and from a Buddhist perspective, enlightenment (called bodhi in Indian Buddhism, or satori in Zen Buddhism) is when a Buddhist finds the truth about life and stops being reborn because **they** have **reached** Nirvana. Once **you** get to Nirvana, **you** are not born again into samsara (which is suffering). (Source: Wikipedia).*

Carrying on using Buddhism as the source of understanding enlightenment, my interpretation of the *Seven Factors of Awakening (or Enlightenment)* in Buddhism is: Being mindful of maintaining awareness of reality

Investigation of the nature of reality

Energy and understanding that we are energetic vibrational Beings

Joy- feeling joy within us

Relaxation or tranquility of both body and mind

Concentration being a calm, one-pointed state of mind or clear awareness

Equanimity by accepting reality as it is

I have not consciously studied or practiced Buddhism but have read, listened to, and been influenced by many religions and spiritual belief systems. I consider myself to be part of Oneness, as explained in my free book found on personalempowerment.co, *The Pathless Path to Oneness*. Researching the definition and explanation of enlightenment for this book, I came across the *Seven Factors of Awakening* in Buddhism and realised that I have written at length about all seven of these factors in my various free spiritual books found on my two spiritual websites, personalempowerment.co and guidespeak.com.

What I find interesting is that Buddhism is not a religion focused on a Creative Deity, but a philosophy based on the acceptance that nothing is fixed or permanent, and everything is subject to change. The path to enlightenment in Buddhism is based on morality, meditation, and wisdom.

Through the process of Oneness, I am apparently unfolding a Buddhist philosophy with an understanding of a Creative Force, which I am calling an infinite and eternal stream of Consciousness of Unconditional Love and Light, commonly called God.

I believe that the Light I am attempting to define is the Light that God is as Unconditional Love.

Virtually all those returning from NDE's (Near Death Experiences) all similarly recount experiences of being pulled towards a Light that felt unconditionally loving. They all felt bathed in this Light and experienced sensations, for which they state that we on earth do not have the vocabulary to describe. While there has been a lot of scepticism about NDE experiences, over the past twenty years or so, notable trained Medical Specialists have experienced such NDE's and have written New York Times bestselling books of their experiences. I have researched the Afterlife topic and, through channelings recounted by others, I have found many similar explanations from people who have received messages from family, friends, and others who have passed over from the earth plane of existence to the Spirit World. Unconditional Love is the constant message from those in Spirit.

I am happy to describe the Light as that which is emanating from what we call God's Unconditional Love.

Three questions for you

Having defined the Light and Love that we are as vibrational energetic Beings of Light and Love in an infinite and eternal stream of Consciousness of Unconditional Love and Light, its time to ask you three pertinent questions:

- (1) Do you know anyone who gives you Love and Light?
- (2) Is there anyone to whom you give Love and Light?
- (3) Do you give yourself Love and Light?

Would you term such Love to be conditional or as unconditional as possible? Is the love you give or receive subject to certain expectations being met? Have you ever experienced giving or receiving Love that didn't have any conditions or expectations? Unconditional Love is probably not fully experienced on the earth plane of existence due to the ego's involvement. There is no ego in Spirit, and Unconditional Love and Light radiate from the Creator/Source/God/Oneness/Universe or whatever name you give to the Nameless.

However, there are times when we can experience Love, which could be as close to Unconditional Love as possible. We may experience it in the early bloom of a loving relationship. We may experience it when our child is born and during the early times of its life. We may experience it from a pet, especially a dog.

Depending on where we are on our spiritual journey, we may even experience it from ourselves. Those people who meditate and connect their soul with their Higher Self/Soul and their Higher Power may experience being Oneness for an instant or longer. They will know Unconditional Love at that moment of Now.

There may be times when you are silent, and your mind is still, without ego-based thoughts. You may find yourself feeling elevated to a higher level of energetic vibrational frequency. At these times, life becomes effortless and frictionless, and you can sense a smile from within you radiating outwards. The possibility exists that your soul is connecting to your Spirit Guides and maybe even to your Guardian Angel. Your soul is also connecting to your Higher Self/Soul, the much larger part of You, which always remains in Spirit.

Your Higher Self/Soul continually sends your soul Unconditional Love and Light. However, because your ego is usually dominating your thoughts, your soul is being blocked out by your hyper-active ego. I will discuss this in more detail later.

At the early stages of this book, I am attempting to show you that it is possible to experience giving and receiving as close to Unconditional Love as possible while on the earth plane of existence. The purpose of this book is to show you that nothing matters, except the Love and Light we give and receive.

The only thing stopping us from operating from our love-based soul is our protective fear-based ego, which I will later explain in greater detail. However, firstly, I would like to show you two examples of how insignificant we are and how our ego creates a fantasy world of make-believe attempting to make us feel important and, sometimes, omnipotent.

A personal perspective

We are insignificant!

I would love to see your inner reaction when you read that statement! It is a litmus test for determining whether you are currently operating from your fear-based ego or your soul-based Love within you. No judgement is implied of your current state of awareness. Hopefully, the reason you are reading this book is to become more enlightened and experience much more Love and Light in your life.

Let's get some perspective on why we are insignificant.

Currently, 7.8 billion people are living on the earth as of late 2020.

According to the Population Reference Bureau in Washington, USA, they estimate that some 107 billion people have ever lived on earth. In the early times on earth, the population growth rate was 80 births per 1000 people as the survival rate was very low. By the beginning of the 20th Century, this decreased to some 40 births per 1000, and today it is half that rate at some 20 births per 1000 people.

There are over 15 people who have died for every person alive today. Why have I bothered to give you these statistics in a spiritual book about Love and Light?

Before I answer that, I would like you to think of how many people you know personally and who know you personally today? One hundred, five hundred, maybe even one thousand, if you are very popular?

Now, how many people do you personally know who are dead? One hundred, five hundred, maybe even one thousand?

Of all the people you know who are still alive and of those who are dead, how many really matter in your life right now? By really matter, I am implying they make a material difference to how you live your life now. I would guess that most readers will struggle to get up to ten people having a strong influence in your life now. So, of all the other people, possibly up to two thousand alive and dead, their influence on your life now is no longer relevant. It's as if they don't matter now.

Of all the people alive or dead that you interacted with, what percentage of these interactions were from your ego or their ego, and what percentage were Love-based soul relationships? I would guess that the overwhelming majority were ego-based interactions out of which certain ego-based relationships were maintained. Do any of these ego-based relationships matter now in your life?

The only relationships that really matter to you now are likely the ones where lasting friendships have developed based on feelings of mutual respect, admiration, trust, like, and maybe even Love. You have likely shared moments of intimacy with these people. The intimacy I am referring to is not sexual, but intimacy based on trust where you both feel safe with each other and let your ego-based guard down and be vulnerable in sharing such trust. These relationships matter because they are Love-based.

If you have one such relationship, you can count yourself fortunate. Assuming you have two such people in your life, you are blessed. Any more than two such people, and you must be an exceptionally open, vulnerable, loving and trustful person.

So to put our lives into perspective, of the 7.8 billion people alive today and of the 107 billion people who have lived and died on the earth to date, the only people who really matter to you intimately are one, two, and maybe three you trust implicitly. These few people with whom you have a love-based soul relationship, and with whom your ego, or their ego, is totally absent, are all that really matters to you now.

I am long-winded in trying to show you a perspective that nothing matters, except Love and Light, in this instance, one or a few Love-based relationships.

Think of all the energy you have used in your life having ego-based issues with people and even certain ego-based relationships which were, or are, conditional. If you used that energy and focused on developing meaningful, Love-based soul relationships, how much richer would your life be today? Nothing really matters except the Love and Light you give and the Love and the Light you receive. The rest is ego-based posturing and posing, making yourself, and others making themselves, seem more important. We are really only significant to a few people in our lives, and for the remainder of 7.8 billion people alive today, it's as if we never existed.

To experience this, take a walk through the cemetery that services your community, religious or otherwise. See if you recognise a name on a tombstone? What recollection immediately comes to mind? Is it one based on soul-based Love they gave, or the ego they presented to the world, or of indifference as to whether they existed or not? I guess that indifference leads, followed by ego, and lastly, a handful of names of people who expressed soul-based Love in their dealing with the world you live in.

The galactic perspective

Now for another perspective of what really matters, and our own insignificance.

Here we stand on the earth. Little 'ole you, and little 'ole me. On a clear night, we look up at the stars and wonder how big the known universe is? In space, the measurement of distance is based on the amount of time light travels, which is 186 000 miles (300 000 km.) a second. In a year on earth, light travels some 6 trillion miles or 10 trillion kilometres. A light-year is measured as 6 trillion miles. That is displayed numerically as 6 000 000 000 000 miles. The diameter of the known universe will take 93 billion light-years to traverse. That computes to 6 trillion miles x 93 billion light-years.

Numerically expressed as 558 000 000 000 000 000 000 000 miles.

Astronomers estimated that there are around 100 billion stars in our galaxy alone and 10 trillion galaxies in the universe. About 7.6% of those 100 billion stars are class G stars like our Sun.

Getting some perspective of what matters yet? Of how insignificant we really are in the greater scheme of things, galactically.

We live in what the late Carl Sagan, Astronomer, called the pale blue dot in his book of the same name.

The following excerpt from Carl Sagan's book Pale Blue Dot was inspired by an image taken, at Sagan's suggestion, by Voyager 1 on 14 February 1990. As the spacecraft was departing our planetary neighborhood for the fringes of the solar system, it turned it around for one last look at its home planet.

Voyager 1 was about 6.4 billion kilometres (4 billion miles) away and approximately 32 degrees above the ecliptic plane when it captured this portrait of our world. Caught in the center of scattered light rays (a result of taking the picture so close to the Sun), Earth appears as a tiny point of light, a crescent only 0.12 pixel in size. (planetary.org)

Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering, thousands of confident religions, ideologies, and economic doctrines, every hunter and forager, every hero and coward, every creator and destroyer of civilization, every king and peasant, every young couple in love, every mother and father, hopeful child, inventor, and explorer, every teacher of morals, every corrupt politician, every "superstar," every "supreme leader," every saint and sinner in the history of our species lived there--on a mote of dust suspended in a sunbeam.

The Earth is a very small stage in a vast cosmic arena. Think of the rivers of blood spilled by all those generals and emperors so that, in glory and triumph, they could become the momentary masters of a fraction of a dot. Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner, how frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known so far to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand.

It has been said that astronomy is a humbling and character-building experience. There is perhaps no better demonstration of the folly of human conceits than this distant image of our tiny world. To me, it underscores our responsibility to deal more kindly with one another, and to preserve and cherish the pale blue dot, the only home we've ever known.

— Carl Sagan, *Pale Blue Dot*, 1994

Please Google -pale blue dot- for evidence of what our world looks like, some 6 billion kilometres (3.7 billion miles) from Earth.

In galactic terms, not in our global terms, the earth, where we think we matter at all, is so insignificant that it is laughable. Our fight with our spouse over a spoilt dinner, our fight with our neighbour about their tree dropping leaves into our garden, our fight with a boss or employee, our child's drop in grades at school, nothing really matters in the bigger scheme of things. The only things that matter are what we choose to give significance to. The only meaning something has for us is the meaning we attach to it. Given the proper perspective, when that meaning is ego-based, it isn't very meaningful. Nothing matters, except the Love and Light we give and the Love and Light we receive from our soul perspective. Such soul-based Love and Light is eternal and infinite.

So, I have been painting a picture for you of the insignificance of our finite, physical lives on earth. Whether we live or die today, the amount others will miss us will be insignificant in a generation's time, and in two generations' time, some 50 years, it will be as if we never lived at all. A few faded pictures of us in what will then be considered funny clothes and a strange hairstyle by our great-grandchildren doing a

school project on their genealogy will merit a moment's glance of all we considered so important in our lives.

One thing that should last is the memory passed down through the ages of the Love and Light we gave to our loved ones and strangers alike. Stories, and perhaps even legends, will be created and spoken about the descendant of theirs known for the Love and Light they gave to all. What car you drove, the size of your house, your bank account, the awards you received, how high you climbed on the totem pole of life, will all be forgotten in the sands of time. But the Love and Light you gave to all could become legendary.

A Spiritual Perspective

Now let's look at another perspective of what truly matters in your life. Let's move to the spiritual realm where you, as an eternal, infinite, and undamageable soul, really live. Let's leave the earth's plane of existence, where you occasionally visit through the eons of time as an eternal soul within different bodies each time you visit.

Your soul is on a never-ending journey. Your soul is part of your Higher Self, which remains in Spirit as part of your Higher Power some call God/ Oneness/Source, All That Is, and so one. Your Higher Self comprises numerous souls, of which you within a body on earth are one. Your never-ending journey is one of perfecting your soul to become as Godlike as possible. Your visits to the earth plane of existence as an eternal soul in a personally chosen body for each lifetime are planned while you are in Spirit.

As a soul in Spirit, you are part of a Soul Group or Soul Family. You spend time in Spirit learning and developing your soul in places like the Hall of Learning as well as with your Guardian Angel and your Soul Guides and Angels. You and your Soul Mates spend time planning and coordinating your next trip to the earth's plane of existence. Each soul has what I call 'holes in their souls,' which need attending to and repairing in the never-ending seeking of perfection to become Godlike. You and your Soul Mates design an intricate web of soul contracts where you will each intersect and interact with your chosen physical bodies. Your eternal soul is within your chosen body for this trip to the earth plane of existence.

These bodies are chosen to aid and abet your soul's self-defined journey for the continual perfection of becoming more Godlike. For example, let's say that you need to learn greater humility. You may choose a body and/or mind that is impaired in some way. Alternatively, you may need to learn to be more self-loving as in a previous lifetime; you were self-loathing. You may become an adored beauty queen in this lifetime. Other examples could be that you have been a slave miner in a previous lifetime, working well beneath the earth in searing temperatures for a

pittance. This time around, you are a Trust Fund beneficiary living the high life of a global playboy.

The soul contracts that intersect and interact with your Soul Mates can be compared to being movie actors playing different roles for this life on earth. There are the good guys, the bad guys, the big earners, and the hard-working people earning a liveable wage barely. Additionally, the doctors, the prostitutes, the law-abiding citizens, the criminals, and so on. Providing you stick to the soul contracts, you are simply playing your role as agreed to in Spirit, and no causal consequences or karma will result in your eternal journey as a soul. However, if you decide to go off the script and use your free-will, then the causal consequences will have to be played out in this lifetime or a subsequent one. This we call karma or the consequences of cause and effect.

The million-dollar question is knowing when you are sticking to the script or using your free will. So here, I must introduce ego and soul. All my previous spiritual books on personalempowerment.co and guidespeak.com revolve around moving from ego to soul. Let's begin with the ego.

As I define it, the ego comprises the "good" ego and the "bad" ego. The "good" ego is your self-identity; it protects your survival by adapting to the fight or flight response; it allows you to assist others in a kind, generous, and loving way. Your "good" ego makes you a nice person.

Your "bad" ego is how you behave with excessive pride, greed, envy, aggression, hatred, jealousy, and so on. You are a person to be feared and hated by others, and often by yourself too.

Your ego is usually developed by nurture rather than by Nature. It only exists on earth and not in Spirit. The bad ego's greatest fear is your body's death, as that is the death of the ego.

All further references I make to ego is to your "bad" ego. Ego can only exist in your thoughts of the past or projected thoughts of the envisaged future. Ego's thoughts are based on fear of the future, alternatively, on unrealistic hope of the future. When thinking about the past, your ego is either proud or ashamed of what has transpired in your life.

Ego cannot be or survive in the present moment of Now as this is the only place/space that God exists. I call the Now God's Space in my free book, *How to Live in the Now* found on personalempowerment.co. Most of my other free books on personalempowerment.co and guidespeak.com deal in greater detail with the ego and soul's roles. So, please refer to them for more relevant information on this major theme of my writings.

Your soul, which is eternal, infinite, and undamageable, is ultimately a part of God. Your soul is a sliver of your Higher Self or Higher Soul if you prefer that terminology. This Higher Self/Soul remains in Spirit and is connected to your Higher Power. For simplicity's sake, we will use God to name the nameless Higher Power. Your soul is within you, and God is within you too. Most religions and spiritual people believe that your soul and God is within your heart or energetic heart chakra. For those who are interested, I have written a free book *Finding and Knowing God within you* found on personalempowerment.co.

God is Love is something subscribed to by most religions. If God is Love, then Love is God. If you are a part of God, then, at your essence, you are Love too. At the level of your soul, you are Love. At the level of your ego, you are fear or unrealistic hope of the envisaged future. Unfortunately, fear far outweighs hope of the future; therefore, I will use fear as the ego's stance.

So, we have a soul reflecting Love and an ego reflecting fear. I would like you to envisage a seesaw with the words Love imprinted on one seat and fear imprinted on the other seat. Please position yourself on the seesaw, determining where you sit concerning Love and Fear. Does Love dominate your life, or does fear?

Now we come to the acronym for EGO- Edging God Out. When your ego is dominating your life, there is no space for God in your life. That means that there is no space for Love in your life.

Until now, I have been talking about Love as Unconditional Love, or as close as possible to being unconditionally loving. Let's introduce a relationship or romantic love into the picture. Can you have a relationship with love or romantic love with another person if you have an ego dominating your or their lives? Once the ego comes into play, relationship love or romantic love is diminished, if not demolished. The ego introduces either a feeling of superiority through excessive pride or inferiority through a victim role in a relationship. Either way, an imbalance occurs, and disharmony reigns. This relationship is no longer equal and free-flowing with the acceptance and allowance of each party. This relationship only knows resistance, judgement, control, and submission. Not exactly the recipe for love!

It is important to understand soul contracts to answer when operating from your soul contracts or free will. For those who are interested, I have written a free book, *The Purpose and Meaning of your Life in terms of your Soul Contracts* found on personalempowerment.co.

You could be operating from your soul contracts, which requires you to play the chosen role whereby you either give people Love or fear in their lives. Perhaps the role you are playing is to be an adulterer, murderer, or rapist so that the other party has to learn their requested life lessons, which appear to the world to be the role of the victim of such abuse. In terms of your soul contracts with this person, you have to play the abuser for them to have this experience to fix the 'hole in their soul. You may be sent to prison for your role, or you may be sentenced to die for your so-

called crimes. As an eternal, infinite, and undamageable soul, you gladly accept that role as the abuser and the punishment that role has attached to it. Perhaps you needed to experience such punishment as a 'hole in your soul" in terms of your soul contracts?

Are you beginning to get the picture now that in Spirit, issues and events are seen completely differently to how they are seen on earth with our myopic sight and having no eternal vision awareness?

Conversely, your soul contract role may be one of giving Love and Light to another Soul Mate and experiencing an amazing relationship with them where unconditional Love is shared between you. Another possibility may exist for you to show Love and Light to another Soul Mate, but they reject such Love and Light and give you a difficult time in your relationship.

As you can see, the intricacies and weblike nature of Soul Contracts with your Soul Mates cannot be understood and explained at the level of the earth- like thoughts. Albert Einstein stated that a problem could not be resolved at the thought level that created the problem. It can only be resolved at a higher level of thought processes.

I have been able to train my thoughts when required to do so, to look at the issues in my life and the lives of others, and investigate what possible soul contracts are in play. The starting point is to look for where the ego is dominating Love.

Of course, I cannot prove to you that what I imagine and envisage as a soul contract is valid. It could merely be my vivid imagination making up a story to fit the events that have transpired or are, as yet, to transpire. I often don't operate from my ego, but from my soul, so I don't really care what you think as long as I am coming from soul-based Love in my interpretation of events as soul contracts. If I cared what you think, my ego would dominate my thoughts, and my interpretation of a soul contract would be prejudiced and possibly incorrect. This probably sounds like my ego is talking to you, but it's really my Love-based soul, which remains unbiased and independent of your thoughts about me and my interpretative ability concerning soul contracts. I hope you can understand that I am not being insensitive and rude, but I am using this explanation to illustrate how to identify that I am coming from soul-based Love, instead of ego-based fear, of any form of judgement or rejection by you of me.

When you can look at life through the vision of eternity, and you know that God is Love and your soul is part of God, then you will welcome all experiences, whether you judge them as "good" or "bad" experiences while on the earth's plane of existence. Via your eternal soul within your body, God experiences what you experience, and God is All That Is. God requires us to experience everything, and nearly eight billion souls within bodies are doing that right now. Most of these bodies are unaware of their souls within them and that God is experiencing what they are experiencing too.

If you can accept that God is All That Is and that God is Love, you can also accept that Love is All That Is. So now we get to the place where the rubber meets the road! If Love is All That Is, then nothing matters because it is all Love and Light. Did you see that curveball coming?

So, nothing matters, except Love and the Light of such Unconditional Love, because Love is All That Is.

Now the task before you is to live your life knowing, accepting, and allowing Love and Light to be your only thoughts, words, and action. No more ego thoughts of superiority or inferiority, only thoughts of “what would Love/God do now?”

Are you up to the task? Remember, nothing matters, except Love and Light.

Having a clearer understanding of becoming Love and Light

Rumi, a 13th Century Sufi Poet, and Seer transparently understood life as if seen from Spirit. He stated, *your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.*

I imply from this that we are Love at our essence as we are a part of God who is Love, as stated above. Therefore, the barriers within us that we have erected, stopping the flow of our inherent Love are caused by our ego. The ego does not want to lose its potency. If, and when, we are soul-based Love, then the ego, in effect, does not exist. If we prolong this state of soul-based Love, the ego senses it's demise. The ego is very resourceful and uses fear and unrealistic hope to manoeuvre our thoughts away from Love towards the unknown, where fear and unrealistic hope influence these thoughts.

Rumi is implying that the ego-based barriers need to be sought and found, in effect, identified. He implies that having found these barriers to Love, that is who you are at your essence, they need to be demolished to enable and allow the Love within you to shine through you unimpeded.

All ego-based barriers we erect are resistors and stop the flow of the Love inside of us.

We may believe that we are physical bodies and solid, but we are mainly empty space in reality. Everything is made up of atoms, and atoms are virtually all empty space with a nucleus 100 000 times smaller in diameter than the atom surrounding it. Some 99.96% of the weight of the atom is in this tiny nucleus.

The objects' solidness's appearance is due to the heavy nucleus within the atom's mainly empty space.

As stated earlier, we are not solid physical beings but energetic vibrational frequencies of Love and Light, being part of the stream of Consciousness of such Unconditional Love and Light we call God of a hundred names, but who is Nameless.

The power or energy that we have comes from the free-flowing of the Love and Light of our energetic vibrational frequency. If our ego's barriers restrict this energy or power's free flow, then we are weakened.

For this reason, my acronym for POWER is Present Only When Ego Removed.

I usually distinguish the potency of ego-based fear from the power of soul-based Love.

It may become clearer to you that the lack of potency of ego in terms of energetic vibrational frequency levels is usually substituted by the ego blowing up its role as important. "Look at me," cries the ego as it wraps itself in a big office, big house, flashy cars, latest fashion clothing and shoes, jewels, private planes and yachts, "arm candy," gorgeous hangers-on, and so on. The Love and Light are dimming internally, but the glitz and glamour keep people distracted in admiration for what is seen externally.

Every one of these superficial glitz and glamour items or people become the gods that are worshipped.

Ralph Waldo Emerson stated *the gods that are worshipped write their names on our faces. And a man will worship something, make no mistake about that; therefore, it behooves us to be careful what we are worshipping, for what we are worshipping we are becoming.*

The ego hijacks our thoughts and attention, focusing on anything other than the only real issue: the energetic vibrational frequency of Love and Light that we are as part of the Conscious Stream of Love and Light we call God.

Through this hijacking process, the inherent Love and Light within us, our soul, and the part of God within us gets covered over with the glitz and the glamour generated by the fear embedded as part of the ego.

Love and Light get dimmer and dimmer, and the soul becomes increasingly ignored. In many instances, the causal consequences of this ego-based behaviour begin to take root. So-called heroes are found to have dark little secrets which their over-inflated ego's laughed at. The glare of the spotlight they sought also found the dark corners of their lives too. Heroes became zeroes overnight as the rats of admiration desert the sinking ship of an ego person whose world is crumbling around them.

Most ego-based former heroes go down with the ship, but a few have their eyes opened and find their way to rid themselves of their former ego-based life and find the real Love and Light within them.

These former ego-based survivors become soul-based, and they come to understand and realise that nothing matters, except Love and Light.

The free flow of soul-based Love and Light requires allowance and acceptance. The ego-based fear requires resistance and judgement to inflate its importance, keeping one's thoughts in the past or the future but away from the Now.

In my free book found on personalempowerment.co, *How to Live in the Now*, I describe the present moment of Now as a space, God's Space. In Spirit, there is only the present moment of Now, and God can only be in the Now. You can see it as a Holy Moment. The ego cannot come into the Now due to the Omnipotence of God. The ego keeps one's thoughts in the past and projected into the unknown future to obtain its potency.

In the ideal world, simply living in the Now you are soul-based Love from the Source of Love and Light. However, this is easier said than done and requires continual vigil to be conscious of one's thoughts. My free book above provides a few hundred ways enabling one to live in the Now.

My acronym for LOVE is Let Our Vibrations Elevate. As stated before, we are energetic vibrational frequencies of Love and Light. Allowing and enabling our energetic vibrational frequencies to evolve and elevate requires our coming from soul-based Love. In my free book found on personalempowerment.co, *Understanding and Elevating your Vibrational Energy*, there are explicit details and processes to follow to achieve these heightened levels of vibrational frequency.

Also found on personalempowerment.co is a free book, *Being Loved Unconditionally*. This book deals with finding Unconditional Love within yourself and for yourself, finding it and applying it via a relationship, and people in general.

A further free book on personalempowerment.co to assist you is *Becoming Blissful*. Over two hundred ways to experience attaining a feeling of blissfulness.

Throughout all the free spiritual books I have written and published on my two websites, personalempowerment.co and guidespeak.com, the themes are based on moving from fear-based ego to soul-based Love. There is one constant message throughout, and that is, "What would Love/God do Now?"

It becomes evident that if we are energetic vibrational frequencies of Love and Light, and if what we call God is a conscious stream of Love and Light, of which we are a part, and we believe God is All That Is, then nothing matters, except such Love and Light. Only such Love and Light is real; everything else is illusionary and transient.

Nothing real can be threatened

There is a three-part book collection known as *A Course in Miracles*, which is supposed to be a channeling from Jesus Christ. The books have been bought by tens of millions of people globally, and it has been translated into many languages. Most people buy it and do not read it completely as it's quite heavy going from what I have read about it. I must profess to be one of those people. There is a 14- word statement encapsulates the three books' message at the book's outset. The message is not easily understood, and over 1200 pages and some 500 000 words are used to explain this 14- word statement.

The Statement is *Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.*

My interpretation is that our souls, as part of God, are eternal, infinite, and undamageable, as God is too, and so much more. The world of Spirit is real and is our souls' permanent home. Only Love and Light are found in Spirit. The ego does not exist in Spirit. Ego is based on fear and hope, both of which are illusionary and do not exist. Only Love and Light exist as being real. Therefore, ego-based fear and hope are unreal and do not exist outside of our minds' illusionary thoughts. When we know, understand, and experience these truths, we will know the Peace, Love, and Light of God.

My shortened version of this statement is the title of this book, *Nothing matters, except Love and Light.*

Fear is illusionary

The well-known acronym for FEAR is False Evidence Appearing Real. *The Course in Miracles* states that *if you knew Who walked besides you on this path that you have chosen, fear would be impossible.*

The illusion of fear, unfortunately, dominates our thoughts. The underlying basis that ego-based fear has is that the ego dies too upon the body's death. Our soul is infinite, eternal, and undamageable and moves to and from Spirit continually each lifetime we have on earth and other Life spaces.

Emanuel Swedenborg (1688-1772), a Christian Theologian, scientist, philosopher, and mystic, wrote of these other Life spaces and some important work on spirituality and life after so-called death.

The fear of separation makes the ego ultra-conscious that any form of joining will result in separation. Ego-based fear's heightened sense of separation, loss, and death intercede in all relationships, whether personal, business, social, and so on.

Fear creates the barriers that Rumi, the 13th Century Sufi Poet, wrote about; as stated earlier, *your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.* You being referred to is your ego.

All relationships are joining two people to create a synergistic "third entity" we call a relationship. There is you, the other, and the relationship. The ego is present in each of these three entities.

My acronym for JOIN is Joy Opens Intimacy Now. This intimacy is one based on the intimacy of vulnerability and trust, and only in special romantic relationships is it based on physical intimacy as well.

The moment the word join is acted upon or implied, the ego immediately senses that joining will end in separation one way or the other. Either the two people will willingly separate in the future, or one party will separate from the other for numerous practical or emotional reasons, or one of the parties will die and pass on into Spirit. Whatever happens, separation is inevitable one way or the other. No matter how minimal, this separation is seen by the ego as the end of the ego through its biggest fear, which is death. There is an apt saying relevant here. *If you are scared of a snake, even a harmless lizard will frighten you.*

The ego applies the brakes to every relationship, and the Love-based Soul has to work harder to make its silent voice heard above the noise coming from the panicked ego.

Little wonder that, as stated earlier, we are lucky if we have one soul-based relationship based on the intimacy of trust; if we have two such relationships, we are very fortunate. If we have three or more soul-based intimate relationships, we must be a very unconditionally, loving person.

The balance of our relationships will be ego-based to a smaller or larger degree. The Unconditional Love and Light of our Love-based soul is the ideal way to enter into any relationship, but regrettably, many will take our loving-kindness for weakness and abuse us in some way or other. This is a fact of life as most people operate from fear-based ego rather than soul-based Love and Light. Those more enlightened people operating from soul-based Love should be treasured, and relationships with them must be nurtured.

As we AGE- Always Growing Evolving- we become more selective, choosing our relationships, keeping on with existing relationships, and forming new relationships. These relationships are now based on other people's kindness, especially expressing such kindness to those who can do nothing for them. Such a conscious life is a continual sifting process separating the wheat from the chaff of human existence. We let Love and Light guide our path in these relationship decisions, realising that nothing else matters.

A prison of our own making

A root cause of the failure of relationships is our ego's fear that we are not worthy of being loved by another. Ego plants this cancerous and corrosive thought in our minds. Ego convinces us that if the other person really knew what we had done in our lives, they could never love us. We don't love ourselves, and in many cases, we despise ourselves. We keep the memories alive of the things we have done wrong and are ashamed of, and we usually don't think of the things we are proud of that we have achieved. Psychological studies show that negative fear-based ego thoughts dominate our thinking 80% of the time.

With this severely cracked foundation stone of not being worthy of love from another, or ourselves, what chance has any relationship got of becoming a successful, intimate, vulnerable, trusting relationship?

The solution is to know, understand, and comprehend that at our essence, we are Love and Light, and our soul is a part of God. We have our soul and a part of God within our heart or heart chakra centre. God is Love and Light, and we are Love and

Light at our essence. Equally importantly, we must know that fear is illusionary, and our “bad” ego is a scared little inner child in our thoughts who is afraid of its own shadow. Armed with this knowledge and wisdom, we must keep reinforcing to ourselves that we are Love and Light and that God is within us and walks beside us wherever we go.

Once we begin to believe this message from our positive thoughts of soul-based Love, then we can enter into any relationship with a solid foundation stone of self - admiration, self-respect, and self-love, knowing who we truly are. We are Love and Light. Any time we face a Goliath in our life, being fearful, we know that we have the soul-based Love of David, and God, within us and we will use our Love and Light to melt the hardest of hearts. Love does truly conquer all, even if it takes a long time to do so. Be Love and Light, and witness the inherent Love and Light of all our Goliaths we face eventually shine through them once they have managed to reduce their fear-based ego supposedly protecting them.

Believe it or not, every one of us wants to be restored to the inherent Love and Light that we are. Even the most testosterone, macho bully, covered in tattoos in the hell hole of a prison system having to fight for his life daily, wants to swap his life for one of Love and Light but thinks he cannot do so.

At some stage, this imprisoned man was a baby loved by his parent or parents. He knew then and now that at his essence, he is still Love and Light. His fear-based ego has had to toughen him up to survive in the dog-eat-dog world of his existence before prison and in prison. If he keeps doing what he has always done, he will keep getting what he has always got. This is the Law of Attraction- *Like attracts Like*. For this reason, 2011 research in the USA of what is termed recidivism, meaning returning to becoming incarcerated again, was at 44% of all released prisoners.

Soldiers fighting wars go through similar experiences. The fear-based ego of killing or being killed in warfare does not translate well to troops returning from war to their peaceful homes. In previous books, I have used US Military troops statistics of those returning from the so-called War on Terror in Afghanistan and Iraq to illustrate the effect of fear-based thoughts. Although only 10% of these troops saw active duty within these countries, some 50% of them received mental health-related medications and treatments upon returning to the USA. The divorce rates and homeless rates for returning troops were substantially higher than the general population. For several years, an average of 17 Veterans commits suicide daily, many of whom are women soldiers. Veterans are 1.5 times more likely to commit suicide than the general population and among women soldiers 2.2 times more likely. The loss of the Light and Love within them and the overpowering of ego-based fear is the cause. The effect is the feeling of failure, an inability to re-integrate back into civilian life, and, for many, a form of self-hatred.

People suffering from various addictions also reflect the dominance of ego-based fear and the much- reduced feeling of Love and Light in their lives. They, too, are fighting a war, but this war is within themselves. Once again, a much-diminished lack

of self-esteem, self-respect, self-like, and self-love allows and encourages them to harm themselves through their addictions. The hopelessness they feel is overwhelming, and the addiction allows them to escape from their mind's negative fear-based ego thoughts for a short time. The repetitiveness of the addictive self-destructive behaviour is usually a downward spiral with low vibrational energetic frequency levels attracting similar addictive people. This is the Law of Attraction of Like attracts Like eventuating.

The solution is obvious but not always easy to apply. The solution is to restore the level of Love and Light to dominance and reduce the level of illusionary ego-based fear to a minimum, if not eradicated altogether. Obviously, this is much easier said than done, especially if people are emotionally broken, in despair, and depressed with their lives. As stated above, this book, like all the many free spiritual books I have written to date, all have as their main theme the moving from ego-based fear to soul-based Love. I can only write the books and offer them for free; I cannot read and implement them for people who need this information, knowledge, and, hopefully, wisdom too. I can take the horse to the water trough but drinking the water is up to the horse.

Those people incarcerated in prison, or a prison of their own making, need to be brought into the Love and Light. After sorting out your thoughts, words, and actions to be based on "what would Love/God do now?" then perhaps you can reach out your hand of experiential guidance to others who may be so imprisoned?

Fault finding or Finders of Love and Light

A simple step to change our negative ego-based fear thoughts to become positive soul-based Love thoughts is moving from being judgemental fault finders to become finders of Love and Light.

This statement is such an important step of differentiation that I have underlined above.

Moving from what's wrong to what's right. Let's begin by taking a piece of paper and a pencil and drawing a large T. On the left, head it up with What's Wrong with my Life, and on the right of the vertical line, head it up with What's Right with my Life. This becomes your emotional balance sheet. Liabilities on the left and Assets on the right. This is your Personal Life List.

You can also name the two columns Scarcity and Abundance. Furthermore, if you focus on the Abundance column, this becomes a Gratitude List.

After that exercise is completed, let's move to the next most important part of your life, and that is your primary relationship with your spouse or partner. Please repeat the exercise above. This time call the two columns Fault Finding of my partner and the Finding Love and Light of my partner.

If you have any children, a similar exercise is done for each child.

Now let's deal with your home. Fault finding of your home and what you are grateful for about your home are the two columns.

After that, let's do the same exercise for your work. Fault finding and what you enjoy about your work are the two columns.

These are the primary foundation stones of your life. If you benefit from this process, look at other important areas of your life, such as your in-laws, wider family, friends, religious or spiritual areas, sports, hobbies, etc.

With this process of moving from being a fault-finder to becoming a finder of Light and Love, your life will change and improve.

The acronym for CHANGE is Clearing Healing And New Gifts Emerging. Your process of moving from fault finding to finding Love and Light will become one of such change.

I wish you good luck, or should I rather say God luck!

Whole-body listening

Probably the quickest way to move from fault finding to finding Love and Light, or moving from ego to soul, is to do nothing! Well, not exactly nothing but close to nothing. All you must do is listen actively and not talk at all while listening.

Firstly, remain silent whenever you are alone. Knowledge talks, but wisdom listens. Remaining in silence and stillness of thoughts will enable you to tap into the Unconditional Love and Light from your Higher Self, your Guides, Angels, and Guardian Angel, as well as from your Higher Power.

Secondly, when you are with another person or people, then do not merely hear what they are saying intending to interrupt with your comments, but really listen. This form of listening is whole body listening. Listen with your ears, your eyes, keep your mouth closed, ensure your focus, attention, and concentration is on the person speaking and keep your hands, legs, and feet still. Whole-body listening is one of the loudest forms of kindness you can do for anyone.

I have written a free book on personalempowerment.co which is relevant here, *Listening- the Relationship Builder*.

Listen, and silent has the same letters, and as stated above, there are no coincidences in God's world!

When doing whole body listening, focus on finding the Light and Love of the person you are listening to. If you focus on finding fault with what they are saying or with them in general, you will be resisting and judging them from an ego perspective. Believe me, I know this is not easy to avoid doing, but it presents a great opportunity to move from ego-based fault finding to soul-based Love and Light finding.

When I left my parent's home as a young man beginning my work career, I moved to a rent-controlled apartment with my late twin brother. We found the poem *Desiderata* on a poster and hung it up in our apartment. Many of the poem's sentiments remain in my memory 50 years later, especially the line that stated, *even the dull and ignorant they too have their story*. I do not mean this in a judgemental way, but to create an awareness that everyone deserves to be listened to. Everyone is your teacher.

Desiderata:

GO PLACIDLY amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

By Max Ehrmann © 1927

Whole-body listening is arguably the most important necessity in developing and maintaining a loving relationship. No one ever gets bored with a good listener! However, you do not have to be a slave or martyr to another in a loving relationship. You are entitled to voice your opinions and comments too and are also entitled to be listened to in a whole-body way. Showing your relationship partner the respect of whole body listening creates an example, and hopefully, a precedent of how your relationship will go forward with such respectful listening from both of you. Whole-body listening is how Unconditional Love and Light can be expressed. Whatever is said does not really matter; what you both will remember far longer is the Love and Light that existed between you while whole body listening took place.

In your other relationships in your life within your home, work, wider family and friends, creating the example and precedent of respectful whole body listening should assist in developing and maintaining more soul-based, vulnerable, and trusting relationships than possibly the ego-based relationships of the past.

The mirror of you in a relationship

Sometimes we forget that we are all part of Oneness. At a level of Spirit, we are all joined in Oneness. That is why we experience Love and Light, and joy and bliss in Spirit as my acronym for JOIN is- Joy Opens Intimacy Now. The only “time” there is in Spirit is the present moment of Now.

On earth, we invariably have our ego controlling our thoughts. Usually, the fear-based ego thoughts focus on what is wrong and not on what is right. The focus on fault finding and not finding Love and Light, as stated above. Seeing and focusing on the one black dot on an otherwise spotlessly white sheet is the way of the ego.

Before we speak or listen, we should ask ourselves whether we intend to join with this person or separate from them?

By now, you will know that joining implies finding Love and Light within them and from you, and separating is the ego way of fault-finding with them.

However, is fault-finding with them about them, or is it about finding fault with yourself and using them as a mirror to reflect your feelings about yourself.

Your feelings about someone else has nothing to do with them and everything to do with you. You are seeing them as you are seeing yourself.

Sorry to jolt you into this possible reality. In spiritual terms, the mirror is a basis for understanding ourselves better and a way to distinguish whether we are operating from our ego or our soul.

About fifteen years ago, I wrote *The Book of Evolving Relationships*, which is found on guidespeak.com. I say wrote, but it felt more like taking dictation and transcribing what was being channeled through me, hence the website’s name.

One of the topics is entitled *Who is your Moses?* The term MOSES is Make Our Search Ego Soul. I remember writing/transcribing it during the Jewish festival of Pesach or Passover in early 2005, and of course, this festival commemorates Moses leading the children of Israel out of the slavery of Egypt into the desert, ultimately to

what was termed the Promised Land we know today as Israel. Synchronicity at work at that time of Passover in 2005!

Perhaps you can use this word MOSES each time you think, say, or act on either joining or separating, either fault-finding or finding Love and Light. Are you making your search via your ego or soul?

Reverting to the concept of the mirror of reflection, are you at a place of spiritual development where you can have integrity and face the mirror of your resistance and judgements about other people and things?

If not, don't worry; you will inevitably reach this place sometime in the future, either in this lifetime or a successive one.

Facing the mirror requires courage. Beginning to recognise what irritates you about another is what irritates you about you; this requires vulnerability as you cut open the ego protection around your emotional wounds to begin the healing and restorative process.

Let's use a common irritability such as someone who is incessantly talking but not saying anything meaningful and worthwhile for you. When they begin talking, you bristle inside, and your fault-finding button gets pressed. For many people, silence is extremely uncomfortable. In silence, they must face themselves and may have to deal with issues they have avoided confronting. They prefer to chatter on and on and distract their ego-based mind from self-confrontation.

Now let's look for the mirror of that in you. What are you irritable about in your life where you keep sweeping the issue or issues under the rug hoping it will disappear on its own? Invariably, it's usually a relationship issue, a work-related issue, a financial issue, a looming health issue, or a family-related issue. Can you be self-honest and identify the issue or issues you do not want to face for fear of lack or of complete loss?

Once identified via the mirror reflection, are you now prepared to take the necessary action to resolve the issue or issues?

Perhaps it will help you if I explain that which you have identified and need to resolve is part of your soul contract. The person irritating you, forcing your mirror reflection of the issue, is your Soul Mate, who agreed to assist you in this identification process. The issue in question is one of the "holes in your soul" that need repairing in terms of your soul contract.

So, as I continually write about in my books, things seen from Spirit are usually the opposite of how we look at issues on the earth plane of existence. In Spirit, we use

our soul-based Love as the basis of our understanding, and on earth, we use our fear-based ego for such understandings. Once again, we have MOSES in play.

The person that irritates you with their ongoing gabbling about what you term unimportant issues should be thanked. They have enabled you to see the mirror of your irritability, which identified the “hole in your soul” that needed repairing for your eternal soul’s ongoing growth.

Jealousy is so unnecessary

The mirror that identifies jealousy is an invaluable mirror to keep polished and clean. Personally, I have never understood the emotion of jealousy, especially regarding so-called love relationships. Well, I think we need to call a spade and spade and say that where there is jealousy in a love relationship, this is not a love relationship but an ego relationship.

Jealousy is based on feeling inferior and competitive. I believe and have practiced this belief experientially, that if someone else can make you happier than I can make you, then in my love for you, I release you in love to be with that other person. My love for you is for what is best for you. Providing I have tried my utmost to meet your realistic requirements of me, and if someone else can make you happier than I can, do not let me stop you from achieving what you believe you need in your life.

We come into this world alone, and we leave this world alone. All relationships we experience have a beginning, a middle, and an end. All relationships will terminate at some stage of our lives. We will experience the emotional high of a new beginning of a meaningful relationship and the low of a loss upon the end of that relationship. We came to earth to experience the duality of opposites and to experience the contrasts of emotions sensually.

Soul-based relationships with our Soul Mates are eternal. On the earth plane of existence, this time around, some of these Soul Mates may be our best friends or our worst enemies. All play out their roles as determined by the intricate and interlinked soul contracts we made in Spirit before embarking on this journey to earth.

I come from soul-based love, and my self-love is sufficient for me. My love for the perception I have of God within me and the love I feel from God with me is more than sufficient for me. If you wish to join me knowing and experiencing such Light and Love, I welcome you onboard within my emotional feelings for you and us. This could

be an intimate romantic relationship, or an intimate, trusting friendship. The Light and Love we share are the same.

So, for me, jealousy is a non-starter. For those who consider jealousy a healthy emotional response in a relationship, I would like them to question whether their ego or soul is leading them. Who and what is their MOSES?

I have seen relationships where one or both parties try and incite their partner to show jealousy. Somehow, if their partner is jealous of someone else's attention and affection towards them, they think that this will make them more desirable to their jealous partner. Let's think about this objectively for a moment.

There must be ego at play for any form of jealousy to exist, which means that Love and Light are absent from this relationship. The relationship is not one where both parties face the same direction and deal with their relationship issues together, intending to reinforce Love and Light through a soul-based approach. Any jealousy in a relationship creates an ego-based aggressive response, whereby the couple is facing each other as two boxers would in a fight.

The relationship partner egging their partner to feel jealous is probably incapable of using soul-based Love. They are most likely to be an ego-based person fearing lack or loss in their relationship. This relationship will never have a smooth ride as the insecurities this person suffers believing they are not deserving of love stems from a lack of self-respect, and self-love, which is being mirrored to belong to their relationship partner.

This situation's impossibility can be illustrated by looking into a mirror and attempting to comb your hair by scratching on the mirror!

Suppose both parties in the relationship suffer from these insecurities and attempt to use the ego-based approach of jealousy to egg their partner on. Then we have a powder keg that will be ignited soon. This relationship will be blown up.

Of course, like any conflict or war, there will be collateral damage to innocent civilians. In the case of intimate physical relationships, invariably, these innocents are the children of the union. The choice to have children, and the responsibilities that go with that, should take precedence in any fractious relationship where egos are in full flight and jealousy comes into play.

In generations past, our forefathers and their marriage partners were probably far more focused on their duty and responsibilities to their relationships, their children, their wider family, and their community. Any relationship issues were resolved behind closed doors, and divorce was a stigma to be avoided at any cost. I recall being around ten years old in 1962, when a new family moved into our neighbourhood. There were a mother and her four sons, and, horror upon horror, we

discovered she was divorced. Her ex-husband arrived once a week in an old car with his new young girlfriend remaining in the car while visiting his sons. The hatred of the mother was so intense it could be felt throughout the house. This was the only divorced family in our class and grade at school and in our neighbourhood. Sixty years ago, couples having relationship issues sucked it up and got on with their marriages placing duty and responsibility above all else. If jealousy were used as a weapon by an ego-based partner in public, it would have been considered undignified to wash your dirty laundry in public, and the person shunned by their peers. Regrettably, that is not the case today.

The solution to feelings of jealousy may require professional therapeutic help. A feeling of lack of self-love likely has its roots in childhood, where the person, at an impressionable age, was told or shown that they were not worthy of being loved. This could have innocently and mistakenly occurred if their parents got divorced, and somehow the child felt they were also being separated from one or both parents who supposedly loved them. In their childlike way, they may have misinterpreted that to mean that they were unworthy of love; otherwise, why would one parent, who said they loved them, then leave them. This is only one example of the many lacking self-respect and self-worth, resulting in a lack of self-love created in childhood and remains throughout one's life.

Intention or commitment?

We often confuse the words commitment and intention. A commitment is an all or nothing decision. When we commit ourselves to something or someone, there can be no wiggle room. At this stage, I usually use the example of a meal of ham and eggs. The pig is fully committed, but the chicken is partially so.

An intention is a strong wish or desire to do something. Anything can adjust that intention or even remove it completely.

For a trust relationship to work, there must be commitment. This commitment comes from soul-based Love and Light. A commitment to become Godlike. A commitment to ask at every available opportunity, "What would Love/God do now?" A commitment to a relationship partner to honour and obey the legal, moral, and spiritual laws you both subscribe to. A commitment that says, "you can trust me with your most intimate thoughts, words, and actions." A commitment that says, "no one gets left behind, we are in this together until the agreed-to completion." A commitment that is spelled TRUST.

I had an employee who subsequently became a business partner and best friend. At the 25th anniversary dinner of our business relationship where our families were

present, I spoke about him and what he has meant to me. I stood up and said the word "TRUST" and then sat down. Nothing more needed to be said. Eloquent words of praise and admiration could never improve upon the one word, "trust." He is an egoless and humble man, and I know it was all he needed to hear me say.

In these days of instant gratification and much-reduced concentration spans due to multi-screens dominating our attention, commitment is harder to sustain. Even intentions have more alternatives to sway one due to so many available choices. Loyalty today is not the same as the loyalty of yesteryear. There are so many increasing alternatives and a plethora of information sources that test loyalty. Today's younger generation has no compulsion to click another button and move from a trusted brand to another item due to a better service speed, lower cost, or for any other reason. Loyalty has been replaced with the click of a button or mouse. That "click" loyalty negates all previous relationships, possibly built up over the years. Without the development of a relationship, where is the trust to be earned and appreciated?

I hope I do not sound like a whingeing old-timer. I am concerned that the notion and value of trust could be relegated like the notion of virtue in today's world, which I wrote about in my latest book found on personalempowerment.co, *The Pathless Path to Oneness*.

Virtue was prized during the early part of the last century and the centuries before that, but it is not a word or value one sees prized today. The *mores* of society change, and I sincerely hope that today's younger generation's "click" loyalty, don't allow trust to go the way of virtue- into the trash bins of tomorrow once they become the leaders in the future.

A world that does not value trust in a relationship is a world spinning out of control and heading for disaster.

The breakdown of trust commences with the change in intentions to what is instantly more gratifying, and with it, to the eroding of commitments which have been made.

Trust is implicit in a Being of Love and Light.

Nothing is unforgivable

In our fault-finding processes, we sometimes come across that which we deem to be unforgivable. This could be something we have done to ourselves, or to others, or that which others have done to us and maybe even to themselves.

In the heat of the moment, most people react with their emotions on full alert. After a reasonable passage of time, some more emotionally mature people can respond in a more measured way. A few can respond in the heat of the moment with Light and Love towards what many people would consider unforgivable. These are the exceptional soul-based people who are Love and Light.

At the ego-based fear level, we react emotionally, and the shock of the lack or loss we experience now, or believe we will experience in the future, rocks our world. Occasionally, we are emotionally shattered beyond the ability to believe what we have just heard or witnessed, as it appears to be so unforgivable. The emotional shock may create a mental numbness to protect ourselves. The outpouring of the adrenal gland's chemicals in the fight or flight response may cause temporary or long-lasting emotional post-traumatic stress disorder (PTSD).

Some are initially emotionally shocked but, after a while, recover their emotional equilibrium and respond more appropriately to what others may consider being unforgivable. These people reduce their ego-based fear and allow soul-based Love to counterbalance their feelings.

In time, their soul-based Love begins to crowd out the ego-based fear reactions, and some emotional sanity is restored. While still a shocking revelation that termed unforgivable, it is now seen in a slightly more coherent light. The realisation that whatever the incident, and no matter how unpalatable it is, it has already happened, and no wishing it away will help. As the shock begins to dissipate, the ability to begin coping with the aftermath is triggered by the innate survival instincts we have, possibly learned on the Savannah Plains tens of thousands of years ago, which is part of our DNA.

As more and more soul-based Love comes through as a response to replacing the ego-based fearful emotions we initially reacted to; a clearer picture begins to emerge of how to deal with the aftermath. Usually, some time is required to allow and enable this soul-based response to take shape and begin the clean-up and restoration of emotional equilibrium.

Now let's deal with the select few people whose initial response was to operate with soul-based Love. At the outset of hearing the news they may have queried why the other party would do such a thing that others see as unforgivable? They somehow saw that what others termed unforgivable was something that is understandable, forgivable, and capable of being sorted out, reaching an emotional equilibrium soon.

As you can well imagine, these people are Love and Light at their essence. Let us deal with such a person at the physical level of earth, and then, in the next topic we will look at the situation as possibly seen by those in Spirit.

Here we have this unusual person who is Unconditional Love and Light at their essence. It's time I re-introduced you to the acronyms for TRUST- To Release Unto Spirit Totally, and, then, To Rely Upon Spirit Totally. I use these acronyms in most of my spiritual books. Most religions have this concept within them of handing over to the Deity they worship. For many religions, this requires blind faith, and for those who have experiential knowledge of such trust in their Deity, their faith becomes less blind and more experiential.

I believe in the concept of God within me, being the Co-Creator of my life. Blind faith in handing over to one's Deity usually negates the person involved from doing anything constructive to create a better reality for themselves. 'Let go and let God' will work for some, but it negates the soul contract issue I will be discussing next. A Hindu proverb I often quote is "pray to God but row away from the rocks."

Those who say 'everything happens for the best' and move on with their life may lead a more stress-free life but may not understand that we call these challenges to ourselves to be resolved by us, with God's help as our Co-Creator. My preference would be to say, 'everything happens for the best, but in God's timing, not ours.'

So, to become this person of Love and Light implies a 100% commitment to be soul-based Love and to think, say, and do, "what would Love/God do now?"

At the time of this so-called unforgivable issue occurring, these unusual people full of Love and Light, firstly do not resist, and secondly do not judge whatever is occurring. They accept and allow that which has occurred to be and become "what is." They accept and even appreciate "what is" as an initial response. Subsequently, they may decide to act upon what they would prefer "what is" to become later. They realise that it achieves nothing to scream and lament about what has already happened and wish it would be something else. They definitely do not look for someone or something to blame, and especially not God.

They accept and allow that which has occurred to be so. They see where their Unconditional Love and Light can be used to assist others in their grief and confusion. Many times, they may simply sit in silence with those grief-stricken people. Their silence should bring a calmer and more tranquil presence to those involved in this issue. Their silent acceptance allows and enables others to sense their presence and begin to feel the oncoming emotional equilibrium restoring the imbalance and disharmony currently present. These unusual people are sending a silent message that nothing matters, except Love and Light.

The playing out of Soul Contracts

Now let's move onto what I believe may be happening in Spirit as soul contracts are being played out. As explained before, soul contracts are intricate and interlinked agreements between Soul Mates within a Soul Group or Soul Family. The purpose of creating such soul contracts is to repair the "holes in your soul." The purpose of such repairs is to become more and more Godlike by elevating your energetic vibrational frequency level and live in Spirit, and on earth, with more Unconditional Love and Light from the Source of such Unconditional Love and Light. My free book found on personalempowerment.co *The Purpose and Meaning of your Life in terms of Soul Contracts* may help you in understanding this further.

The simplest way to explain soul contracts is to see the roles we have elected to play as characters in a movie. There are no so-called victims or abusers, good guys and bad guys, good experiences, or bad experiences, and so on. Each Soul Mate plays the role agreed to, and this enables and assists them, and the other participating Soul Mates, to confront the issues they have agreed to resolve to fix the "holes in their souls" on this forthcoming journey to the earth plane of existence.

To add some more weight to understanding this, each Soul is a part of what we call God in this book. God is All That Is and wants to experience the sensuality available on earth and the duality of opposites' contrasts. So, in effect, we are helping God become the Experiencer of everything that creates the ever-expanding All That Is. No pressure mind you!

OK, so with the explanations out of the way, let's revisit the scene of this topic's unforgivable issue.

The incident has occurred, and to the average person, it is unforgivable. Whether done by a person or by Nature or anything else, it has happened, and as there are no coincidences or accidents in God's world, we accept "what is."

The murder has been committed, the rape completed, the traffic collision with multiple deaths has occurred. The Twin Towers in New York have collapsed, the Tsunami has landed and wiped out the coastal town. The Atomic bomb has obliterated Nagasaki and Hiroshima. COVID-19 has caused over one million deaths, and so on.

Whatever has happened did not happen by coincidence or accident. I know that this is difficult to imagine and contemplate when seen from earth but in Spirit, where the Bigger Picture is seen, and all the soul pieces of the gigantic jigsaw puzzle fit together, every soul is where it needs to be. We each have our journey; we have chosen to fix the "holes in our souls." We must respect that first and foremost.

Every horrific act I referred to above has occurred, and the survivors have adjusted and re-aligned themselves to this new reality. Some are only just managing to cope barely. Others, like Japan's economic resurgence, which, until recently, was the world's second-largest economy, and now its third, rose like the Phoenix out of the ashes. Murderers and rapists are sent to prison, and the families of the victims have experienced what they requested to experience as their soul contracts, which was the emotional trauma of such a loss.

Give a thought to what the murderers, rapists, and other criminals, being the Soul Mates who agreed to play these roles, have had to suffer. No wonder that Spirit Guides in numerous channelings I have been involved in state, "that it takes courage to come to the earth plane of existence." On earth, we see them as murderers, rapists, and other criminals. But in Spirit, in terms of their soul contracts being played out, their courage and fortitude are recognised as repairing the "holes in their souls." They played their agreed to roles and experienced what a criminal has to go through during their criminal acts, capture, trial and imprisonment, and possible death of their body.

There are many stories told of people involved in horrific trauma and who spend time in hospitals and rehabilitation clinics whose lives are changed by such ordeals, and they operate from much more soul-based Love than in the past. People affected by traumas are known to realign their lives to help the poor, helpless, and the needy. There are also people who meet their Soul Mate that they marry during times of crisis in their lives.

In Spirit, there is no such thing as an unforgivable issue or incident. They are merely nexuses where soul contracts are being played out, probably with more intensity than usual soul contracts.

If you can begin to see your life as a series of soul contracts being played out by your Soul Mates and yourself as agreed to in Spirit, there is no ego-based blame, guilt, shame, jealousy, greed, etc. They are all sticking to the "movie script" you and your Soul Mates created in Spirit.

Once again, if you can grasp this concept, you will see that nothing matters, except the Love and Light you give and receive as a Soul in a physical body on earth.

Actively being Love and Light now

Do you believe that you are becoming Love and Light? That is quite a blunt question to ask, but it may not be easy to benefit from the words you are reading without such belief.

Ideally, you may have gone past belief to one of experientially knowing that you are such Love and Light. Perhaps there have been incidences where you have felt being Love and Light, as feelings are the language of your soul.

Can you remember an incident where you were called upon by another and your response was to radiate out only Love and have no ego present within you as you rallied to their call for assistance? Do you remember feeling as if your perception of your soul and God within you was working through you to the person in need? Did you feel blessed inside as you shared this Love in an enlightened state of being?

While belief is usually necessary, it is the application of the belief into practice that is important. Belief is a theory, and experiential application is the practice.

So, let's jump into practice and see if you can find someone or something right now that requires you to give them Love and Light.

Synchronicity often occurs while I am writing about a topic. While writing this topic, I have just received a WhatsApp from a very gentle 51-year friend who is a yoga teacher and Reiki Master. She told me that she was involved in a car accident last Friday afternoon and needs help dealing with the police and insurance procedures. Right now, I have used this opportunity to guide her with loving-kindness, compassion, and practical advice but have not offered to help her and hold her hand through the process. My reasoning is that I believe that a soul contract is at play here and that she must deal with the practical world herself, and not only the spiritual dimensions she thrives in. Some would call this "tough love," but I see it as Unconditional Love and Light due to my assumptions about this being a soul contract; she called upon herself when in Spirit.

So, let's revert to you. Is there someone or something right now where you can offer Love and Light? The starting point is where loving-kindness and, perhaps, compassion is required. However, it also could be where praise and admiration can be expressed for something or someone who has done something worthy of such recognition.

This process accentuates the findings of Love and Light and ensures that there is no ego-based fault finding at play.

Once you give loving-kindness or praise to another, you open up the channels inside you to allow your soul and God within you to operate as Love and Light that They are, and that you are, at your essence.

Such experiential knowing in practice trumps the theory of belief that you are Love and Light. We are on this earth to experience the sensualities and duality of opposites or contrasts and not stand on the side lines where theory resides.

Once you have taken the plunge and helped someone or something, the feelings of Love and Light infusing you will encourage you to find others to share this Love and Light.

Once again, you will experience nothing matters, except the Love and Light you give and receive.

The choice we make

I believe that one of the most important ingredients we possess to become Love and Light is our ability to choose our thoughts, words, and actions.

My acronym for CHOICE- Can Help Overcome I Change Energy.

It is important to understand that all we are is energetic vibrational fluctuations of Love and Light. The decision to either elevate or lower this vibrational frequency level is in our hands, or more precisely, in our thoughts, words, and actions.

Our life and what we experience in this world is based on our perceptions. Our reality is our perceptions. We can make a heaven on earth, or hell on earth, through how we view the world through our lenses of perception.

Our world is in our hands.

Last night I finished watching the movie series, *The Crown*, Season Four, on Netflix. I have been captivated by the apparent reality shown of the Royal Family in the United Kingdom. From reports I have read via Google, apparently, the 94- year Queen Elizabeth II is a fan of the series, while her husband, Prince Phillip, is not.

Season four deals, among other issues, with Diana meeting Prince Charles and marrying him in what was thought to be a Fairy Tale wedding and marriage. As we all know, it turned out to be quite the opposite in the loveless, emotionally cold, sterile environment of the Royal Family. Except for the Queen and the Queen

Mother, each member of the Royal Family battles their own demons. The inability of the Queen Mother, Queen Elizabeth II, and Prince Philip to show any warmth and love to themselves, each other, and their children created this emotionally cold, sterile, loveless environment that resulted in failed marriages and unhappiness for most concerned.

For many people, the lives of the Royal Family would be an idyllic lifestyle. The richest family in Britain, legions of servants to do their bidding, no real job to do 9-5 pm, living the rich and famous lifestyle, what is not to like!

Their emotionally cold, loveless, and sterile lives, while asserting their superiority and so-called breeding over others, created a world of pain and torment for virtually every child of theirs and their spouses. The example of lack of love of the Queen and Prince Philip in their marriage and towards their children, let alone no Unconditional Love, is apparent. The absence of the Light of God in their lives, albeit the Queen is the head of the Church of England and said her prayers daily, is equally telling. Duty and service were their reality, and while this could have been achieved with Love and Light, instead, an emotionally cold, miserable, sterile environment permeated their lives. The effervescent Diana's spirit was squashed and obliterated in her loveless sham of a marriage to Prince Charles whose love for the married Camilla Parker -Bowles was evident for all to see before the so-called Fairy Tale wedding.

I trust this judgmental assessment of mine has helped you identify that the world is in our hands to create either heaven or hell on earth in which to reside. Living without the Love and Light given and received, whether romantic love, spiritual Love, or friendship love, the world can become an emotionally cold, sterile, and inhospitable environment, no matter the surroundings where one finds themselves.

Hopefully, we know heaven on earth by experiencing the Love and Light given and received by us. Additionally, we pave the way for our eternal soul's growth and elevation in Spirit upon passing on from earth in this lifetime.

To reiterate, CHOICE- Can Help Overcome I Change Energy.

This is not acceptable to me!

Carrying on with this theme of choice, we choose how we allow others to treat us. We permit them, usually through our silence, or fear of reprisal, how to treat us.

As a defenceless child, our parents, older siblings, or other older family members influenced and possibly damaged us by their words and actions against us.

As an adult, sometimes our circumstances force us to bite our tongues and not complain or resist any form of abuse, whether by a spouse, boss, or any other person who has a position of some potency over us. Please notice I did not use the word power but potency. The potency is ego-based, whereas POWER- Present Only When Ego Removed, is soul-based.

Having the stance of Love and Light in one's life requires you to have self-respect, self-like, and self-love. You are a soul, and you have God within you. Any insult or attack on you is an attack on your soul and God within you. This is not acceptable!

These are the magic words you need to utter- this is not acceptable to me! If there is physical or mental abuse resulting from that statement you make, you need to get yourself into a place where you can feel safe and no longer abused or threatened with abuse. From this place of safety, you can plan and arrange the necessary action required to ensure that the relevant authorities handle the Abuser, thereby ensuring your safety.

From as early an age as possible, and if you have children or grandchildren, please tell them the power behind the statement- this is not acceptable to me!

Widening your understanding of this abuse requires a view of Soul Contracts. The abuse could have been called by you while in Spirit and creating your soul contracts for your forthcoming journey to earth. Perhaps the "hole in your soul" that needed repairing was to learn to say- this is not acceptable to me!

Either way, this statement must be made and reinforced through your willingness to move out of the danger zone of abuse or potential abuse.

Moving from abuse towards self-abuse in the form of inflicting harm to oneself physically, emotionally, or even spiritually, you must develop the self-respect, self-like and self-love to protect yourself from the demons inside your head. Excessive alcohol consumption, using narcotic drugs, and workaholic behaviour are some of the ways we do self-harm to ourselves, and we may inflict harm onto our loved ones too. These are the effects of our behaviour. The causes of lack of self-respect need to be investigated and dealt with. Professional therapeutic help may be required to unearth and identify the initial causes, usually in childhood, resulting in the lack of self-respect, self-like, and self-love you currently exhibit. The process of undoing

these issues and rebuilding self-respect, self-like, and self-love may also require the correct professional assistance too. By stating to yourself that “this is not acceptable to me” is the starting point of turning your life around from any form of abuse.

You always have a choice.

CHOICE- Can Help Overcome I Change Energy

Embracing Love and Light is always the correct choice to make.

Understanding the Abuser

Having opened the can of worms of abuse, I feel obliged to carry this theme on and look at the Abuser through the lenses of perception rather than merely out of fear for one's safety.

The abuser was once a beautiful baby and may have known some level of love and kindness by their parent or parents. Most abusers have suffered some form of abuse in their lives and have a damaged and poor self-image. Because fault was found with them, probably at an early age, they have learned that finding fault with others is the way to look at people and other objects.

The anger, hurt, shame, guilt, and other negatively induced components that have created their low self-image is burning away inside of them. Their fear-based ego is fragile and lashes out, much like a cornered rat, and attacks without restraint.

The world is a dark and friendless place for them. The world we are creating in this book of Love and Light is unknown to them. They know hate and darkness. They are fault finders of note. Seldom will you hear words of praise or applause of others from them? They will use their fragile ego to boost themselves to be stronger than, richer than, cleverer than, more beautiful or handsome than, more successful than others. They will fill their lives with things to compensate for the bottomless hole within them. Their ego will drive them mercilessly, and true friends will not exist as they trust no one. Intimacy will allude them both romantically and in friendships, as they cannot be vulnerable and allow others to know about their inner pain. They treat people and things at face value and use ridicule and demeaning comments to belittle others that they can overtly abuse or those people and things that they are fearful of.

The negative emotions that rule their thinking will create physical pain, initially as discomfort, ill-at-ease, and possibly disease.

These abusers are experiencing the causal consequences of their abuse towards others. This is not a happy place to be as they sow the seeds of their own destruction.

Looking at these abusers through these lenses of perception, those of us who have Love and Light guiding us can look at them and state, "there but for the Grace of God go I." No matter what abuse you have suffered, it's nothing compared to the pain and torment they are and will be suffering.

Once you have further developed your soul-based guidance based on Love and Light, you can change that statement to become, "There by the Grace of God go I with him/her in Oneness." When and if you reach that place of compassion, empathy, soul-based Love, understanding and awareness, you may consider yourself to be much more enlightened.

So, as seen from Spirit, the Abuser is to be thanked for the role they has played in getting you to move from fear-based ego to soul-based Love and, through the process described above, to become much more enlightened.

A funny old world is the Spirit place of my understanding!

You cannot change anyone but yourself

Earlier on, I used the example of looking into a mirror and combing your hair by scratching on the mirror. This was implied in seeing the mirror of you being reflected in another person.

I would now like to use the same mirror analogy for the next topic of unacceptance and acceptance of other people.

Having an unconditional relationship either with yourself or another implies no conditions attached to your acceptance of you to yourself or you to another person.

Imagine that? Total acceptance of whatever you do or don't do, or they do or don't do. Total allowance of whatever happens.

My observation and experiential knowledge of life are that the only person you can change is you. And only if you want to change. Trying to change another person

takes us back to the mirror and combing someone else's hair by scratching at the mirror.

Let us take a step back for a moment and ask ourselves how willing we would be if someone arrived on our doorstep and said, "while I like you as a person, there are some things I don't like about you. I want to show you how to change these things to please me."

"Of course," says the other person. "please come in and tell me what you don't like about me and what I must do to change to please you."

In your dreams!!

Depending on the person's age, let's assume 50 years of age, for argument's sake, they have spent 18 250 days consciously and unconsciously becoming the person they are today. You arrive and say it's time to change to please me. Do you have another 18 250 days to commit to changing to please me?

The only effective way to influence people to change is by offering them an example. Providing they are willing to be influenced by the example and show a willingness to try something new; then maybe there could be a glimpse of a possibility they may be willing to experiment with something new to them.

How many people do you know that have the same haircut or hairstyle year after year? How many people wearing grey clothing change to wearing brightly coloured clothing? How many people sleep on the same side of the bed their entire life?

And you want me to change to please you?!

If you decide to change from being a fear-based ego person and become a Love-based soul person, it's not like changing your haircut, your clothes, or the side of the bed you sleep on. This is a conscious day-by-day thought process of becoming aware when your thoughts are negative, ego-based, and fault finding and changing to replace them with Love-based soul thoughts of positivity, praising and encouraging others, and finding the good in everything.

You are the slow-moving tortoise in this race of self-improvement. In time, someone may say, I have noticed a change in you which I like. You seem more positive, caring, kind, and may I dare say, more loving in the way you behave. You humbly say, "thanks for mentioning that it means a lot to me." Nothing more! If they ask what has caused the improvement, you can mention that you have been going down a spiritual path, focusing on moving from being a judgemental fault finder to becoming a finder of Love and Light. They may hum and hah and look at the ground and say I must go, nice chatting, or they may say tell me more. We each have our journey and spiritual maturation process. If they ask to know more, my advice would be to keep it

brief and focus on the concept of ego-based fear and soul-based Love. If you want to, you can refer them to this free book found on personalempowerment.co or to the spiritual or mind/body/spirit section of a physical bookstore or online bookstores. After that, keep on with your tortoise-like slow walk of conscious daily improvement coming from Light and Love, and let your actions speak instead of your words.

That is possibly the only time you can influence anyone to change as you become a Beacon of Love and Light in the darkness where many people find themselves in their ego-based world.

Once more, the acronym for CHANGE is Clearing Healing And New Gifts Emerging

Forgiveness is unnecessary

It's time to talk about forgiveness. I am reproducing what I wrote about forgiveness in my free book found on personalempowerment.co, *Understanding and Elevating your Vibrational Energy*.

Forgiveness affects your vibrations. There is much misunderstanding about forgiveness. We usually see forgiveness as someone who says that they take away the blame from another for something they said, or did that negatively impacted the one granting the forgiveness. In this instance, there is usually the unstated comment of "I will forgive you but not forget how badly you made me feel." Ego-based thoughts rule this forgiveness, and vibrational energy remains subdued for giving so-called forgiveness.

The next level of forgiveness is to understand that I am forgiving you for what you said or did to me, but I am not doing it for you but for me. I am "for giving" you to ensure that I release the negative vibrational energy I feel about you. This should increase my vibrational energy. I am detaching myself from your words and actions and am acting as if we are 20 years down the line, and this is all water under the bridge. I release you in Love as I can then allow and enable my energetic vibrational frequency to become unblocked and elevate.

The highest level of forgiveness is what Archangel Uriel stated in the book *The Soul's Journey and how it affects your Life* by Judith Farley and the Four Archangels. He called it "Awareness Advancement." In terms of the "Bigger Picture" of your Soul's eternal journey, you contracted in Spirit with members of your Soul Group for certain events to transpire (for you to overcome) so you could accelerate the growth path of your Soul to become more Godlike. You chose these events to transpire (for you to overcome) to elevate your energetic vibrational frequency level (to become

more Godlike). In terms of this understanding, you are now grateful for the “Awareness Advancement” that the contracted Soul Mate undertook that caused you to feel aggrieved, and in the more conventional sense, did, or did not, give them your forgiveness.

With this new understanding, you should give them your appreciation and gratitude for saying or doing what they did. Before coming to Earth, you requested it to occur as a course correction for your eternal Soul’s journey to becoming more Godlike.

A cheating party in your life has made you stop and reassess what you did to allow these boundaries to be so porous as to be breached by the other. Did you neglect your significant other and take them for granted? Did you not put checks and balances in place to avoid being a victim of abuse of some form or other? Did their actions force you onto another path where you found your true calling and the purpose and meaning of your life?

This view from Spirit of forgiveness is a further example of how things in Spirit are seen very differently from our earth-based assessments. A few readers will be ready to attain these more exalted energetic vibrational frequency levels. I hope you are one of them.

From the above, you can ascertain that the ego's role in the first act of ‘forgiveness but not forgetting’ will keep one in fear and away from Love and Light.

The second level of ‘forgiveness being done for me to become detached from the outcome of any actions taken against me by adopting a twenty-year view’ will move me away from ego towards Soul and Love and Light.

The third step of forgiveness based on ‘the gratitude for Awareness Advancement’ is a major leap forward to become Love and Light. By becoming appreciative and grateful to the person or people who caused you to feel aggrieved, as they were playing out their agreed to role in terms of your soul contract with them, is becoming more enlightened.

Conclusion

I have decided to make this book shorter than my other books as I believe the point of becoming Love and Light has been well made. As I have done in my other free books, I could use countless other examples, such as *Becoming Blissful*, where over 200 ways were discussed to achieve blissfulness. However, I believe that it's time for you to apply experientially your innate ability to be who you really are- Love and Light at your essence.

Your life can be transformed through this process, and you can empower yourself to be the best person possible through giving and receiving such Love and Light.

As always, think, say, and act upon, “what would Love/God do now?”

I have enjoyed writing this book for you and trust that you have benefitted from reading it.

In Love and Light

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