



THE PATHLESS PATH TO ONENESS

Neville Berkowitz

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THE PATHLESS PATH TO ONENESS

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Quotations on Oneness

People normally cut reality into compartments, and so are unable to see the interdependence of all phenomena. To see one in all and all in one is to break through the great barrier which narrows one's perception of reality.

Nhat Hanh

A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness.

Albert Einstein

You can develop the right attitude toward others if you have kindness, love and respect for them, and a clear realization of the Oneness of all human beings.

Dalai Lama

The essence of spirituality is, to be constantly aware of the Oneness of all; at the same time to celebrate the uniqueness of the individual.

Jaggi Vasudev

Love is the recognition of Oneness in the world of duality.

Eckhart Tolle

The final goal of all religions is to realise the essential Oneness.

Mahatma Gandhi

Pathless Path to Oneness

Introduction

Many people today struggle to align themselves with organised religion but state that they are spiritual. There are even two acronyms for this according to Wikipedia, SBNR- Spiritual But Not Religious and SBNA -Spiritual But Not Affiliated.

In 2012, the highly regarded Pew Research Centre did a study identifying the number of Americans who did not identify with a religion. These numbers grew from 15% in 2007 to 20% by 2012, a 1% p.a. increase.

Of concern in this research study was that 33% of adults under thirty years of age in the USA claimed not to be religious. That is some 70 million young adults claiming not to be religious. What is unknown is how many of these people are spiritual but not religious. Judging from book sales in the Mind/Body/Spirit sections of bookstores, physical and online, there is a growing trend to be spiritual but not religious.

This free book is created to assist people who desire to find a deeper reality beyond their ego-based active mind and to discover a quieter mind where soul-based Love exists. Such soul-based Love is spirituality for those who believe that God is Love.

This book straddles the monotheistic religions who believe in man's encounter with an external God and the Eastern religions who believe man finds the Divine within themselves and all things. Additionally, it also straddles the non- Deity philosophies of Eastern beliefs such as Taoism, Buddhism and Confucianism.

I suppose, at my current level of spiritual growth, I have developed an understanding by taking what I believe to be the best parts of all these faiths and beliefs that I have been exposed to date. This, of course, is my unique pathless path to Oneness. You will have your own pathless path to Oneness, and hopefully, this book will provide some pointers which you can use or choose to ignore.

Many people are searching for a way to transcend to a level of awareness and consciousness of finding a Higher Power without rules, regulations, rituals, traditions, and superstitions based on religious beliefs and practices. The search includes seeking for their Higher Power within themselves in the terms they can understand, and, most importantly, feel, as feelings are the language of their Souls. The search to find and know Oneness of All That Is.

We see the earth, and we see the sky and all of Nature, and we want to connect to the Higher Power who created such a perfect world. The sun is perfectly positioned

to give us warmth and enabling growth of all the species on earth. The moon and its phases give us light and makes us conscious of the cycles of life. Life-giving water covers 70% of the earth with the sea some 67% and freshwater some 3%. There are a balance and harmony of all living things on the earth- people, animals, birds, insects, fish, trees, foliage, plants, etc. This speck of dust we call earth existing among countless galaxies in the known and unknown universes appears to us to be the only provider of physical life of all species as we know such life to be.

Oh, how glorious is our Higher Power for such creation. And to make us conscious of such a Higher Power in our lives. We can call that Higher Power by names such as Infinite Intelligence, All That Is, God, Source, Oneness, and numerous other names. But, in truth, this Higher Power is Nameless and Unknowable. We, on earth, do not have a clue about this Higher Power. There are things we would like to believe to be true about this Higher Power, but, in reality, we are drinking our own Kool-Aid!

Of course, religious institutions cannot make such a statement. They cannot show any ambivalence in their stated beliefs which are practised by their adherents who usually contribute to the financial welfare of these religious institutions.

The growing number of Spiritual But Not Religious (SBNR) and Spiritual But Not Affiliated (SBNA) people globally refuse to be hoodwinked by organised religion and its trappings of faith, belief, traditions, rituals, and superstitions.

The opulent wealth of many religious institutions, especially those appealing to the poor and needy, possibly gives these adherents of this faith an unspoken belief that their perception of God favours their religious institutions who are showing off their opulence in their Houses of Worship. The subtle, unspoken message of this opulence is- our God favours us.

According to Wikipedia, the Catholic Church in the Vatican's worth is unknown and unstated, but it is ranked higher in wealth than The Church of Jesus Christ of Latter-Day Saints, the Mormon Church, which has an estimated worth of \$100 billion with some 16 million members worldwide. The Catholic Church is reported to have about one billion members worldwide. In the 2012 fiscal year, the operating budget of the Catholic Church in the USA was some \$170 billion. The registered number of Catholics in the USA in 2017 was some 70.4 million, around 22% of the population.

Organised religion appears to be "big business" to many disenchanted people. How opulent religions manage to obtain tithings and other donations from their followers, many of whom are poor and needy, requires a Harvard Business School investigation! My interpretation is that blind faith, belief, traditions, rituals, and superstitions, as well as the camaraderie of a community, appear to be the glue holding people together within organised religions. The Founders of most religions preached in the open to anyone who would listen to them. They appeared to have been connected to a Higher Power of their understanding. We could call that nameless Higher Power, Infinite Intelligence for anyone who has an issue with the usual religious names for such a Higher Power.

In this book, we want to tap into that Infinite Intelligence without the stranglehold of the “do’s and don’ts” of organised religion. We want to unearth the creativity, the Unconditional Love and Light of such a Higher Power, the joy, and the bliss of the highest energetic vibrational frequency we can aspire to become. We want to know our Higher Power through our unique way. We want to emulate our perception of our Higher Power in our every thought, word, and action.

We want to be like Rumi, the Sufi Poet of the 13th Century writing love poems to the God of our unique understanding.

Lose your soul in God’s Love; I swear there is no other way- Rumi

We need to find our way to the Love that is God, as our God is Love. We need to find our unique path creating such purpose and meaning in our lives. Our path, not anyone else’s path. Our unique pathless path to such Oneness.

What is the pathless path?

When you follow an existing path, others have come before you, and the path has been worn away by use. Finding your unique path enables you to develop your experiences first-hand. The known path is someone else’s journey; the pathless path is your journey, your experience. Such experience supersedes belief. It is your knowing, not someone else’s experience and knowledge.

Growth occurs when you expand your horizons beyond the well-worn path of the known into the unknown. The path you choose to do so may be virgin land. The path you choose is pathless up until you create your unique path.

The decision to walk the pathless path is personal. Some people may choose a solitary existence of ‘doing their own thing’. Others may be marching to “the beat of a different drummer.” Some may be mavericks motivated to prove something to someone, or the world in general. Some are born leaders. Others may be driven to improve the status quo. Some may be inventors, creators, artists, writers, and so on. Others may want to colour outside the lines of conformity. Whatever their motivations the desire to leave their footprints of their chosen way finds them on their pathless path to Oneness. We must not judge others based on the comfort zone of our conformity, or non-conformity.

What is Oneness

Oneness is a spiritual way to denote what many people call God/Source/ Higher Power/Deity and a hundred different names, in all monotheism religions for All That Is.

In the bible, Exodus 3:14, Moses has an encounter with God at the burning bush. When Moses asks this Presence what he can tell the Israelites who has sent him to them and this Presence, YAHWEH (YVWH), answers "I Am who I Am." The term, I AM, identifies that this Presence, is always Here Now, ever-present, ever vigilant, ever watchful, always Omnipotent. I am using the term Oneness as I straddle different religions and philosophies of beliefs.

World scriptures all talk of Oneness.

In the Bible, Deuteronomy states, *Here O Israel, the Lord our God, the Lord is One.*

In Buddhism, Saraha, an early Sage stated- *There is One Lord revealed in many scriptures*

In Christianity- *There is one God and Father of all, who is above all, and through all, and in you all.*

In Hinduism- *He is the one God in all beings, all-pervading, the Self within all beings, watching over all worlds, dwelling in all beings, the witness, the perceiver.*

In Islamic Sufism- *All this is God; God is all there is.*

Spirituality sees the Unity of everything and everyone as Oneness, and Oneness as All That Is. Everything and everyone is connected at a non-local level, not visibly seen by us on earth. However, occasionally, we feel this connectivity while on earth, as feelings are the language of our soul.

To simplify this, when we go to buy a puppy, we select the puppy through feelings we experience when we see it, among other puppies. We take the puppy home, and it lives with us and becomes part of our home, sometimes like a family member. Over time the dog becomes very in tune with our expressions, our moods, and feelings. In certain instances, the dog somehow even senses our unexpressed inner feelings. We, in turn, have a heightened sensitivity to the dog's demeanour and expressions. The connectivity has been developed between the dog and us, and we experience unity. We love the dog, and the dog loves us. The dog is described as man's best friend, and we feel the dog is a part of us. We experience unity with the dog.

Now, with a swop of letters, let us change the spelling of dog to God. Please re-read the paragraph above and substitute God for dog.

I hope I have not offended you by this word swop. My intentions were two-fold:

Firstly, to show that the connectivity of Unity, of Oneness, is available whether we experience the feelings of Love with God or with our dog. I call this Love, Unconditional Love, to distinguish it from other forms of love.

Secondly, to provide an example of non-local connectivity, which is not visible on the earth plane of existence. This nonlocality is part of theoretical physics and is referred to as “quantum nonlocality.” Nonlocality is the apparent awareness and ability of objects separated by any distance, to know of each other’s states of existence and for the Universe to arrange them in terms of a “Bigger Picture.” I will discuss this “Bigger Picture” further on in this book. For now, let’s use synchronicity as an example. Synchronicity is the apparent coincidence of something occurring in your life that you were thinking about or needing to occur. As Albert Einstein stated, *there are no coincidences in God’s world.*

In the context of Oneness referred to in this book, I want to stretch your imagination in terms of nonlocality and Oneness. Can you create an awareness of a plane of existence where everything and everyone is connected in a Unified Field? For simplistic purposes, see it as a net in the Universe where everyone and everything has a connection point, much like the electrical plug points in your home connected to the electrical supply feeding your home. For this example, we can say that Oneness is the electrical supply, or more accurately described as the energetic vibrational frequency supply.

A further example to illustrate Oneness and our connectivity to and being a part of Oneness. No drop of water ever disappears. No new water is added to the earth’s supply. Water is a solid, then liquid, and then gas, and it returns to being the drop of water again and again, and so the endless cycle ensues. The water cycle is evaporation, transpiration, condensation, precipitation, and runoff.

Water is a form as a solid or liquid, and formless, as a gas. The earth is 70% water, 67% seawater and 3% freshwater. Our bodies are some 60% water: with our lungs 83% water; muscles and kidneys are 79% water, and our brain and heart are around 73% water. Our skin is some 64% water, and even our bones are 31% water. The water in our bodies is mostly consumed as liquids through the digestive tract and eliminated through the kidneys as urine in liquid form. Water in our body is also eliminated through perspiration.

Like water, we too are both form and formless in our different states of Oneness. When we are a soul within a body on earth, we are in a form, which is, arguably, perceived to be seen as solid. When our heart stops beating, and our body dies, our Soul, which is an energetic vibrational frequency moves into formlessness in Spirit. Our Soul re-joins our Higher Self which is formless, and our Higher Self is connected to our Higher Power which is also formless. This Tripartite Alliance as I term it, Soul/Higher Self/Higher Power, experiences being Oneness. Oneness is All That Is and exists in both form and formlessness. In Spirit, when we decide once more to return to the earth plane of existence to begin a new life on earth, we return as a

Soul within a bodily form again, and the cycle from formlessness to form to formlessness repeats itself over and over.

I hope I have widened your understanding of Oneness as All That Is in such a Unified Field of existence.

The pathless path to Oneness

We must each find our unique path to this experience of Oneness. My path within me will not be your path. Your path will be for you to experience. We may start our journey on paths from different places. This will depend on where each person is on their spiritual journey of belief and faith in finding Oneness/God/Source/ or any other name that resonates with you. There is no right or wrong path- all experiences are valid. We are required to have non-judgement, non- resistance, allowance, and acceptance that every person has their unique journey in terms of their soul contracts timetable. (I will explain soul contracts later on). Every person's experience is what they need for the ultimate highest growth of their eternal Soul.

On our pathless path to Oneness, we become more enlightened, and we elevate our energetic vibrational frequency level. (I will also explain this later). Our life on Earth will still have its ups and its downs, but we will be in a better place, emotionally and spiritually, to find harmony, balance, inner peace, joy and bliss through being soul-based Love, always, and in all ways. We would have found a non-egoic quieter mind from which to operate.

I apologise if the explanations above were heavy going for some readers, and I thank you for persevering to get these foundation stones laid for the remainder of this book.

Past knowledge and present experiential knowing

We are invariably born to parents who either do or do not follow a religion. If we are fortunate, we may be born to parents who allow us to find our unique way to experience the knowing of a Higher Power. This knowing is not knowledge. Knowing is a continual experience of exploration, while knowledge is someone else's previous experience you are now learning about.

Now you may think I am splitting hairs here between knowing and knowledge, but this is the essence of this book. Religions have created well-worn paths to seeking the Higher Power in which they have faith and belief. But faith and belief are merely a thought or thoughts that they wish to be true. If it were proven to be true, it would no longer be faith or belief; it would be a proven, indisputable fact. These thoughts have been repeated *ad infinitum* through the ages, and while I am throwing Latin words around, *ad nauseam* too!

So, these thoughts, some through millennia, have been cemented and become “The Truth.” So now we have The Truth of one religion, and with this so-called Truth comes the “favoured status” of this religion being the so-called “only Truth.” Flowing from this so-called Truth comes some unique special relationship with the God of their understanding. For many religions, they claim that their perception of God somehow endowed their Founder or Leader with some special power.

Now along comes another person who believes that their different religion has “The Truth” and their unique relationship with the God of their understanding.

Enter the EGO- Edging God Out- and these two people, tribes, nations, religious components across the world decide that the only way to discover whose God is the Real God and whose is the false god, decide to go to war. So, these so-called religious people proclaim that they are God’s Army. Two or more religions go to war to fight over the name of their God. However, God is Nameless. Man cannot perceive or know who or what God truly is. They can only use their limited capacity to think and believe that thought of what they believe God to be.

Arguably, more blood has been spilt in armed conflict, and among collateral damage of innocent civilians hurt and killed through so-called religious wars than in any other field of warfare.

If God is Love, Light, Peace, Harmony, Joy, and Bliss, why would God need an army, let alone armed conflict to prove anything? An Omnipotent God does not need an army, let alone condone armed conflict in God’s name.

It is that their faith and belief are unprovable that people resort to armed conflict to resolve their differences. They have judged other religions to be inferior without any sustained attempt to investigate and understand the other religion’s merits and to look for commonalities. They only focus on what is different to themselves, which they judge is incorrect. They have been relying on millennia of knowledge handed down from father to son, mother to daughter. For most religions, this was an oral tradition for centuries before some words were committed to writing. We all know how people embellish a story with their viewpoints within a period of a few hours. Imagine what embellishments have been made throughout centuries and millennia!

The well-worn path followed by their religion, the rituals, the traditions, the power of their religious leaders, the growing fanaticism within the followers of this religion has

blinded them to the facts. They are worshipping an unprovable faith and a belief while they remain on the earth plane of existence. For most followers of such a religion, the harder they are challenged, the more determined they dig their heels into their cemented thoughts' belief system.

The question to be asked is, does God have a religion? Why would God need a religion? Who would God pray too? Why would God need to have any followers at all? If God is Omnipotent, what would one, or a billion, followers' matter to God?

My belief system is that we should not be seekers of God but be finders of God. Seeking is using others to show us the way. Finding is using our inner resources to guide us. I believe that a part of God, our Soul, is within us. We need to find that part of God within us and focus on becoming soul-based Love, as God is Love. In this way, we become Godlike in our thoughts, words, and actions as they are Love based.

For those who are interested, I have written a free book available on personalempowerment.co- *Finding and Knowing God Within You*

My belief system says that we are eternal as Souls, and we exist eternally as energetic vibrational frequencies. When we pass over from the earth plane of existence back into Spirit from where we came, our Soul connects to our Higher Self, which is the much larger part of ourselves and always remains in Spirit. This Higher Self is connected to our Higher Power, some call God of a hundred names, but who is Nameless. It is the union of Soul/Higher Self/Higher Power that creates the experience of feeling Oneness of All That Is. I call this the Tripartite Alliance of becoming Oneness.

We are all connected as part of that Oneness, and that includes humans, animals, birds, insects, plants, and even the mineral kingdom too. We are all points of energetic vibrational Beings of Light and Love in an infinite and eternal stream of Consciousness of Light and Love; we sometimes call God or All That Is.

Additionally, there are other "life spaces" on other planes of existence where energetic vibrational frequencies are living who are also part of this Oneness of All That Is. (If you are interested, I refer you to Emanuel Swedenborg, Swedish Scientist and Seer (1688-1772) - *Life on Other Planets*)

One thing I certainly believe is that we are not alone, but All One. We are interconnected with the seen and the Unseen. A rustle of a leaf affected by a breeze has some impact on the rest of All That Is, of which the leaf is a part. We are Unity, and we have Unity Consciousness at a non-local level.

Our physical world is a speck of dust in the cosmic billions of galaxies in the universe outside our window. We fight our religious wars to claim a fraction of space on a

speck of dust. We demand others to acknowledge our power for our faith and beliefs of our religion's message and so-called unique relationship with Oneness, or All That Is.

Now the God of our faith and belief is, to our understanding, the Omnipotent Power of All That Is. This includes all the known and unknown, the billions of galaxies, including the cosmic speck of dust that Earth is in our limited awareness of the vastness of what we call Space.

Do we believe that this God is concerned and perturbed by what our various religious beliefs, traditions, and rituals are? What we can eat and drink, how we dress, how we pray? What we are and are not allowed to think, say, and do in terms of our religious beliefs, traditions, and rituals? Some religions prohibit certain animals from being eaten; some prohibit eating anything of the flesh. Other people on earth not bound by any specific religious beliefs, traditions and rituals eat what they like. To date, we have not experienced any Hand coming from the sky, damaging those who eat whatever they want to eat. Somehow, they get on with their lives unaffected by the rituals, traditions and superstitions of other peoples' faiths and beliefs.

In truth, the only meaning any faith, belief, tradition, ritual, and superstition have is the meaning we empower it with. For the countless billions of people, not of that faith and belief system, these issues are meaningless and have no power over them.

Earth is a speck of cosmic dust, and we are one of 7.8 billion people on this speck of dust. We expect somehow that our God is preoccupied with our religion and how we pray, meditate, dress, eat, drink, work, play, make love, treat our children, and treat others in our world. I believe that our God is far more concerned with HOW we behave towards others: animal, vegetable and mineral, with whom we share All That Is in Oneness.

We may be able to open the door to a more Godlike existence for ourselves on this cosmic speck of dust. We can move from this religious paranoid, egoic position of God's preoccupation with us to one of welcoming our concept of God to be our Co-Creator within us. We can move from this paranoia of exclusiveness to one of inclusiveness. We can move from being alone to becoming All One if we experientially know that our Soul, the part of God within us, is Love as God is Love. If we know that nothing matters, except Love.

I believe that our Soul is a part of God within us and through our Higher Self, of which our Soul belongs, we are connected to our Higher Power in Oneness. Immaterial of any or all religious faiths, beliefs, rituals, and traditions, we are an essential part of All That Is. My God of Love is aware of each one of us, whatever religion we are born into, or adopt, or whether we are spiritual or atheists or agnostics. My God within me is Love, and at our essence, we are Love too. Nothing matters, except such Love. Of course, that is my belief system as I traverse the pathless path to Oneness. You may well have another belief system which I will not

judge or resist but hope to learn from in increasing my understanding, knowledge, and wisdom of that which I call Oneness.

A Course in Miracles, supposedly a channelling from Jesus Christ, states:

Nothing real can be threatened.

Nothing unreal exists

Herein lies the peace of God.

These 14 words are the real *Course in Miracles*. Because it requires an enlightened state of awareness to understand and fully live this truth, there are nearly 500 000 words within nearly 1200 pages in the three books comprising *A Course of Miracles* to explain this truth! I have not read these pages but have read some commentaries and interpretations of this work. Love is the basis of these teachings. I too focus on Love in all my writings as do many other authors as well.

We look within to improve ourselves by being more Godlike as we ask God within us to be the Co-Creator of our life. We seek to match our elevating energetic vibrational frequency level to what we perceive is the highest energetic vibrational frequency level of God. We take total responsibility for our thoughts, words, and actions to be based on “what would God/Love do now?”

We can choose to move from an existing knowledge base of religious faiths, beliefs, traditions, rituals experienced by others who had come before us and left their well-worn paths for us to follow. If we now choose to become one of experiential knowing, of letting go and letting God within us be the Co-Creator of our life, then we may enter the pathless path to Oneness. However, we must take total responsibility for our thoughts, words, and actions to be as Godlike as possible. Experiential knowing replaces belief. Tasting a piece of chocolate cake is preferable to reading a recipe for chocolate cake!

Suppose we decide to follow the pathless path to Oneness. Why would God of our understanding be interested in one person among 7.8 billion people on Earth, let alone everything and everyone comprising All That Is?

The answer lies in a simple explanation of either choosing to be part of God or separated from God. Allowance is being part of God, whereas resistance is being separated from God.

Let us revert to the concept of EGO- Edging God Out. This is what I always refer to as our bad ego in my various writings. Our good ego is necessary to protect us, but our bad ego is personality-driven and based mainly on fear, and occasionally on hope.

When we resist anyone or anything, we resist All That Is, or God if you prefer. We are separating ourselves from who We really are- an Eternal Soul, part of our Higher

Self, which is part of our Higher Power/God/Source/All That Is. We are separating from the Oneness, or God within us, through such resistance to another person or thing.

Through any resistance, we are saying NO to life, to All That Is. We are now an egoic person who has opted to leave the train of God and be stranded outside on the train station's platform. We are on the outside looking in and no longer connected to the Source of All that Is. We are Godless through our choice of resistance and of becoming an egoic presence. We have Edged God Out of our lives. We have shut off the soul connection within our body, and within our energetic vibrational frequency, to God within us. Our active ego has dominated our passive Soul. Our ego-based free will has disregarded our Love-based soul contracts. We have moved from heaven on Earth to the hell on Earth of our own making. Our resistance, intolerance, disrespect, and lack of Love towards another has erected a barrier against soul-based Love within us.

Our resistance has created fear within us and possibly made others fearful of our intentions towards them.

We revert to the major topic in all my previous 25 free spiritual books- the balance between soul-based Love and ego-based fear.

The corollary of resistance, which created egoic based fear, is an allowance that enables soul-based Love to be our dominant motivator.

Allowance is the pathless path to Oneness. Allowance is saying YES to life. Allowance is acceptance of "what is", and appreciation of what is occurring now in our life, without judgment. Allowance is the ability to use our soul-based desire and intention to create what we would prefer "what is" occurring now in our life to become. Allowance is using soul-based Love as our North Star.

Allowance requires us to be in the present moment of Now. To be authentic to God within us, and to ourselves. To TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally. To let go and let God within us be the Co-Creator of our life. To pray to God for assistance but to row away from the rocks in our life.

Allowance is being here Now, in God's Space, the Holy Instant, and opening our hands upwards. Resistance is closing our hands into a fist of non-acceptance.

For most people, wedded to their religious beliefs, traditions, and rituals, resisting the acceptance of other peoples' religious and spiritual belief systems is the norm. We cannot shake hands with a closed fist of resistance! Only through allowance with open hands can we embrace another in soul-based Love of acceptance, whatever their faith and beliefs. Only through allowance are we enabled to walk on the pathless path to Oneness. Certain religious people adopt an attitude of allowance

towards all faiths and beliefs, and they are easily recognised as Love. Certain people who follow a spiritual path devoid of any religious beliefs, traditions, and rituals also adopt an attitude of allowance of all faiths, beliefs, as well as non-beliefs, and are also easily recognised as Love.

Such experiential knowing is required on the pathless path to Oneness.

The way of the Finder, not the Seeker

I would now like you to think about the known and the unknown in life in general, and in your life, in particular. What is the known is the past. We know that the victors write history. The history of the victims would tell a different story. The victors raise a flag to signify their conquest, while the victims bury their dead in sorrow.

The same can be said for religious faith, beliefs, traditions, rituals, and superstitions. They are rooted in the past. It is the experience of those who have come before. What they said, did, believed in and experienced. The wisdom of their sages of a time long past is treasured and revered. The known past is worshipped.

Focusing on the past restricts those in the present from having a different future than those people of the past. Past beliefs, traditions, and rituals, while providing a cemented support structure of comfort of the known, strangles progress of thoughts, words, and actions beyond the known past. Even the clothes adapted by the present generation of religious people may depict those clothes worn hundreds of years ago, and usually in different climatic conditions too. The prayers they say are cast in stone from hundreds, if not thousands of years ago. The traditions they cling too and the rituals they follow are highly prized. Any religious person not following them to the letter of the law are considered “not religious,” instead of as being non-traditionalists. The power of the masses shuts down the individual’s choices. The known past is prized as utopia and all-knowing and incapable of being changed or adapted to better suit changing times.

Imagine if we adopted that concept in other areas of our lives? An abacus instead of a computer. A sundial instead of a wristwatch. Candles instead of electricity. Horses and donkeys instead of motorised transport. The average age of longevity of 35 instead of 75, due to modern health treatments. Yet when it comes to religion, belief, faith, traditions, and rituals we go back hundreds and thousands of years and refuse to move from the known to the present, let alone the unknown future.

We do not fear the unknown as much as we fear the known past. We fear that if we can prove that the known past is somehow no longer correct, relevant, or valid then

the very foundations, we have based our lives on for hundreds and thousands of years are broken and unstable. Our lives lose their purpose and meaning. We become rudderless and can drift out to sea. So, we cling to the known past via religious faiths, beliefs, traditions, rituals, and superstitions where we feel comfortable. We do not want to extend ourselves beyond our known comfort zone. We choose not to experience growth by exploring the unknown. Superstitiously we may fear that the Hand of God will come down and smite us for breaking a tradition or ritual. This God cannot be a God of Love; it is a God of fear. This God is based on egoic fears. Such people may be classified as egoic worshippers, regrettably far from those people who worship a God of Love.

Working from the known past, daily, or weekly, we attend our houses of worship. We spend hours each week in our fine clothes, repeating prayers, singing hymns and songs, and listening to sermons from our religious leaders. Outside the gates of our houses of worship, people, not like us, are begging in the street for a morsel of food to eat. They are dressed in rags, arms and hands outstretched for a coin or some food. They are homeless and are deprived of Love and starved of affection. They are seen as children of a lesser god than the God we are worshipping inside our beautifully adorned houses of worship.

Would the religious congregation benefit more from continuing this worship based on past knowledge or from attending to and assisting these beggars outside their houses of worship? Would a loving God require more adoration from their followers in their houses of worship, or prefer their followers to assist the poor and needy in their community?

My son Michael, who is now 31, did a final year art project when he was at school at age 18. He took pictures of beggars, with their consent, and using Photoshop, replaced their heads, arms and hands with those of animals. He was depicting the way people driving past beggars in their expensive cars saw those beggars, not as people, but as animals. The last art piece in his project depicting the arm and hand of a giver in a car giving to the animal arm and hand of a beggar. What was different in this last picture was that the giver's hand was also the claw of an animal. I will leave the interpretation up to you!

What do you think a loving God would prefer- people giving more worship, or helping the poor and needy who are all part of God?

Every religion prizes charity and accords it a high status of being religious. The necessary next step is to move from words to action as a daily practice of such religions. Giving counts when you get down and dirty and actively participate in the uplifting of another soul in a physical body. Giving when you can see God within these people. Giving when you give attention, affection and, hopefully, Love, to someone in need of those things, even more than their dire need for money or food. When you can find a way to enable these people in need and poverty to uplift themselves to become productive in some way, enabling them to fend for themselves. When the Love put into the giving benefits both the giver and the

recipient. I believe these are the active prayers and worship a loving God would want to see, rather than hear words said and sung from prayer books created hundreds of years ago, while there are starving people at the gates of the opulent houses of worship.

Now let's move to the fear of the unknown that religions perpetuate by clinging to the known past conditioning. If you lead an ego-based fear of life, the unknown will be fearful, and your Soul's growth may be stunted. If you live a soul-based life of Love, then the unknown will be filled with infinite opportunities and possibilities for the growth of your Soul. Facing life with a closed fist in fear, or an open outstretched hand in soul-based Love, to grasp new opportunities is the difference between clinging to the known and trusting in the unknown.

The seeker of the known is seeking what someone else has already unearthed as the known and agreeing to follow their well-worn path. Usually, after hundreds of years, this well-trodden path has become so deep that the follower can only see the sides of a tunnel, not what lies ahead, and sometimes, not even the sky above them. They are like a laboratory rat in a maze seeking the cheese. The cheese is the prize; this journey only has one purpose. They are not enjoying each moment of the journey but are fixated on the prize promised to them of eternal life in heaven. In my belief system that is assured for all anyway. Why not enjoy each moment of the journey with an open hand of Love, generosity and belief in infinite opportunities and possibilities for the growth of our Soul?

This is the way of the Finder. The person who is prepared to let go of religious faith, beliefs, traditions, rituals, and superstitions of the known, and fling themselves with outstretched arms and open hands to find and grasp the infinite opportunities and possibilities of the unknown. As we all know, real growth only occurs outside your comfort zone.

To find and know God within them as a God of Love. To welcome God within them as the Co-Creator of their life for the highest growth possibilities of their eternal Soul, which is part of God.

On a personal note, since 1976, at age 24, I have been reading the prayer books of the faith I was born into- Judaism. Every day of the week, I would conclude my morning prayers and meditation by reading a few pages of various books related to Jewish worship. I cannot recall which year it was but vaguely remember it being some twenty years ago, around the new millennium, when I decided to take the plunge and no longer read from a prayer book each day. At first, I was apprehensive about breaking a habit of nearly 25 years and the emotional, religious, and spiritual safety net it afforded me. I chose to use that time to sit still and allow my Unseen Friends to communicate with me. I let go of the safety net and stepped into the unknown. For me, it was a life-enhancing decision. I became a Finder of God of my experiential knowing.

The remainder of this book is to illustrate ways and means to become a Finder of God within you, and not merely a seeker of God out there, somewhere. I believe that one of the ways to do this is via a pathless path to Oneness.

The term pathless path to Oneness implies that you will establish your unique way of finding God within you, as your Co-Creator, and becoming Godlike in your every thought, word, and action, whenever possible. Whether you do it within organised religion, or through a spiritual way, or simply because that is who you inherently are, is immaterial- simply do it.

Great news! As stated before, there is a shortcut. Simply think, say, and do- “What would God/Love do now?”

Finding Heaven on Earth

The Earth is a place where we experience EGO- Edging God Out. The ego is reflected in our choice of thoughts being fear-based or hope based and living in the past or the future. However, we can also be conscious of having thoughts of, and being soul-based Love, and living in the only time there is, which is the present moment of Now. I term this Now as God’s Space in my free book found on personalempowerment.co, *How to Live in the Now*. When you are in the Now, God’s Space, you experience Now as a Holy Moment.

The choice to leave your ego and become soul-based Love results in finding Heaven on Earth. This is how you “seek first the Kingdom of God”. There is a belief that God is within you and that your Soul is that part of God. The belief states that your Soul being a part of God is within your heart, or within your chakra heart centre. I subscribe to this belief system.

If you can find the Love and Light within your heart and express it outwards, then you will live as soul-based Love for that moment of Now. Although you may be alone, you will also be All One. In the search for yourself, the real You, you will find God, and in the search for God, you will find the real You. You will realise the feeling of Oneness.

The goal is in every step

In our society, we are usually goal orientated. We go to school to graduate. We go to post-school places of learning to acquire an education, skills, and abilities to earn a living. We go to work to earn a way to provide for our physical needs. We usually get married or have a relationship partner in our lives. We have sex, intentionally, or unintentionally, to procreate and extend our species. We work to enable us to retire one day eventually, and so on. We are goal focussed, and usually, our ego leads our personality in our desires, intentions, planning and executions to achieve our goals.

Choosing the pathless path to Oneness we do not have a goal to achieve, the pathless route we choose is the goal in our every step. Being and staying in the present moment of Now is the goal. The goal is not at the end of the process; it is the process. By being aware, or conscious, in every moment of Now, we connect to our soul-based Love, to God within us. We do not have to graduate, get a medal or ribbon, get a job, or start a business, create a child, or reach retirement. We can attain all we seek in every moment of Now by finding God within us and being Godlike. Ideally, we experience Now as a Holy Moment.

The pot of gold is not at the end of the rainbow; it is within each colour of the rainbow. If you look at the rainbow to find the mythical pot of gold at the end of it, you will miss the magnificence of the rainbow, as fleeting as it is.

Some will say that the rainbow is a miracle to be worshipped. They will investigate how a rainbow is created; they will analyse its processes and become experts about rainbows. Others will merely gaze at the beauty of a rainbow and enjoy its fleetingness for the few minutes that it is visible. The goal is not to become an expert on rainbows. But to merely bask in the glory of the colours for the few minutes that the rainbow is visible. After that, to move on awaiting the next miracle about to unfold in your life.

Albert Einstein, probably the most famous scientist of the 20th Century, stated, *there are two ways to live your life. One as though nothing is a miracle. The other, as though everything is a miracle.*

My acronym for MIRACLE- May I Recognise A Conscious Love Evolving.

Those on the pathless path to Oneness see the miraculous evolving in every moment of Now, as they step on their way.

A parable of seeking

One day a mouse looked up to the sky and saw the birds flying south as the air began to chill. This little mouse wondered why the birds were flying south to escape the coming colder weather, and more importantly, where they were flying to. The little mouse decided to follow the path that the birds were on. He said goodbye to his family and friends and went in the direction of the birds flying overhead.

Day after day, he travelled as far and as fast as his little legs could carry him. Eventually exhausted and unwilling to go on any further in his quest, he decided to look around and see where he was. He saw that he was in a field of cabbages. Ah, he thought, maybe the birds know something about cabbages that the rest of us do not know. Maybe cabbages are the secret food for health and longevity? Maybe cabbages should be awarded a special place in our lives and be prized among all other foodstuffs?

Satisfied with his quest, he decided to go back home to his family and friends and tell them of his amazing discovery. When this occurred, someone remarked that the veins on the cabbage looked like a picture they had seen of the human brain. So, they concluded that cabbages were food for enhancing the brain, and they exalted cabbages as a superfood. And they all lived happily ever after singing praises and worshipping the cabbage as a superfood.

This parable illustrates the difference between knowledge of the past and experiential knowing of the present moment of awareness and consciousness. The birds do not leave a pathway etched in the sky as they travel southwards in their experiential knowing of each passing moment. The mouse grew tired of learning why the birds were flying south and where they were heading. The mouse decided to judge the place he had reached as the Truth of his journey. He concluded that the cabbage patch was the destination of the birds above in the sky.

Judgement occurs when you stop asking questions and decide you have found the truth. Such judgment is laziness and, regrettably, most of us are guilty of judging without having all the available facts. The problem comes after the judgment has been made. If your judgement is called into question, your ego jumps in and digs its heels in, and entrenches your judgemental position. Prejudice, bigotry, and, even hatred, usually follows from such an entrenched mindset.

I often use the following quote from William Blake to illustrate the lack of perception we suffer from.

If the doors of perception were cleansed, everything would appear to man as it is, infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.

You are not alone, but All One

The pathless path to Oneness requires you to be alone, but you are not lonely. On this pathless way, and with your mantra being “what would God/Love do now?” in your every thought, word, or action, you are connecting your Soul with your Higher Self and your Higher Power in Oneness to All That Is. You are alone but are also All-One!

If you were merely alone, you might be afraid of what is around the next bend. Your risk appetite would be minimal as your fear-based ego is afraid of meeting death around the bend and seeing it as the end of the ego. This may freeze you in fright, afraid to take the next step.

However, if you know that you are not alone but All One then the bend is not the end, it's only the unknown of a bend, and you are ready to embrace whatever lies around the bend. Whatever awaits you around the bend will be for your learning and growth to find and know God within you. Everyone and everything is your teacher. What is there to fear about the unknown if you are about to embark on a learning and growing adventure, knowing that God is the Co-Creator of your life?

Whereas your fear-based ego is afraid of dying, only the body and the personality will die, your Soul is eternal and undamageable. Your Soul is All One. When you are soul-based Love, your arms and hands are open to embracing the moment of learning and growth ahead of you. You know no fear as your Soul is immortal, eternal, and infinite. On the pathless path to Oneness, your rallying cry is “bring it on!” Your soul growth is assured whatever is around the bend.

Understanding the Bigger Picture of who You really are

Now it is time to enlarge your sight to become vision and discuss who You really are at your essence. Now is the time to move you into what I call the Bigger Picture of your Soul's journey.

If you are interested, I have written a free book found on personalempowerment.co-*The Purpose and Meaning of your life in terms of your Soul Contracts.*

In Spirit, when you and certain of your Soul Mates are planning your next trip to the earth plane of existence you all, together with your Guides and Guardian Angels, determine what you each need to experience in your forthcoming trip to earth for the continual growth of your individual eternal souls.

This process requires intricate planning to ensure that each Soul's objectives are experienced and met while on Earth. Eventually, soul contracts are entered into between Soul Mates embarking on their next trip to the earth plane of existence. The roles each Soul in a specifically chosen body will play out at the appointed times on Earth are mapped out. Some may be a victim; an abuser; a good guy or bad guy; pious ones; good time seekers, and so on. These are character roles, like in a movie, being played out on Earth. Understanding this Bigger Picture is where non-judgement and non-resistance, or allowance, have their roots.

To recap, you are an eternal and immortal Soul, and you live in Spirit with other members of your Soul Group or Soul Family. You decide when it is time to leave the Unconditional Love and Light coming from Oneness that you are bathed in while in Spirit and to return to Earth. Your new Soul Contracts are concluded with your Soul Mates. You choose to occupy a specific body and to be born to specific parents, who are also your Soul Mates, to further the growth of your Soul's eternal journey towards the perfection we call Oneness.

As I explained more fully in my free book found on personalempowerment.co - *Understanding and Elevating Your Vibrational Energy*, the need for continual soul growth and elevation towards Oneness is to experience a greater intensity of the Unconditional Love and Light emanating from Oneness in Spirit. As I understand it, there are hierarchal levels in Spirit, and the task is to reach the top of the pyramid, as I see it, where Oneness resides, and the Unconditional Love and Light is strongest.

As a Soul, we have the much larger part of our Soul, our Higher Self, permanently positioned in Spirit, and connected to our Higher Power. The only messages that our Higher Self can send us whether we are in Spirit, on Earth, or in any other "life spaces", is one of Unconditional Love and Light. These messages are continual, but we must have our Soul's energetic vibrational frequency level attuned to the same frequency of our Higher Self, that of Unconditional Love and Light, to receive these messages. For this reason, we need to take the shortcut of thinking, saying, and doing, "what would Love/God do now?" When we are Godlike, we can connect our Soul with our Higher Self and with our Higher Power too and experience Oneness. I call this the Tripartite Alliance- Soul/Higher Self/Higher Power.

When we arrive on the earth plane of existence, we get amnesia about our soul contracts. Our soul remembers, but our ego, mind and personality driving our physical body remain ignorantly unaware, as they were not part of making the soul contract in Spirit. We are also granted free will to do what we please with the understanding of causal consequences of our choices.

On the earth plane of existence, we can experience all the sensual delights of our five senses. We also experience the contrasts of opposites, apparently unique to the

earth plane of existence. For example, joy and sorrow are each one side of the same coin. Additionally, we also experience the causal nature of our thoughts, words, and actions- the cause and effect consequences in the life we are living now, or what we may experience in a future lifetime on earth.

On our soul's journey to earth, we need to slow down our vibrational energy substantially to enter the matter of a baby. We are at a much lower level of energetic vibrational frequency of Love and Light than we were while in Spirit. Our Soul is now within a baby being born. All gather around us as a baby as, unknowingly at a physical level, the people surrounding us with big smiles are subconsciously recognising the Love and Light that they are at soul level too. At this moment, their energetic vibrational frequency is matching ours through the Love and Light we emanate as a new-born baby. For most smiling people around us, they are temporarily experiencing an elevation of their vibrational energy level. Love is in the air!

So, in a nutshell, that is identifying who You really are. You are a Soul within the body, mind and ego-driven personality known as John/Jane Doe, who operates at a physical level. You, as a Soul is connecting to You (your Higher Self) at a higher spiritual level. The You, as the combination of your Soul and your Higher Self, combines with your Higher Power and operates at the highest level of Oneness.

You are always operating at one or more of these three levels, or planes, of existence. When you are ego-based, you are on the earth plane of existence, the physical plane. When you are soul-based Love, You are on the Higher Self plane of existence. When you are operating in what I call a Tripartite Alliance of your Soul /Your Higher Self/ Higher Power, You are on the Oneness plane of existence.

You choose in every moment of Now who you/You are. That is why I created the acronym for CHOICE as- Can Help Overcome I Change Energy. You change your energetic vibrational frequency level as you operate on one or more of these three planes of existence- physical, Higher Self and Oneness.

So, we revert to your pathless path to Oneness. It becomes evident and obvious that while on the earth plane of existence the only way you can become You fully is to enter into the Tripartite Alliance of Soul/Higher Self/Higher Power to access the Oneness plane of existence. This commences by following the pathless path to Oneness.

Here is an apt quote from *The Course in Miracles- If you knew Who walks besides you on the path that you have chosen, fear would be impossible*

Passion for walking the pathless path to Oneness

As stated above, on your pathless path to Oneness, you are alone and All One. You do not have the dubious strength of support of others. Is there strength in numbers as it is often said?

Let us ask the lemmings as they follow each other over the high cliffs and drown in the sea below! Let us ask the masses who scream to take down a Dictator merely to replace one power-mad leader with another even more corrupt leader. Let us ask the people of Germany of the late 30s, and early 40s all raising their right arm in salute to Adolf Hitler. Let us ask the troops in war prepared to die for their country but who in peacetime never lifted a finger to house the homeless on their streets or feed the hungry in their poverty. Living to uplift and service others in need is not as exciting and daring as dying for your country, killed by some other mother's son or daughter.

In a religious context, we have numbers of followers blindly reinforcing the knowledge of the past experienced by others rather than throwing caution to the wind and experiencing the reality for themselves as a form of experiential knowing. This historical knowledge may provide a barrier for those who want to have any experiential knowing for themselves.

Being alone requires courage, determination, and passion for following your instincts without the safety net of a formal structure or organisation for support. On your pathless path to Oneness, your journey is one of being alone to become All One. This decision requires a passion for continuing through the ups and downs of such a pathless path alone, and yet, All One.

My acronym for PASSION- Personal Aspirations Supported Seamlessly In Our Need

The seamless support comes from both the seen and the Unseen. However, the Unseen's support is Love based, and if your passion is solely ego-based, then the Unseen will stand by and allow your ego to do what it wants, in terms of your free will. The Unseen will not be part of the seamless support creating your ego-based passion, which has its roots based on fear or hope. If your passion comes from a soul-based desire, based on Love, to serve others and improve their lives, then the Unseen will form part of this seamless support.

I grew up with the poem IF by Rudyard Kipling inscribed on a metal plate affixed by my father to the back of my bedroom door of our home. I think it bears being reproduced here:

IF – Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more, you'll be a Man, my son!

It is with this determination, balance, harmony, zeal, and passion that we must walk the pathless path to Oneness.

Moving from confusion to fusion

There are unlimited ways to understand and elevate your ego-based feeling of separateness into Oneness. Let me use the example of two ego-based people who meet and are attracted to each other physically and emotionally. If this budding infatuation develops into a romance, and if this romance develops, then the Love that is God within each person connects spiritually, and Oneness is experienced. Each person is passionately embraced within the other, and they feel as if they are One. In time, procreation may occur, and a child may be born. These two people in Oneness have become creators, and Oneness, the Creator of All That Is, has expanded Itself through such a birth.

The term fusion means the blending or merging of one or more substances into a newly created substance. Aristotle said *the whole is greater than the sum of its parts*. Today we may use the term synergy to describe this fusion usually between people or organisations.

Oneness is such fusion. When we see the interconnectedness of everything, of All That Is, as Oneness, we experience fusion. Like our couple referred to above, through their romantic love, which became soul-based Love, they experienced Oneness together. True fusion requires the Love within, or God within, to fuse into Oneness.

The term confusion means the uncertainty of what is intended, required, or happening. Confusion is usually ego-based as two or more people are uncertain what the other person requires. This confusion is the clashing of ego-based needs or wants. I know what I want to happen, and you know what you want to happen, which is different from my needs and wants. Our egos desires are different hence the confusion.

Now, this is not merely a play on words but is an important factor in finding the pathless path to Oneness. Fusion is Love based, and confusion is ego-based. Fusion is allowing, and acceptance and confusion are non- acceptance and resistance. At the outset of this topic, I referred to an ego-based couple falling in love. Regrettably, most couples falling in love suffer from such egocentric needs and wants to be met, temporarily. The high divorce rates and other unhappy relationships bear testimony to this.

How do you move from confusion to fusion, from ego to Love in a relationship? The shortcut, as always, is asking yourself, and acting upon, "what would Love/God do now?" However, most people will find this too big a jump to make in one go. Small steps are required in conscious awareness of asking yourself, "Is this my ego or my Soul thinking, talking, or doing?" Eventually, with such continual conscious awareness of the basis of your thoughts, words, and action, you will evolve automatically in asking yourself, "What would Love/God do now?"

Through such an approach, we focus on allowance and acceptance of others, and not on resistance. We first seek to understand the other party's viewpoint. We do not allow judgement of any form to interfere in our search for what they believe and see as their truth, their requirements, their needs and wants. We reach a place of such understanding by ensuring that they are asked at every step along this process, "Am I correct in understanding that?" If they agree, then you proceed to the next point of such understanding and asking the same question and so on. Eventually, they are fully understood by you. At this point, they feel vindicated as they have been heard fully. Their resistance and insistence that they are right is now softened and is more pliable to find a compromise situation potentially.

People usually listen merely to interrupt with their viewpoint, not showing any respect for the other party's viewpoint. Through this process above of genuine, authentic listening on your part, they believe and feel, at long last, that someone has heard them. Respectful listening will build more trust than any words expressed.

RESPECT- Recognising Each Soul Politely Ensuring Correct Tribute

For those who are interested, I have written a free book, *Listening – The Relationship Builder* found on personalempowerment.co.

Now the other party feeling heard fully, understood, and respected should be willing to go through the same questioning and listening process with you expressing your viewpoint. Usually, this respectful process enables common ground to be identifiable from which a compromise situation can be developed, satisfying each party to move from ego-based confusion to more respectful fusion of both parties needs and wants.

Other factors such as compassion and empathy by one or both parties will grease the wheels of such mutual understanding, and a compromised position is reached. Through such a soul-Love based process you both have looked for issues and beliefs you find acceptable and inclusive of both your needs and wants, instead of an ego-based approach focusing on what is different and exclusive to each party.

Through respectful listening by both parties, they have knowingly, or unknowingly, been on the pathless path to Oneness.

The three steps involving forgiveness

There are certain instances where people are not fused in Oneness. This is not due to ego-based confusion, but due to ego-based aggression. Past words expressed, or actions taken, have aggrieved one, or both parties. The demand by one or both parties for rectification usually sees two egos clashing in full flight. Often a sincere apology by one party to the other should simmer down the egos involved. After that, a rectification process instituted, coming from a place of Love and not fear should calm down the ego-based emotions to an acceptable level.

The injured party may or may not grant forgiveness to the other party. I am going to reproduce the topic of forgiveness from my recently published free book found on personalempowerment.co, *Understanding and Elevating Your Vibrational Energy* (page 64)

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 impacted negatively on 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 the person giving so-called forgiveness.

The next level of forgiveness is with the understanding 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 to 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 become 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. I have consciously been involved in developing and elevating my Soul's journey for over 30 years, and I have only recently come to learn about, understand and apply this concept of forgiveness as (gratitude expressed for) "Awareness Advancement".

From the above, you can ascertain that the role of the ego in the first act of 'forgiveness but not forgetting' will keep one off the pathless path to Oneness and entrenched on the ego highway of life.

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 onto the pathless path to Oneness.

The third step of forgiveness based on 'the gratitude for *Awareness Advancement*' is a major leap forward on the pathless path to Oneness. 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 spiritual maturity of note. Later in this book, I provide a topic where an abused wife kills her husband, and this provides a factual example of *Awareness Advancement* as the highest form of forgiveness.

Thinking and experiencing

There are two states of being we need to talk about next. Thinking and experiencing. Thinking is done when one is uncertain of the next step to take. If the thinking is done at the physical level, where the ego dominates the mind, then we play a game of determining our needs and wants and how far we can "push the envelope" to get what we desire. We may be conscious that these are ego desires, but we push that

thought to the back of our mind, and we see how far we can go without breaching the *mores* of the society in which we live. Most people, other than narcissists or other seriously psychologically disturbed people, know that there are barriers not to cross in a society. Our ego-based thoughts serve our selfish desires and do not serve society. These thoughts keep us off the pathless path to Oneness.

However, when our thoughts are based on soul-based Love, and we serve society, then these thoughts put us on the pathless path to Oneness.

The choice to experience reality while being consciously aware of being soul-based Love is trusting the process to unfold as it should. This is being on the pathless path to Oneness. Usually, there are not many conscious thoughts involved; we simply apply the thought of “what would Love/God do now?” and experience that and its outcome.

This approach is TRUST based, where TRUST is- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally. The pathless path to Oneness is based on you and God being the Co-Creators of your life. You take responsibility for your thoughts, words, and actions, but you know, and experience, that God is the Co-Creator of your life.

Whenever you find yourself needing to think a lot about the next step you must take, simply ask yourself, “who is doing this thinking? Is it my ego-based self, or my soul-based Love self?” Ask yourself, “if I take my ego out of the equation, what will the result be?” If you can develop the ability to experience being in the present moment of Now, and thinking, saying, and doing, “what would Love/God do now?” then you will think less and experience more. You will be much happier for this transcendence from ego-based fear to soul-based Love.

Our thoughts manifest the reality we experience

Everything we see, and all that remains unseen, are atoms arranged in varying levels of density to create energetic vibrational frequency levels. An atom comprises some 99.9999% empty space and the nuclei some 0.00001%. The nuclei in the atom is tiny but very dense. The density or heaviness of someone or something denotes what we would call solidness. The vibrational frequency level is slowest among the densest object. The higher the vibrational frequency level, the lighter and more difficult to see the object or entity.

What we see is the nuclei, and we never see the remainder of the atom, some 99.999% of the space taken up by the atom. Can you imagine how much space there must be around us that we are oblivious of?

It is that space of apparent nothingness around us that resonates vibrational energy. We live in a field of unlimited opportunities and possibilities unseen by us. By elevating our energetic vibrational frequency level, through soul-based Love, we can match certain of the elevated unseen vibrational energy and manifest a reality available for us to access. Some may even call this the creation of a miracle.

MIRACLE- May I Recognise A Conscious Love Evolving

At higher energetic vibrational frequency levels, there are entities and objects available to us to connect with and too. We must also be aware that at lower energetic vibrational frequency levels, there are less than desirable entities and objects that we connect with and too as well.

In simplistic terms, the ego will reduce vibrational frequency levels, and soul-based Love will increase these levels. We may call these lower levels, 'hell on earth', and the higher levels, 'heaven on earth.' We are responsible for experiencing hell or heaven on earth.

By being conscious of the nothingness of space around us, we can choose in every moment of Now what we may manifest to experience as our reality. We do this with our thoughts, words and actions either elevating our vibrational frequency level or reducing them. Soul-based Love elevates, and fear/hope-based ego reduces our vibrational connectivity to the apparent nothingness of space around us.

Our thoughts, words and actions create a causal process. The cause commences with our thoughts, words and actions, and the effect is the vibrational matching of these thoughts, words, and actions in the nothingness of space where all vibrational energy resides. We think, say, or do something joyful, and the vibrational match manifests bringing us such joy in some form or other. We think, say or act unpleasantly and the vibrational match is to manifest something we deem to be unpleasant in our life. Thankfully, this does not happen with immediate effect as it would when we are in Spirit. In Spirit, all communication is via thought with immediate results. On the denser earth plane the manifestation of our causes may take longer to arrive but arrive they shall!

Through this process outlined above, I have attempted to explain how our thoughts create what we experience as our reality.

By being soul-based Love, we can experience the pathless path to Oneness.

Resistance blocks your pathless path to Oneness

Now we come back to resistance as a blockage to finding the pathless path to Oneness, which path is Unconditional Love and Light.

Rumi, a 13th Century Sufi Poet, and Mystic stated,
your task is not to seek for love, but merely to seek and to find all the barriers within yourself that you have built against it.

I am uncertain whether Rumi was talking about romantic love or soul-based Love but reading some of his works, I believe it to be both.

The same can be said for our choice to close our hearts by not wanting to understand another as spelt out above. Subconsciously we may live in ego-based fear, and when we choose not to hear something that threatens our fragile ego, we entrench our ego's position in our mind and keep us further away from the pathless path to Oneness.

As *Leonardo da Vinci* stated, *the greatest deception men suffer is from their own opinions*. When we limit the extent of our perception, we limit the integrity of our opinions. More colloquially put, "there is none so blind as those who will not see."

The desire to learn is the only way you will learn. In Africa, some schoolchildren walk miles to and from school in the scorching heat. Their school may be under a large tree, and their blackboard may be the dust on the ground where their teacher uses a stick in the dust to teach them the basics of their education. These children want to learn. Their desire to learn is strong. Contrast that to the unruly, ill-disciplined scholars in many schools in the West who go to school to be taught. You can't teach anyone anything if there is no willingness to learn and to think for themselves. In Japanese schools, the students respect their teachers and help keep their school clean as both a sign of respect and gratitude to have the ability to learn and to think for themselves.

If there is a willingness to learn and think for oneself, and not place barriers of resistance, then the saying, from *Lao Tzu* becomes relevant:

When the student is ready, the teacher will appear. When the student is truly ready, the teacher will disappear.

The saying is very much aligned to the pathless path to Oneness.

We learn by experiential knowing as illustrated by the statement from Benjamin Franklin:

Tell me, and I will forget, show me and I will remember, involve me, and I will understand.

To this can be added, *give me a platform, and I will contribute.*

The existing educational structure of seating students in rows of desks with the teacher or lecturer at the front was based on the production layout for the Industrial Revolution commencing in 1760. In my view, this layout contributes to creating resistance to learning by students. The distance from the teacher, distraction by other students and lack of involvement of the students in the teaching and learning process, all contribute to this resistance. Contrast that layout to one where the students are in a circle with the teacher being part of this circle. There are minimal opportunities for distraction, the students are engaged and involved, and in closer proximity to the teacher. Less discipline is required to be imposed by the teacher, as the students are taking responsibility for their active participation and involvement in learning. In this form of circular layout, 'allowance' is the flow as opposed to the 'resistance' of the regimented Industrial Revolution layout of classrooms.

As this book unfolds, I feel certain I will use other examples of resistance to illustrate how it restricts one to finding the pathless path to Oneness.

Merging into Oneness

Do you believe in Oneness? Do you see yourself as the label of your name and your unique personality? Do you think it is possible to move from seeing yourself as you to seeing yourself as Oneness? Do you think it is possible to move from ego to Soul?

Are you prepared to try an experiment? I would like you to think of the person you like or love the most in the world. Imagine your body, mind and Soul moving into their body, mind, and Soul. Do it slowly and gently. Start by seeing yourself standing next to them. Now inch by inch sees yourself moving shoulder to shoulder into them. Soon your head and their head begin to merge. You and they are now one body, one mind. Now give them all the Unconditional Love and Light you can imagine. Your Soul now merges with their Soul, and you have become one together. The union of two hearts beating together as one. This is Love as God within you and God within them become Oneness.

How do you feel? Can you feel a shift to becoming Oneness?

Now we take the next person who you like or love, and we do the same experiment. This time you maintain the Oneness from your first- choice person and you incorporate the third person into this feeling of Oneness, as before.

It's time for the fourth person to join you in Oneness. And on and on you go down your list of your most liked and loved people all becoming Oneness with you.

When you have practised this process and perfected it then the real test will come.

Now identify someone who you don't like and don't love at all. Someone who gets under your skin and annoys you. Someone you wish would vanish from your life. As tough as it is to imagine, then repeat the process once more. Merge yourself into them. Take the Oneness you have become and incorporate them into it.

If you are struggling with this final process, it is understandable. Maybe we should begin by first attempting to understand why they are the person you dislike most. What do they say or do to you that gets under your skin? Now try and understand why they say and do those things. What has happened in their life that has twisted and turned them into a person that you dislike so much? Did someone abuse them? Were they subjected to unfair criticism by someone? Why do they feel unloved? When they attack you, what thoughts are they projecting about themselves onto you?

Their issues are their issues, and you are most likely not responsible for the way they feel about themselves, which they are projecting onto you. Perhaps you can ask them what they find so offensive about you and begin building a bridge of trust with them instead of the walls of separation between you. If this process is successful and you develop a better understanding and awareness of them, then you can be more forgiving of them for their past attacks on you. Realizing that God within them is the same God within you is one way of creating this merging into Oneness. You can then undertake the merging of them into you to complete your process of becoming Oneness.

Through this process of developing your feeling of Oneness, it will be much easier to walk the pathless path to Oneness.

Love outlasts death

Now, it's time to talk about death. Ego-based fear's greatest threat is the death of the body and the personality driving the ego. Soul-based Love never dies, the Soul is eternal and undamageable. The fear of death is seen as the annihilation of the ego. The ego will do anything to keep its potency intact and avoid the death of the body.

You may notice I used the word potency and not power. My acronym for Power comes from a soul-based Love perspective and is: POWER- Present Only When Ego Removed. Egoless power or soul-based Love power is true power.

During the last two thousand years, the power of Jesus's Love has remained in the hearts of many Christians. During that time we have seen the Romans, Sasanians, Huns, Charlemagne, The Holy Roman Emperor, William the Conqueror, Saladin, Genghis Khan, Kublai Khan, Longshanks, Otterman Empire and many other ego-based Emperors and empires rule the world, or their part of the world, for a specific number of years. Only the Love-based power of Jesus for many Christians has survived while all the ego-based power merchants and their empires have been consigned to the dust heaps of history.

The same soul-based Love and worship of God can be said for the Jews for nearly six thousand years, for the various Gods worshipped by Hindus for the last four thousand years, two and a half thousand years for Buddhists' beliefs, and for Muslims loving and praising Allah over the past fifteen hundred years. Soul-based Love has outlasted all ego-based power merchants of death.

For those who believe, as I do, that when the Soul passes on into Spirit, we will know the Unconditional Love and Light ever-present there, then there should be no fear of the death of the body on the earth plane of existence. As solid ice turns into a liquid of water and then into vapour particles, and then, once more, into water and then ice again, so our eternal Soul goes through its cyclical stages too. Where our Love for our family and friends is from the heart, and they reciprocate from their heart, then this Love can never die. These people are probably our Soul Mates and part of our Soul Group in Spirit. When we meet up with them again in Spirit that Unconditional Love and Light will be experienced again and again.

As we step on the pathless path to Oneness with no fear of the inevitable death of our body, we look forward to being embraced by the Unconditional Love and Light of Oneness in Spirit. Hopefully, we can also experience this Unconditional Love and Light of Oneness while on Earth too. The starting point, as always is to think, say and act with "what would Love/God/Oneness do now?"

Mindfulness and commitment

The term mindfulness has become a buzz word during the resurgence in interest of body/mind/spirit in recent decades. Being mindful is being consciously aware of what you are doing. Mindfulness implies that you are totally focussed on what you are doing. The purpose of such mindfulness is not to avoid any mishaps, although that should be accomplished. The purpose is to stop your mind, thinking. Because there is no such thing as multi-tasking, there is only single-tasking, and then substituting that single-tasking activity with another single-tasking activity, that we say we are multi-tasking.

By stopping thinking, we are then experientially knowing what we are doing. As you may recall from the outset, I have been talking about the need to experience life from a soul-based Love perspective, not think about life from a fear-based ego perspective, as we step on the pathless path to Oneness.

Experiential knowing becomes your truth as experiencing something trumps belief about it. Information is data collection, knowledge is putting the data together, so it makes some form of sense. However, wisdom transcends knowledge as it stems from experience, knowledge, perspective, assessment and discretion as well as from connecting to Unseen Sources beyond our five senses. Wisdom is more akin to experiential knowing, whereas information and knowledge are more thought-based processes.

Mindfulness is not thinking but being totally focussed on experiential knowing. For example, mindfulness walking is focussing solely on the act of walking very slowly. Being consciously aware of every minute movement of your foot as it touches the ground and begins to lift ever so slowly into the air. You can only think of one thing at a time. If your thought is on the minutest movement of your foot, then any other ego-based thought cannot enter your mind. With your focus solely on your foot, this mindfulness enables the mind to stop thinking and creates a space between thoughts for the Light of consciousness and awareness to enter. This is what meditation is- connecting to a Love-based Higher Awareness when there is a sufficiently large enough gap between one's thoughts.

The Unseen Beings in Higher Awareness provide a source of wisdom to us if we can connect with them. Being mindful via experiential knowing allows and enables our mind to stop whirring, usually on ego-based thoughts, and becoming open to the wisdom from Unseen Beings. The Psalmist instructed us, *to be still and know that I am God* (Psalm 46:10)

About seven months ago I was told in a channelling session to spend more time in silence and stillness and not to write my books, not to listen to spiritual CD's and not to read spiritual books and not to watch TV. I was told that for a period of a few weeks, I was to simply spend as much time as possible listening to Unseen Beings in silence and stillness.

Within a week or two of this channelling session, our country was placed in lockdown due to COVID-19 virus quarantine procedures. I am currently in my seventh month of self-isolation, going shopping once a week and visiting my family once a week too.

I have spent a lot of time in such silence and stillness during this lockdown period as I live alone but feel All One. I have written four free books since the beginning of this year, *Finding and Knowing God Within You*; *Reducing Your Worry and Anxiety* (in response to COVID-19's fears and worries), *Understanding and Elevating Your Vibrational Energy*, and the book you are currently reading, *The Pathless Path to Oneness*. My spiritual world has enveloped me, and I feel so connected to my Unseen Spiritual Friends. The Unconditional Love and Light, I feel while I am in

silence and stillness; when meditating; listening to spiritual CD's, reading spiritual books, and while writing my books is Nirvana for me. I am living the "High" life! As a close friend remarked to me, "you have turned the lemon of the quarantine lockdown into a lemonade!"

I can be mindful in these processes of being both silent and still and open up channels of communication to my Unseen Friends in Spirit. One morning recently, after waking up and doing the necessary ablutions, I felt a strong urging to return to bed and remain in silence and stillness. Trusting in the process, I lay there and soon was involved in an understanding of the souls and soul contracts between certain of my family members, close friends, work colleagues and others, and my soul. It was like I was watching a movie identifying family members and close friends, work colleagues through the ages, and others who have crossed my path in this lifetime. I was watching and recognising some of the soul contracts at play. The roles of people in my life to date was clearly seen in a new light of soul contracts made in Spirit. This brought such a level of understanding and comfort to me. Love truly is all that matters.

A few mornings ago, I experienced a similar urge to return to lie in bed in silence and stillness and wait to see what transpired. The information that flooded through my mind was about the purpose of my life. The message was that I was here to create and expand both my soul's experience as well as the experience and expansion of my Higher Self and my Higher Power through my creative and pioneering endeavours.

This process of creativity was identified throughout my life to date. It was like watching a movie showing me everything I have done creatively, some of which I had forgotten about. I believe that as much as external spiritual stimulation is invaluable, it is equally important to get to a place where you also focus on being silent and still your mind. From that place of no-mind, you will allow and enable your Unseen Friends in Spirit to communicate with you, guiding you and filling you with an inner knowing. I believe that what you need now in your life will be shown to you.

Through this process of increasing mindfulness due to self-isolation, I have enhanced my emotional and spiritual balance and harmony. Initially, in common with many others, we experienced ego-based fear of potential death as the earliest predictions of COVID-19 was for massive death counts, especially for those post 60 years old. At the outset of the pandemic, the piling up of bodies of the elderly in Italy was seen as a forewarning of what was to come. While the infection rate is over 40 million globally, the death rate currently is some 1.2 million people, mainly the elderly and infirm. Through this lockdown process, and as more information, and lots of misinformation was provided, I reached a place of allowance, acceptance, and soul-based Love after a few months. *Que sera sera*, what will be will be. My ego-based fears have been replaced with these increasing feelings of Unconditional Love and Light. Being in silence and stillness has enabled this mindfulness transition to occur.

The process of mindfulness is total awareness and commitment to what you are doing and being. Total commitment coming from a soul-based Love approach, or mindfulness, allows and enable Unseen Forces the opening to influence your life with wisdom to walk on the pathless path to Oneness. God/Love can work through you in this way.

Become the Watcher of your life (1)

Become the Watcher of your life and become aware of the role of ego and Soul in your life. Through the process of consciousness or awareness of mindfulness discussed above, you should be able to detach yourself from the dramas of your life. You should be able to recognise and acknowledge when your ego is running your life and when soul-based Love is navigating your life.

Most ego-based thoughts and words begin with I. I facetiously call it "I Disease!" Most soul-based Love thoughts begin with you or we/us. Most egotists talk incessantly, and most soul-based Love people are great listeners.

I have written a free book, *Ego = Failure* found on personalempowerment.co for those who want a more in-depth understanding of this topic.

The role of being a Watcher is one of being conscious but not judgemental. Simply gently reminding yourself that you are coming from ego should be sufficient to switch back into the role of being soul-based Love. There will be times you will smile to yourself as you catch yourself and do such a switch.

As the Watcher, you will recognise how many people operating from ego-based fear or ego-based unrealistic hope are in your life. Do not judge and criticise them in any way. By being aware of their ego-based approach to life, you can plan your way around your relationship with them. As you become more and more a soul-based Love person, you will find that ego obsessed people start giving you a wide berth. You may hear about rumours they are spreading about you due to their discomfort about you and their belief they can do no wrong. The ego-based people in your life will diminish in number, but the few soul-based Love people attracted to you will more than compensate as quality supersedes quantity in this regard.

Your pathless path to Oneness is for you and not for others, as they must find their unique way. By being the Watcher in your life, your sensitivity to remaining soul-based Love in your approach to life will be more acute.

Spontaneity is freedom.

Have the ability to live in the present moment of now. Go with the flow of life as it unrolls at your feet. Stand authentically and be Love no matter what is being presented to you now. Do not think but simply Be. Be a Human Being, not a Human Doing. Be Love Now and know that God is the Co-Creator of your life now. Be free of an egoic existence of needing, wanting, having, doing to get what you need, want and desire. Simply Be Here Now and TRUST that God will give you what you need, when you need it, for the highest growth of your Soul.

About 50 years ago, when I began my working life, I saw a poster in an office I visited. It was a picture of two birds in flight, and the sky was blue and clear. Underneath the birds was the saying, *Let Go and Let God*. That picture stayed in my conscious memory and in times of trials and tribulations, I remembered that picture, and it got me through many "dark nights of the soul".

As I developed my understanding of spirituality, I added another word, and the saying became *Let Go and Let God In*. The original saying was about handing over to God and by adding the word *In*, it now aligned to my deeper understanding that I was responsible for my life, but God could become the Co-Creator of my life if I allowed God in.

Early in 2020, I wrote a free book found on personalempowerment.co- *Finding and Knowing God Within You*. With this book, I understood more fully that God is within each of us. God is supposedly found within our heart, and I believe that our Soul is the part of God within us. Our Soul is connected to our Higher Self, which, in turn, is connected to our Higher Power, and when these three are aligned and attuned, we become and know Oneness. I call this the Tripartite Alliance- Soul/Higher Self/Higher Power.

So, the saying *Let Go and Let God In* has now become *Let Go and Let God within me guide me always, and in all ways*.

If outside forces break an egg, it is the death of the egg. If forces break an egg from within it, then it is the birth of life. Hence the saying, *go within to avoid going without!*

Such spiritual wisdom is always evolving, and it flows with the spontaneity of freedom. Religions cannot create such spontaneity of freedom due to their rules, regulations, traditions, and rituals. This spontaneity of freedom simply is free to resonate with our energetic vibrational frequency. We know what feels good and what feels bad to us. We know what well-being feels like. We know that feelings are the language of our souls. We are free to focus on developing our well-being, on creating the highest energetic vibrational frequency by being Love now and in every successive moment of now. We do this through allowance, acceptance, and non-resistance. Our increasing feeling of well-being becomes the bell weather of our growing spirituality. Our abundance grows through ease and gratitude.

Unlike religious practices, we don't need special clothes to pray in. We don't need special places to pray in. We don't need specific food and drink to ensure we are religious and abiding by the dictates of our religions. We don't need specific days and times to pray. We don't need specific prayer books telling us what to say and when to say these words. We don't need anything except to *Let Go and Let God within us guide us always and in all ways*. We simply must listen to the small Voice within us, which Voice is Love, as God is Love. This Love is spontaneous freedom. This Love is the pathless path to Oneness.

Every Founder of what have become religions today started with the spontaneity of freedom. They were touched by their Higher Power, in some way or other, and were infused with the Love that is God. They were easily recognised as people who were touched by God. They were seen as holy men. They spoke and they preached out in the open, in Nature. Their message was pure and resonated with the energetic vibrational frequency of ordinary men and women, whose vibrational energy rose when they saw and heard these holy men. These ordinary men and women trusted the feelings within them, which feelings were the language of their Soul.

Probably unknown to these ordinary people, their souls were where God within them was throughout their lives up until that moment of sensing their feelings within themselves. When their souls heard the words and felt the feelings within them as these holy men spoke, the soul-based vibrational frequencies within them resonated with these God-given words and sentiments. They felt a Love within them as the matching of the vibrational frequencies of their souls/God and the words and sentiments expressed by these holy men occurred. Like vibrational energy attracted Like vibrational energy. God within them resonated with God's words and sentiments expressed by these holy men touched by God.

These ordinary people began developing a belief in what these holy men were saying to them. From this belief came forth a pure faith that these words were God's words spoken through these holy men. These ordinary people trusted their feelings, and, probably unknown to them, these feelings were the language of their souls within them resonating with the vibrational frequency of God within them. They probably felt increasing well-being and wanted to belong to the other ordinary people following these holy men.

Over time the holy men's spontaneity of freedom was being impinged upon as the growing flock of followers needed some form of structure to ensure that other newcomers could also hear these holy men they were following. The initial followers had pride of place around their holy man, and as the crowds swelled, the holy man's voice could only carry so far. Others began repeating what they had heard so that those far off in the crowd could also participate.

In time, each holy man passed on, and his disciples decided to carry on spreading the words of the holy man. The organisation of the budding religion was needed, and structures were formed. Egos started to emerge as certain people were empowered

with authority to organise and structure this growing belief which had evolved into faith and eventually became a religion. Certain rituals and traditions began to emerge to clothe this new religion, and the die was cast. With the egos leading the religion and power being placed into the hands of the priests and the administrators the religion's structures, rituals and traditions vied with the words of the holy man for importance.

Freedom and spontaneity were no longer sought, and religious structure, rituals, and traditions began a form of control over the ordinary people. The power of pressure of the crowds kept people from straying away from these rituals, traditions, and beliefs. To not belong to the religion was seen as wrong and not to follow the rituals and traditions was criticised. Superstitions were developed to create fear in anyone not following the religion's dictates. Those people simply wanting freedom and spontaneity, as initially expressed by the holy man of the religion, without wanting to participate in the traditions, rituals, and organisation of the religion were seen as renegades of the religion. They were ostracised, punished, and even put to death by the organised religion's powerful leaders.

In other areas of the world, other religions were founded and practised. Over time, empires expanded, and people of different religions came face to face. Non-acceptance of other peoples' religious faith, beliefs, rituals, and traditions occurred and calling them non-believers, created so-called religious wars throughout history. Man's intolerance of man-caused these wars and using the term religious wars denigrate religion. This intolerance was ego-based, and at its roots was founded on feelings of religious faith and belief, and not experiential knowing of their religion's real meaning, which is always the "Golden Rule" of *love your neighbour as yourself*.

As stated before, these wars were fought over the name of the Nameless. And God wept as he saw how Love was replaced by ego-based fear, erroneously done in God's name.

The pathless path to Oneness is found by Love and not by ego-based fear.

The heaviness of religion

Religion usually adds to one. To be religious, you must be this or that. Usually, religions impose obligations on their adherents. The more that is added, the heavier the Spirit within a person becomes. The more restrictions imposed, the less the spontaneity of freedom is experienced, and the less likely the energetic vibrational frequency of the Spirit or Soul can be elevated.

I do not want you to see my comments about religion as some form of criticism or attack as I would far prefer to see someone involved in religion than be agnostic or an atheist. However, this book is about finding and walking the pathless path to Oneness. In my humble view, best done spiritually, without the burdens of the trappings of religion, its rituals, traditions, and superstitions.

I am sure there are many people following a religion who qualify to find and walk the pathless path to Oneness. However, most, if not all, religions, have a specific path to the Higher Power of their understanding. It is not a pathless path of spontaneity, freedom, and self-expression. It is a more regulated, disciplined, organised and ritualistic path. The room for self-expression is limited and even discouraged. The past knows best where you must place your feet in the present. Don't rock the boat. Follow the crowd; there is safety in numbers.

Virtually all the mainstream religions have had breakaways and new religions formed. The animosity between these religions' adherents within the same beliefs and faiths is astounding. Catholics and Protestants, Anglicans, and Presbyterians, Orthodox and Conservative Judaism, Sunni's, and Shiites in Islam, to name a few.

The intolerance shown between the traditionalists of religion and their breakaway movement cannot be termed spiritual. Spirituality is Love-based, and intolerance is ego-based. The jury is still out whether this intolerance can be called religious. It is practised by these traditional religions and their breakaway movements and, in numerous instances, wars are fought between these sects within the same religion. Currently, the Shiites and the Sunnis within Islam are at war, and the multi-generational Northern Ireland conflicts between Catholics and Protestants have at last seen a cessation since late last Century.

The God of my understanding is a God of Love. It is difficult to see how sects within the same religion who state they believe in the same Higher Power can condone the antagonism, let alone the killing, of their fellow religion's people. Such actions are based on the intolerance of the difference in understanding and belief within the same religion. The animosity between these adherents of the same God they pray to is the least Godlike of behaviour.

The question can be asked where God is in all this? I believe God is where God has always been- within people, animals, birds, insects, plants, and minerals, as well as in Spirit as Unconditional Love and Light, as Oneness. God has not moved. Only people have moved away from God within themselves towards the ego within themselves. We each have free will, and some of these so-called religious people have destructively used this free will. Through the Universal Laws of Cause and Effect or Karma, they will reap what they have sown destructively. Violence within them will beget violence in their lives. The hatred they feel for others will visit them as ill-health, disease, and possibly death, as this poison of hatred remains within the 50 trillion cells of their body.

So, as stated at the outset of this topic, religion tends to add weight to a soul through its trappings of rituals, traditions, superstitions, and intolerance of others not sharing their faith and beliefs.

In comparison, the spirituality of finding and following the pathless path to Oneness is unencumbered. Spirituality is spontaneous and knows the freedom to live and embrace the unfolding moment of now. Spirituality is not ego-based, and people following a spiritual pathless path to Oneness do not need to defend their position. They simply live and let live all those of different viewpoints, faiths, and beliefs utilising their traditions, rituals, and superstitions to keep their adherents following the paths of their religion. Spirituality is tolerance, allowance, acceptance, non-resistance and non-judgmental. Spirituality is kindness. Spirituality is open-handedness while religions often have closed fists of intolerance, resistance, judgements, and non-acceptance.

For these reasons, among others, the pathless path to Oneness is better suited to the spontaneity of freedom and elevating energetic vibrational frequency associated with spirituality than religion. Love of God rather than fear of God.

POWER- Present Only When Ego Removed- rather than the potency of ego-based faiths and beliefs

Are you alive and vital?

Life is a risk. Nothing is guaranteed to occur in the next instance. Life should be an embracing of the adventure in the present moment of Now. We come to earth to experience the sensuality of our five senses and the impact of causality. We also come to earth to experience the duality of the contrasts of opposites.

In Spirit, our real home, apparently, we do not experience the emotions of sensuality; the causal nature of our thoughts, words and actions, and the duality of experiencing contrasting opposites. We yearn in Spirit for these experiences we can only have on the earth plane of existence. We know that earth is a tough place to live, probably the toughest place where we as Souls go to among all the other life spaces we visit from Spirit. While in Spirit, we look forward to the challenges we set ourselves in terms of our soul contracts which are to be played out on the earth plane of existence. In Spirit, we do not know fear as this is ego-based, and ego is absent in Spirit. We willingly set these challenges as experiences we want to participate in to fill the “holes in our souls” that need completion for our eternal journey of our soul. Absent of the memory of ego-based fear, from Spirit, life on earth is seen as a playground full of sensual adventures. We are excited to visit the playground on earth.

As mentioned earlier, 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.

Do you live life without a safety net? Do you embrace each moment of Now knowing that everything is a risk? The only certain thing is that your body will die, and I believe as do others, that your Soul will return to Spirit. So, we know we are going to die, or more correctly put, that our body, ego, and personality are going to die, but have we ever asked ourselves whether we have really lived?

Normally, ego-based fear does not cause death, but it stops us from experiencing life. We certainly exist, but do we truly live? Do we stand without fear of lack or loss and embrace the unfolding moment of Now in Love? Do we think, or overthink and become paralysed in fear, or do we leap into the embrace of Love now?

Are we vital? Are we full of energy? Do we put our head on the pillow at night and say, *thank you, God, for an amazing day of feeling vital and alive?*

Our fears keep us from throwing caution to the wind and giving life a rip. Those parents who enable and allow their children to explore life's boundaries and encourage them to be independent and see no limits are amazingly gifted parents. These children invariably grow up with a self- confidence to handle whatever life throws up at them. These children are not afraid of life's challenges; they embrace them with a free spirit of adventure. Such fortunate children who go beyond life's comfort zones to new adventures on earth.

For those who are interested, I have a written a free book, *Unfolding Your Child- a spiritual approach to parenting* found on personalempowerment.co

Can we step on the pathless path in total TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally?

Everything you need is within you

When our chosen parents conceived us through their lovemaking, our Soul in Spirit, which is bathed continually in Unconditional Love and Light, knows that it's time to move, once again, back into the earth plane of existence.

The intricate planning that has been completed in Spirit with our Soul Group, or Soul Family, our Spirit Guides and our Guardian Angel, in creating the soul contracts with our Soul Mates, now must be implemented as far as we are concerned.

As a Soul, we arrive at this time of conception, or soon after that. We have slowed down our energetic vibrational frequency levels substantially to enter the much heavier and slower moving vibrational energy of the earth plane when compared to the elevated vibrational energy in Spirit.

Unless we have planned otherwise, we arrive in perfect health, complete with Unconditional Love and Light from our Source and knowing joy and bliss. We are always healthy, Unconditionally Loving and filled with Light, joy, and bliss until we decide not to be.

Why would we choose not to be these amazing attributes we arrive with? We do not live in isolation as we may have done in our mother's womb for up to nine months. We are subjected to the world outside this womb. We usually enter the world from the warmth and comfort of our mother's womb into harsh light and air conditioning of a hospital operating theatre where we are surrounded by these giants in green clothing staring down at us. We cry as we enter this harsh and strange place, cold and friendless.

We are cleaned off, the umbilical cord cut, and we are placed in a warm blanket and placed near the heartbeat we recognise as our mother's. We now feel better, warmer, and more secure, and we usually sleep for several hours as we adjust to this new world.

There is the story told as a true story of a three-year-old brother leaning into the cot of his new sibling. He whispers to his baby sibling, "Tell me about God and Love, I am beginning to forget."

After a while, we forget about our life in Spirit, our soul contracts, and we must face the realities of the world. However, while we may have forgotten these important things at a mind and body level, our soul remembers everything about being in Spirit, about being Unconditional Love and Light and about being joy and bliss. Our soul remembers our various soul contracts but knows to keep silent about them, for now. Our ego begins to emerge as the controller of our mind and body. Our personality begins to emerge, influenced by our ego. When we want food, and it is not immediately available, we cry for attention. When we soil ourselves and it is unpleasant to be in a dirty nappy, we cry for immediate attention. We get so good at having our needs immediately met that we know we only must cry to get immediate attention. Our ego has learnt an important trick to get what it needs immediately. Regrettably, our ego does not know that this is only acceptable when we are a baby incapable of attending to our needs. Some 'babies' still cry when they are 50 years old expecting to be attended to immediately by someone else!

Now that I have painted a picture for you I want you to understand and know that if you connect to your Soul, and not to the ego of your personality and your mind, then you can access the Unconditional Love, Light, joy and bliss in your Soul. You can do this from birth until the death of your body, mind, ego, and personality, after which your Soul returns to Spirit once more.

Having expectations that other people will give you their Unconditional Love, their Light, joy, and bliss are hopeful, but likely not to happen. If you are fortunate, you may discover some of that from your children when they are young, and if you are truly blessed, you may discover that occasionally from your life's partner.

A few years ago, I attended the funeral of a good friend's father who passed on at the age of 90 years. It was an unusual day of cold weather in February in Johannesburg when summer temperatures are usually very hot. His widow of 63 years of marriage was in a wheelchair being pushed by her grandson. My friend and I were accompanying the widow back from the graveside. I remarked how unusually cold it was for a day in February and the widow said, "I hope he is not too cold in that grave." Here was a Love that survived death. Their marriage and love were legendary, and the Rabbi at the graveside told the mourners how the recently deceased and his wife would go to sleep each night holding hands. I wrote about this incident in one of my books and also sent a copy via email to some 70 people I usually send a 'Thought of the Day' email too. My friend sent copies to her family and her mother. When her mother was lying in a hospital bed about nine months later, about to pass on, she asked my friend for a copy of that email I had sent out. No doubt, she wanted to reconnect to that feeling of Unconditional Love she had felt and expressed as her time to pass on was near, and she would soon be reconnected with her late husband in Spirit. Please, God, you should know that Unconditional Love from your relationship partner.

So back to the main theme of this topic, the Unconditional Love, Light, joy, and bliss that accompanies your Soul from Spirit and remains within your Soul always. You cannot get joy and bliss from another person, animal, bird, plant or mineral. What you can get are the stimuli of feelings enabling the unearthing of Unconditional Love, Light, joy, and bliss from your Soul within you, and into your mind and your body, being expressed outwards to another.

Remember, as stated frequently, feelings are the language of your Soul. So, when another person's Soul messages your Soul, via feelings, it unearths these feelings of Unconditional Love, Light, joy, and bliss within you.

This process is how you fall into infatuation with another person, then if it is part of your soul contracts, you and the other person may fall in love. I prefer to call it 'rise in love' as both your energetic vibrational frequencies elevate towards becoming Godlike.

The same feelings can be invoked between an animal, such as a dog in your home, and the plants you may communicate with consciously, or unconsciously. Those

readers who are into crystal healing therapy may feel connected to those crystals as well. I have many different crystals, and at different times I feel attracted to one crystal more than the rest. Each crystal, I believe, has a different healing vibrational energy, and this attraction I feel is based on what I need at that time. To many, this may sound like 'gobbledegook', but for those who share this belief of crystal healing, it will make sense.

No one can give you something that you already have in abundance within your Soul. However, they can help unearth it from within you. It is therefore unrealistic to expect to be given Unconditional Love, Light, joy, and bliss from another when it is already within you waiting to burst forth from you.

So we revert to the quotation from Rumi I used near the beginning of this book- *your task is not to seek for love, but merely to find all the barriers within yourself that you have built against it.*

The pathless path to Oneness knows of this abundance within your Soul of Unconditional Love, Light, joy, and bliss.

Contentment is the way forward

Are you contented? Do you have all that you need and want? Are all your desires met? If you passed on from earth back into Spirit today, would you be contented with your lot in this life?

Once before in one of my books, I recounted the story of the most contentment I have ever witnessed. I was travelling through the countryside in Switzerland one summer, and I saw a cow with a bell around its neck eating its way through a field of luscious green grass, and it was alone in this field.

Have you ever felt like that? Ever felt like the cat that ate the cream? Ever felt that life could not possibly get any better?

I am not asking you to compare yourself with either the cow or the cat because any comparison is involving your ego. I am asking you whether, at a soul level, have you ever felt total contentment?

Gratitude is the door opener for feeling such contentment within you. Being grateful for what you have got and not focus on what is missing from your life.

There is a picture which is often sent via the Internet or WhatsApp of a little girl of Orient descent sitting in a large bucket filled with warm water having her bath. She is so blissfully happy that her smile of contentment would wipe away any bad day you may be having.

Gratitude from a place of soul-based Love, not from a satisfied ego, can alter one's attitude to life. Some call it an attitude of gratitude! Those of us who pray daily, we can begin or end these prayers with all we are grateful for in our life.

The fruit of prayers is a deepening of our faith and belief. Such faith and belief have Love at its source. When we experience such Love through our prayers, and awareness outside of prayer, we look for ways to share that Love with others. We look for opportunities to serve others with Love. Such service brings peace into our lives and the lives of those we serve. Through this process, we live the Golden Rule of all religions and spirituality too. We look to do unto others as we want to be done unto ourselves. In such Love and Light of kindness and expressing our gratitude, the circle of life is completed in Oneness.

When saying prayers on the pathless path to Oneness, we express what is in our heart right now. We do not take out a shopping list of ego-based desires for our Higher Power to address. God knows what we need, distinct from what we want. God knows when we need it for the highest growth of our Soul. Reciting this list of ego's wants may be a waste of this special time of spiritual connection. Instead, why not try and fill this special time of connection with your Higher Power expressing all that you are grateful for right now in your life.

If you believe that God is your Co-Creator in your life, then saying thank you for what you have should attract the vibrational energy to bring you more of that which is making you content.

I mainly listen to spiritual CD's and read books, mainly of channelled works, to understand my spiritual journey better. A common theme of these Unseen Forces being channelled through a Medium on earth is that our purpose on earth is to give and receive Love, and to find the purpose and meaning of our life through service to others.

Here is the shortcut, as always, to be contented, "think, say and act on, what would Love/God do now?" Now take that Love and serve others in some way or form and you will know the contentment of a high order. Do this as anonymously as possible to ensure that there is no ego involvement in your serving others.

Today, October 16, 2020, there is a racial boiling pot in a country town called Senekal, Free State, South Africa. Farmers have been murdered in their thousands since the emergence of democratic South Africa some 26 years ago. A young white farm manager was murdered a few weeks ago in Senekal, and the Afrikaner farming community and their supporters have decided to take a stand. Opposing these

farmers is a radical political party, the Economic Freedom Front, the third-largest political party in the South African parliament. This party is led by an outspoken young man who expresses racial hatred for white people, and especially for Afrikaners. Today, there is a showdown in Senekal of both factions, and I have received numerous WhatsApp messages voicing both factions' viewpoints. I decided to frame a response to help bring some sanity to this situation. Here is my anonymous response which hopefully will go viral:

Regrettably, violence will be met with violence in Senekal and elsewhere. Hatred will poison the people feeling such hatred for others. The people involved will accomplish a lot more by calling for a prayer meeting amongst all parties involved. Darkness will not get rid of darkness only Light and Love can do that. Joint prayer meetings will open the door to healing. Kom ons bid (come let's pray in Afrikaans), Woza sikhuleke (come let's pray in Zulu). (Signed by icons of a red heart and praying hands.)

The pathless path to Oneness is easily found if one is contented and grateful and by serving in Love and Light, no matter what is happening in the world outside your window.

Humility is a requisite door opener

Humility is a door opener that arrogance will never find the key for.

Socrates, considered to be the wisest man of his time, stated, *that true knowledge exists in knowing you know nothing.*

Arrogance is merely fear wearing a mask. Humility comes from being Love and Light. Arrogance may win in the short term, but humility is always the winner in the long term. Arrogance plants the seeds of its own destruction and time and again the seeds sprout and destroy those who are arrogant as they need to sleep with one eye open. They may know temporary power but at a high cost of vigilance and reduced enjoyment of life. The causal consequences of arrogance appear to speed up and cut off the legs of the arrogant, usually at the most inappropriate time.

As stated earlier, we live on a piece of dust in the teeming galaxies of known and unknown universes, and we think we know something. If we are so clever how come, we are damaging the planet we live on so badly that our future generations may not be able to inhabit this ruined planet. The world is covered by some 70% of water. We only have access to some 3% of that as fresh drinkable water. However, we choose

to pollute our freshwater supply and the sea from where we obtain fish as the staple diet of people in many parts of the world.

Our arrogance of believing that we own the world will be our undoing. The world we abuse so readily in negative ways will see a counterbalance through causal consequences. Expect the earth's balancing responses to be in the form of earthquakes, fires, floods, droughts and other of Nature's balancing ways. We don't realise we are only borrowing the world from our future generations.

Humility and gratitude for everything we prize, and use, are the two legs we should stand on as we walk on the pathless path to Oneness.

Humility is the spirit we need to adopt if we are to be Love and respect others, and if we are intelligent. Pride and arrogance are ego-based fearful illusions created by inferior people attempting to overcome their inner feelings of inferiority with superiority over others. If we knew who We truly are, there is no need to have such ego-based pride and arrogance. It's because we don't know how truly powerful We are at a level of spirituality that we may be puffing ourselves up at the physical level of the earth as we allow our ego to be our tongue and our muscles. We are shadow boxing and claiming the title for ourselves of being a boxing champion!

When we think of ourselves less, and we focus on the wellbeing of others through our service, we develop humility through such service. The act of humility begins by acknowledging that we are all a part of God. No one person, animal, bird, insect, plant, or mineral is greater or lesser than you. We are all together and part of Oneness. It is only our ego that differs from this statement. Our ego finds our differences, and Soul finds our Oneness.

Pope Francis put it in a nutshell; *the world teaches us to seek success, power, and money; God teaches us to seek humility, service, and love.* Pope Francis is one of the religious people who are spiritual too.

If we can adopt an attitude of humility that no work, job or service is beneath us. If we know that we can learn something from everyone and everything, then we will be pleasantly surprised to find wisdom in the unlikeliest of places. Begin this learning process with your child and your pet if you have one or both.

There is a free book on personalempowerment.co called *Spiritual Laughter*. This book is a compilation of religious and spiritual jokes for the not too sensitive reader. Here is one such joke on this topic of learning from others through humility:

How enlightened are you?

If you can resist complaining,

If you can understand when your loved ones are too busy to give you any time,

If you can take criticism and blame without resentment,

If you can ignore a friend's limited education and never correct him or her,
If you can resist treating a rich friend better than a poor friend,
If you can face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can honestly say that deep in your heart, you have no prejudice against creed,
colour, religion, gender preference, or politics,

– *Then you have almost reached the same level of spiritual development as your dog!*

Humility creates humanity, while arrogance and pride cause diversion and division. Today we have what has been known globally as the 1 %s. The extremely wealthy in the world whose net assets exceed most of the other 99% of humanity. In the USA in 2018, the accumulated assets of the top 1% of wealthy people exceeded the bottom 80% of the people's wealth. The top CEO's remuneration was some 278 times larger than their average employees' remuneration in 2018. The gap between the haves and the have nots is growing exponentially. Like the wide-open jaws of a hippo or crocodile, this widening gap can be equally as dangerous.

On the pathless path to Oneness, humility, Love, service, and freedom go hand in hand.

Kindness is also a necessary requisite

I have often quoted the current Dalai Lama as saying, *my religion is very simple; my religion is kindness.*

The choice to be kind to yourself, someone else or something else is arguably the best choice under any circumstance. As I age, currently 68, I look back at how my heroes have changed from achievers in life, now to those who treat others with kindness. I have witnessed how kindness has melted the hardest of hearts, how kindness has enabled understanding to replace misunderstanding, how trust has replaced mistrust, how peace has reigned instead of war. Kindness is the common denominator in all these endeavours.

Kindness usually takes courage in the face of so much unkindness evident in the world. I believe that each person, no matter their current circumstances, have a part of God within them. I see this as their soul. If you believe as I do that God is Love, then everyone has Love within them. For some people with hardened hearts and ego-driven minds being able to drill down through all the barriers they have placed

within them to keep this Love well- hidden is a difficult task. However, when you understand that every bully inside is a scared little boy or girl masquerading as this tough person to the world, the need to show kindness to them is paramount. Initially, and for a long time after that, the kindness you show them will be treated as weakness, and they will probably abuse you. If you persist with kindness towards them eventually, there will be a chink in their exterior armour. With persistence and fortitude from you towards them, this chink will become wider and wider until their vulnerable heart will be exposed, and your kindness will melt away all their resistance.

Kindness elevates the energetic vibrational frequency of the giver of kindness as well as their recipient too. The recipient may not be ready yet for the kindness shown to them, but as stated above, never stop showing them your kindness.

We are all made up of both masculine and feminine components. Kindness is seen as a feminine trait and needs to be developed, especially in the most testosterone-filled males for whom kindness is seen as weakness. We all choose our soul contracts to experience everything in our numerous lifetimes on the earth plane of existence. Our choice to be a testosterone-filled male in this lifetime may very well be to experience the resistance of any softer, more feminine traits only until we experience soul growth and realise that allowance of kindness, and other more feminine traits, are what we chose to experience in this lifetime.

This book started with the questioning of what “The Truth” is as seen through the eyes of various religious and spiritual understandings. It is much easier to recognise what kindness is than what The Truth is. Kindness is experiential for both the giver and the recipient. We are attempting to make The Truth the same experiential knowing. One thing we are certain about is that kindness is found along the pathless path to Oneness.

Spiritual morality is the benchmark to be followed

Is your concept and application of morality based on legal, societal, or spiritual grounds?

In the USA, some 1.4 million licensed lawyers are servicing some 200 million adults. That means there is one lawyer for every 142 adults in the USA. In Japan, only 23 000 lawyers are servicing 105 million adults, a ratio of one lawyer per 4600 adults. That implies that the average American adult needs a lawyer 32 more times than the average adult in Japan.

In the USA, the incarceration rate in 2020 is 6.6 people per 1000 citizens. In Japan, the incarceration rate is 0.039 people per 1000 citizens. Therefore, for every Japanese person in prison, there are 169 Americans in prison.

In a nutshell, these statistics show so much about the morality and respect for the law of Japanese citizens compared to the perceived lack of morals and lack of respect for the law of certain American citizens. When there are electricity blackouts in the USA, or as recently experienced in mid- 2020, civil unrest through racial tensions, looting and burning of stores occur. In Japan, during 2011, there were rolling electricity blackouts, and no looting or burning occurred.

A few topics back, I mentioned the school systems in the West and Japan regarding teaching and learning. I had not researched these lawyer/adult statistics and incarceration rates at that point, but it is obvious that the family home and the education system is where respect and morality begin.

Oliver Wendell Holmes Jr., an Acting Chief Justice of the USA in 1930, once remarked that “*courts are courts of law and not courts of justice.*” The implication of this statement may be that the person with the best lawyer wins. That is sometimes a travesty of justice.

Morality is not fixed in stone. The *mores* of society change, and adapts to the times the society lives in. For example, during 1960, the contraceptive pill was introduced, and for the first-time women could be solely involved in deciding their childbearing fate, with a fair degree of accuracy. A by-product of this was a sizeable rise in promiscuity. The 1960s became known as the decade of free love in the USA. During the 1960s, women also began to close the education gap of the genders and increasingly joined the workplace. Politics become more progressive too. Women began flexing their independence muscles because of these changes. These changes were followed by a sizeable jump in divorce statistics in the USA during the latter 1960s and 1970s.

The *mores* of the USA society have changed. In recent times, some 40% of all births by women in America are to unwed mothers. In Japan, only 2.3% of births are to unwed mothers.

Now we come to spiritual morality. At last, we have something that has anchored many societies for thousands of years. In Judeo Christian societies the acceptance of the Ten Commandments as laid out Exodus 20.2-17 and in Deuteronomy 5.6-17 has been the bedrock of the morality for those following these faiths. Every religion has their version of spiritual laws which guide the observant people following these religions. There are also Universal Spiritual Laws, and although there is not an officially acceptable structure subscribed to by all spiritual people, most know of some of these Laws.

I have written a free book found on my other spiritual website guidespeak.com entitled *The Book of Universal Spirit Laws* where I cover 64 of these Laws.

In my view, legal and societal moralities are too pliable and porous to be enforced as a code of morality for those finding the pathless path to Oneness. Spiritual morality must remain the code to follow on the pathless path to Oneness.

Experiencing a contrast of opposites

To attain and maintain balance and harmony requires a tension of opposites. Experiencing the contrasts of opposites enables this tension of balance and resulting harmony to occur.

As stated earlier, the earth plane of existence is sought by Souls in Spirit for the sensuality available here, the causality, as well as the duality or contrasts of opposites. I believe that the pathless path to Oneness while living on earth, is to experience the duality, or contrasts of opposites. The intention is to bring a unifying aspect to these experiences of duality; to attain and maintain balance and harmony in one's life.

Knowing joy and sorrow, you can experience that 'this too shall pass'. Knowing both riches and poverty enables you to experience that money is not the god to be worshipped on earth. Knowing being the hero and then plummeting to become the 'zero' should shatter your illusions about ego's so-called power or potency.

We need to experience what both up and down feel like to find the harmony and balance within our life. Those who have experienced the horrors and futility of violence know that peace is the answer, whatever the cost.

Love's opposite is not hatred but indifference. Hatred has negative energetic vibrational frequency attached to it, whereas indifference is an uncaring response devoid of any energy at all.

Hatred is injurious to our energetic vibrational frequency level, as well as to our physical body and mind. Sustained hatred will be poisonously emanating within as ill-at-ease and soon after that disease within both the body and the mind. The only solution is to move away from hatred towards dislike and then towards understanding and acceptance. From acceptance, the next step is to like and then ultimately to love. And then, ideally, to Love.

These transitions come about one stage at a time by choosing an energetic vibrational frequency level that resonates with each successive step. The only way to ensure that this process is accomplished is to work from the inside outwards. Start at the vibrational level and match your vibrations to the stage you wish to move to. For example, moving from hatred to dislike, you find something about the other person or object that you dislike but don't hate. Maybe you dislike the way they speak, but you hate what they say. Focus on the dislike and not the hate. From dislike of the way, they speak maybe through understanding that they have not had a proper education as you have opened up the acceptance of the way they speak as different to the way you speak. Your next focus is on something you like about them. Maybe their focus and determination creating their passion. It may not be what you are passionate about, but you admire and respect, and even like, their dedication to their cause. Now moving from like to love requires the most effort from you. You must remember that you are Love, at your essence. God within you, your soul, is Unconditional Love and Light. Can you connect energetically with God within them? Can you match your energetic vibrational frequency of Love with their vibrational energy within them that is God within them? If you can use kindness, respect, admiration, like, and now Love then you may create a feeling of Oneness with them.

In these ways, as examples, you will be able to experience the contrasts of dualities or opposites, and enable, allow, and accept a unity comprising these opposites. Balance and harmony can now reign in your life as a step on the pathless path to Oneness.

Simply Be

The pathless path to Oneness requires you to 'Simply Be'. I have recently been going through some old papers and found something I wrote in 2007 entitled *Simply Be*. I don't recall using it in any books I have written to date and believe that the synchronicity of finding this a few days ago and writing this book to be what I need now!

Simply Be

Whatever you would want to have in your life

Simply Be

If you want to be loved

Simply Be love

And others will respond with love

If you want to have friends

*Simply Be friendly
And others will respond with friendship*

*If you want to be healthy
Simply be healthy
Think healthily, act healthily and talk healthily
The health that is inside of you will come out*

*If you want to be abundant
Simply be abundant
Think abundantly, act abundantly, talk abundantly*

*If you want to be affluent
Simply be affluent
Think affluently, act affluently, talk affluently*

*Everything you want and need is inside of you
Everything you ever desire you already have inside of you
You simply must open a door and let it out
And to let it manifest as your reality*

*By setting your intention as to what you desire
You experience the reality you are creating*

*To Simply Be what you desire only has one rule
No doubts- you must commit yourself to Simply Be fully
You cannot have a sliver of a doubt
You must firmly Be-come what you want to Be
Choose your desire- fully commit yourself- Simply Be-come*

*If your desire is with soul-based Love, then the Universe will deliver what you want to Be-come
Your part is to commit to Be-coming it- without any doubt*

*Do you doubt that this is possible?
Well, let's look and see how it works in reverse.
When you feel unloved- are you unloved?
When you feel friendless and alone, are you?
When you feel sick- do you remain sick?*

When you feel unworthy- do you act in an unworthy manner?

When you fear poverty- do you remain poor?

Everything you Be-come is already inside of you

Your thoughts, your speech and your actions manifest what you Be-come

It's easy to feel unloved, friendless, sick, unworthy, and poor

Conversely, it's easy to feel loved, friendly, healthy, abundant and affluent

You Simply Be-come what you want to be

Be-come it, fully commit, have no doubts

Simply Be

Simply Be who you are on the pathless path to Oneness.

Creative solutions are waiting for you

Where does creativity come from? I would like to pose a theory that creativity does not come from your thoughts but that it comes from the gap between your thoughts.

How often have you had your best ideas while in the bath or shower? Your mind is at rest as you soak in the bath, or clean yourself in the shower, and suddenly the solution you have been stressing over pops into your head.

The same may happen when you are walking, especially in Nature, or exercising and not consciously thinking. Of course, the purpose of meditation is to access the gap between your thoughts.

What lies in the gap between your thoughts?

The Unseen.

I am about to stretch your mind, and probably any credibility I have with you!

The word inspiration comes from ancient Greek which has been co-opted into Latin. The word *inspiratus* refers to breath. Those of us who meditate know the importance of breathing. Your breathing usually becomes deeper in a meditative state. Deep breathing usually occurs in the sleep state where dreams occur.

I have been led to believe, through reading channelled books, that in Spirit there are *Halls of Learning*, and other places, where issues relating to the earth plane of existence are being researched and solutions created. These solutions are placed in what could be best described as escrow accounts waiting for the correct timing and person to connect. Usually, such connections occur in the gap between that person's thoughts, and the solution pops into their head. These solutions are not discovered but found in the spaces put there by those in Spirit.

Imagine the souls of the world's greatest inventors working away in the *Halls of Learning* and other such spaces in Spirit. Daimler, Benz, Ford, the Wright Brothers, and others are creating the transport of tomorrow. Madame Curie, Hippocrates and others coming up with the vaccine for COVID-19. Einstein, Tesla, and Edison are working on energy to power the world without pollutants. The vibrational escrow accounts of our current leading lights of the world are filled with the relevant "discoveries" they will make at the appropriate time.

How this occurs is beyond my understanding, but it may help you in becoming more creative. Most certainly, any meditation you do will help you access this known, but now forgotten, space we call Spirit. We all have Spirit Guides and a Guardian Angel, according to my research and experiential knowing too. Perhaps our connection points to these Unseen Friends are in the gaps between our thoughts. From a personal viewpoint, I know that my Unseen Friends in Spirit "wrote" through me for many of the books on guidespeak.com and on personalempowerment.co too. I would write or type the words and then sit back and exclaim to myself, "now where did that come from?".

So, what have you got to lose? The next time you need a creative idea, or some inspiration, or a solution to something, you cannot resolve yourself, follow this process. Do whatever suits you best to get to a place where you can allow and enable a gap to open between your thoughts, long enough for a solution to pop into your head. Humility, surrender, vulnerability, and gratitude are required for such a gap to open.

Such a gap, and hopefully, resulting solutions, will aid you on the pathless path to Oneness.

Gaining perspective of the futility of resistance

During the birth pains of a democratic South Africa, we have endured both emotional highs and lows, sometimes within the same hour! Someone came up with the idea of putting up a sticker which read "Everything will be OK." These stickers were plastered in many places. I believe half the message was left out. In my view, it

should have read: “everything will be OK when you are OK with everything being as it is.” This is allowance and acceptance. The original sticker message was a message of hope, whereas my addition to this statement goes from hope to utopia within oneself.

How many problematical issues in your life to date have been aggravated by your not being OK with an issue or person. This judgemental non- acceptance, or resistance, stopped the flow of harmony and inner peace within you. The question that begs to be asked is, how important was this issue or person in the overall scheme of your life? Your ego said that this is not acceptable to me. But was that done with a perspective of what is worth fighting over, and what is better to ignore simply?

What you resist persists. When you resist someone or something you empower it with the vibrational energy you use in resisting it. Let me give you an example I have used before in one of my books - the tug-of-war. Here two opposing people or teams are pulling on a rope. The rope has a piece of cloth tied in the middle. The game being played is for each person or team to pull on the rope and to get the cloth marking the middle of the rope across a demarcated line on each person or team’s side. The first person or team to do so is declared the winner of the tug-of-war game.

In this game of physical resistance and strength, much energy is exerted both by a person or team of people. What would happen if one person or team simply let go of the rope? The other person or team will fall backwards, and likely fall on their backsides.

Using this analogy to your real-life issues and problems, what would happen if you ceased seeing the issue as a problem to be solved or overcome? What would happen if you focused your energy on the purpose or goal you want to achieve and not on the person/people or issue preventing it from happening.

Let me use a simple example of the last piece of cake on the plate. You are eyeing this piece and so is someone else. You could use your energy to persuade the other person that you deserve the cake more than they do. You could even become personally insulting and say that the last thing their figure needs is another piece of cake! Alternatively, you could say I see that you are also eyeing the last piece of this delicious cake. Why don’t we share it equally? Let me cut the last piece in half, and you select the half you want. This way, a win: win solution is proposed and accepted, and both parties are happy with the outcome.

(For those who are interested I have written a free book, *How to be a Great Negotiator* found on personalempowerment.co)

Back to resistance, we go. If your approach to an obstacle in your pathless path to Oneness was one of asking yourself, is there a way that this task could be easier?

Firstly, you must ensure that there is no ego involvement in your resistance. By doing this, you are likely to get rid of most of the problem from your side. Secondly, you must identify if the other person or people creating the resistance against you are ego-based in their resistance.

Such an ego-based approach is most likely to be the case, and you need to attempt to identify what is likely to be behind their ego protection of some emotional wound. Do they need to be proved right in front of their boss or their junior employee? Do they need to win because of some loss of face if they lose? Are they so narcissistic that they need to see their name up in lights?

Let's assume the issue at hand is over the price of a building you want to buy, and they want to sell, but at their price. You both have reached a point where neither party is prepared to budge on price. You have identified that the issue is ego-based for any one, or all three, of the issues identified above. You want the building at your price, and you must find an easier way to accomplish this than merely resistance bargaining.

Your solution is easy because you have looked for the easier way to do this. You propose you buy the building for your price and that you change the name of the building to the name of their choice. It could be named for the narcissist seller; the name of their business; a wife of one of the parties, etc. Now their ego-based attention is on the immortality of a chosen name and no longer on the price gap between you and them.

You have now achieved your goal without energising the other party with your resistance.

In every instance, on your pathless path to Oneness, you must search and find the gift within the issue at hand, which others see as an obstacle. In many instances, the gift may be one of respectful listening as I wrote about before in this book, as well as in my free book *Listening -The Relationship Builder*.

There are other gifts to be searched for and found. If your focus is on unearthing the gift in the lesson, or issue, this should establish the easier way to resolve any situation causing resistance. This gift is for the growth of your Soul on your pathless path to Oneness.

While for many people, this may sound trite, ask yourself at any point of resistance, "what would Love/God do now?" and the solution will become immediately evident. You may lose your immediate goal, but you will gain something far more valuable- the eternal growth of your soul. My experiential knowing of this approach is that you may appear to lose the "trinket" you require, but you will soon be offered a much larger "trinket", either by the other party or via some Unseen Force approach. This approach of 'Being Love' conquers all!

An important lesson to remember is always to keep a perspective. There is much more to your life than the current issue or obstacle creating resistance. Identify what the worst situation could be if you did not achieve your goal or purpose. Outside of it being a case of life or death for you or another, everything is replaceable in some form or other. Whatever the outcome, the sun will rise and set tomorrow. Such a perspective is a non-egoic approach to life that you will require on your pathless path to Oneness.

Flow and resistance

In your life, you will find that there is a flow of what is meant to be for you and you will notice a resistance of this flow when occasionally people or things are not meant to be for you. This flow could be called your life force energy. The recognition of this flow is essential to avoid expending vibrational energy needlessly and perhaps lowering your energetic vibrational frequency in the process. You will find that certain people or issues positively charge your vibrational frequency, and you feel elated and full of energy. At the other extreme, you will find people or issues drain your vibrational energy, and you feel deflated and lacking in energy. Identify both instances of these people or issues. Place your vibrational energy in the positive flow of your life force energy. Avoid any resistance to this flow by distancing yourself from people or issues with negative energy.

Choosing to be on the pathless path to Oneness is firstly not for the faint of heart, as much courage is required and, secondly, that it is a solo journey.

If you prefer to be popular with people, or part of a democratic movement of making choices for the average person, then this is probably not your path. No judgement or incrimination is insinuated here. The flow or life force energy required on the pathless path to Oneness is usually for the unusual person. The person who sees with a vision not merely with sight. The loner who is not afraid of charting their unique course. Religions tend to attract followers, content to do what tradition and rituals have charted for them. The belief in spirituality needed to be on the pathless path to Oneness tend to attract what may be called “oddballs” by the masses. These oddballs are usually non-conformists. Providing the non-conformists are not ego-based in their approach to non-conformity then they are likely to find their way to the pathless path to Oneness if that is their quest. Ego-based non-conformists may have a chip on their shoulder caused by not feeling “good enough” for society. They may choose to be non-conformists to assuage their unhealed ego-based emotional wounds. I am addressing non-egoic “oddballs!”

So, if you are feeling like an oddball, my advice would be not to defend yourself and your spiritual beliefs to anyone. This is a case of ‘live and let live’. You will usually be in a minority of one but take comfort in what Gandhi stated, *First they ignore you, then they laugh at you, then they fight you, then you win.* Gandhi was no doubt

referring to his non- violent approach to winning India's independence from Great Britain in the late 1940s.

Those of us on the pathless path to Oneness have no interest in winning or losing as these are ego-based concerns. We would only like to 'win' God's favour as the Co-Creator of our life by thinking, saying, and doing, "What would God/Love do now" and becoming Oneness.

Reframing and healing the past

We can never change the facts of the past, but we can change our feelings towards what has happened. I have dealt with the three stages of forgiveness in a previous topic. I now want to deal with a clearer understanding of the "Bigger Picture," as it affects our past.

I am going to use a true story that I have written about before in books on both guidespeak.com and personalempowerment.co.

I will summarise the story as follows:

A lady in an abusive marriage wanted to celebrate her 18th wedding anniversary with her husband. She prepared a special dinner for two, lit candles and had a bottle of champagne on ice and after ensuring she looked as attractive as possible in a new outfit, she waited for her husband to return from work. As hour after hour ticked by and eventually around 10 o'clock, her drunk husband staggered through the front door of their home. He saw the candlelit dinner for two and the annoyance on his wife's face, and he exploded into an abusive rage. He beat her physically, and she lunged for the carving knife to protect herself and stabbed him repeatedly. He died as the knife pierced his heart.

The distraught wife called the police, and through some miscarriage of justice, she was sentenced to prison in South Africa for manslaughter for three years. She found herself in an overcrowded women's prison cell where she was the only white person, and the remainder were black people who were suspicious of this new prisoner in their midst. After a few days of uneasiness in the prison cell, one of the black lady prisoners plucked up the courage to ask the white lady if she could read a letter she received from her child in the rural village where she came from. The white prisoner gladly agreed to do this, and as she read, the other prisoners started getting tearful. They all pulled out their dog-eared envelopes with letters from their families, and the

tears flowed copiously as the white prisoner read and reread these letters as she was requested to do.

Realising the illiteracy within the cell, the white prisoner asked if she could teach them how to read and write. Everyone was ecstatic of this opportunity. In time the success of her literacy lessons spread through the prison, and the white prisoner was formally engaged to teach literacy throughout the prison. This was the most rewarding time of her life as she had not previously worked throughout her 18-year marriage and, at last, was finding purpose and meaning in her life. When it was time for her release from prison, she worked with the relevant authorities and started a much larger initiative teaching literacy to prisoners in numerous prisons.

So, in terms of understanding the Bigger Picture was the woman's abusive husband, an Angel or the Devil? I believe, and so did the Channel who told me the story, that this was a soul contract whereby the abusive husband would be killed by his wife enabling the wife to fulfil her soul contract of teaching literacy to prisoners. Her soul contract was to be a giver and to know that while giving is important; it's the love that you put into the giving that is really important.

The abusive facts of the past events of the 18-year marriage were stated in the court case. The miscarriage of justice of sentencing the woman to prison for manslaughter instead of her being released for self-defence seemed untenable at the time. However, all was unfolding as planned in terms of the soul contract entered into between these two Soul Mates in Spirit before coming to the earth plane of existence.

As we journey on the pathless path to Oneness, perhaps we can revisit some of the events in our lives and attempt to understand them in terms of soul contracts we made in Spirit among our Soul Mates. We can reframe past events in terms of a possible Bigger Picture. If this reframing occurs and we feel that there is a truth evident here, we can reassess the roles of abusers and victims and the like.

The next step would be to acknowledge the role played by abusers and the like in terms of these soul contracts. Providing you want to take the final step; this would involve rectifying your previous accusative role of these abusers and the like. You can do this in person, or at a soul level, whereby you praise them for the courageous acts they did in terms of the Bigger Picture of soul contracts, and which painted them as pariahs in society. There is no need for asking for their forgiveness. Now with your understanding of the Bigger Picture in terms of soul contracts, merely saying, "thank you for playing your part," corrects the imbalance within you that is causing you to be ill-at-ease and possibly diseased.

Do you recall that under the topic of *The Three Steps Involving Forgiveness*, I referred to "Awareness Advancement?" In terms of the "Bigger Picture", what your ego may be calling forgiveness to someone who offended and negatively affected you, now requires you to express gratitude to them. This soul-based Love understanding is for enabling you to fix the 'hole in your soul', as agreed to in your

soul contract with them. Through such awareness and resolution, you are advancing the eternal growth of your soul, hence the term “Awareness Advancement.”

You have reframed the past more accurately now, in understanding, and with Love, and this will propel you down the pathless path to Oneness.

Changing perspectives on helping others

Following on with this theme of the Bigger Picture, there are times when we see someone who we care about doing self-harm or harm to others. It may be an adulterous affair, alcohol abuse, drug abuse, physical abuse, corruption of some description, and so on. As you can imagine the list of self-harm and harm to others stretches a long way.

Do not believe that the Unseen Forces which guide each of us are blind to this behaviour. They see all, and all are recorded in Spirit. Where this behaviour is linked to soul contracts, then permissible limits are accepted and allowable. Where this behaviour is done according to free will then causal consequences are to be expected.

We must do whatever our conscious and abilities dictate to help those people doing either self-harm or harm to others. What we must not expect are any expressions of gratitude or even acknowledgement of our saviour roles. This expectation is ego-based and does not sit well with those on the pathless path to Oneness. We must give without any expectation of any kind. We must share with the joy of being able to give, and in doing so, elevating our energetic vibrational frequency level. We must give as the flower gives its pollen to the bee. We must give being the life force through which Oneness operates. Life is giving to life through us, and we are merely the witnesses, not the saviours.

The strong possibility exists that, initially, our offer of help may be thrown back at us, and we may consider the damaged person to be ungrateful. Do not judge as you cannot see the “Bigger Picture” at play here. There are likely to be soul contracts at work which you may know nothing about. Trust that all you can do is give with an open heart of Love. You may even feel humble enough to think, “there but for the Grace of God go I.” We each have our chosen journey and those on the pathless path to Oneness should walk with grace, humility, vulnerability and surrender to the power of Oneness or God, if you prefer that label of the Nameless, working through you.

If you have experienced the feeling of Oneness on this pathless path, then you will adjust your comment about God's Grace to more accurately reflect, "There, with the Grace of God, go I, in Oneness, with that person." You are likely to put your thoughts and words into action and look to assist the other part of Oneness who requires your assistance.

The mirror is a blessing

There are times when we are confronted by someone in our space that gets under our skin. They press the buttons that bring out the worst in us. We lose our understanding of Oneness and become separate from the Divine who guides us. We become imbalanced. Disharmony and anger course through our bloodstream as our "blood boils." You think, "boy what I would like to do to them to make them suffer." Welcome to being an egoic human!

What is happening at an energetic vibrational level is not a pretty sight. You have dropped your vibrational energy level down to theirs. The saying comes to mind, "don't wrestle with a pig. You will both get down and dirty, but the pig will enjoy it."

The longer you stay angry, the more your vibrational energy will become accustomed to this heavier, denser negative energy and all your other thoughts, words and actions are likely to be negatively affected too. The longer you stay angry, the harder will be the effort required to elevate your vibrational energy to where it was before.

This person or people or events that have you so worked up usually have a gift for you, it's called a mirror! They are exhibiting something to you that resides within you too. You may have done a much better job of hiding this issue than they have done, but the matching vibrational energies are present within you too.

If you are courageous enough to be on the pathless path to Oneness, you will find the courage to see the gift of the mirror being offered to you and investigate it within yourself. Authenticity and self- integrity are required, and no defence is required from your ego. You have an imbalance within you, and the gift of the mirror is priceless.

Once you have identified and dealt with the issue being highlighted within you that needs rectifying, after that, that type of person should not affect you in the future, if they do then it's back to the drawing board to resolve the issue for good this time.

In addition to the above process of self- investigation and rectification, try wherever possible, to ensure that your energetic vibrational frequency is not dropping through

this process. Certainly, at the outset, you will experience dropping of vibrational energy, but with better awareness and consciousness now you can reverse this by recognising the gift being offered. Express your gratitude for this gift to yourself. As you go through the self-examination process, and, after that, the rectification process, you will be elevating your vibrational energy above the previous level before this person came into your space.

When China invaded Tibet and forced the current Dalai Lama to flee to India, the Chinese Invaders rid Tibet of their cultural heritage and imprisoned Buddhist monks. One such monk upon his release was asked if he was in any real danger during his imprisonment and maltreatment. He answered that there were times he was in real danger. He was asked, was it when you were being tortured? No, he said, it was the times I became angry. He defined real danger as his anger, the loss of his emotional and spiritual compass! Is it a coincidence that the word danger contains the word anger?!

Now we can't all be Buddhist monks and have such an elevated energetic vibrational frequency as to see danger as internal loss of connection to our spiritual North Star, whatever our faith and belief may be. But we can look for the mirror of our discomfort and annoyance that may make us angry and purge ourselves of that ego-based emotional wound within us.

Being on the pathless path to Oneness enables you to recognise the gift, the mirror, and finding a way to resolve the disharmony within you caused by this issue. You can then say thank you to the person who made you angry by pressing your buttons. Once again, this is "Awareness Advancement." Won't they be perplexed!

The illusion of needs

What is need? Need is illusory as it represents something that you feel you lack.

Let us revisit Germany and its Allies during the late 1930s and the first half of the 1940s. Wealthy, middle class and low-income families were living their lives when Nazi Germany decided that certain people were now undesirable. These people all contributed to the well-being of their countries. However, because they belonged to a certain religion, or has a certain sexual preference, or other spurious claims were made against them, they were stripped of all they owned and prized and send off to Concentration Camps to die. In addition to being stripped naked, literally, and figuratively, they also were separated from their loved ones, never to see them again. Millions upon millions died, for Jews alone the number was 6 million people who perished through this barbaric treatment of human beings.

Now that I have painted the scene for you, let us revert to need and the illusion of lack. In the early 1930s, these people who later perished in the Concentration Camps would have considered that they needed a new set of clothes, a bigger home, a husband or wife to marry, a better paying job or a more successful business, etc. Their focus on the lack would have been quantifiable, and a mental shopping list of needs and wants would have preoccupied their mind.

In the cattle cars, taking them off to the Concentration Camps, their needs and wants would have changed dramatically. The safety of themselves and their families would have been their only need.

For those who were spared the gas chambers and were surviving in the Camps, their daily ration of a stale piece of bread became their need to survive. Some prisoners shared their piece of bread with others who were sick and dying.

When the British army and their Allied Forces liberated the Camps in mid-1945, they found barely walking skeletons with flesh on them on the other side of the barbed wire. Out of pity, sympathy, compassion, and empathy, they gave these prisoners what they needed most of all, which was food, chocolates, and other rations the soldiers were packing. Some of the prisoners died from this generosity as their bodies were too malnourished.

The remaining few survivors of these atrocious camps were treated and managed to restore some of their health, but the memories of lost loved ones stayed with them forever during their lifetime. Those who survived had the clothes on their back and lost everything else they had previously prized, including their loved ones.

I have disturbed your mind with these facts, but the purpose is to show you how illusory our needs are. From needing a new set of clothes in 1939 to suddenly needing a stale piece of bread occurred in a matter of a month or even less for many of these prisoners.

What are your real needs? The need for something or someone in our lives can perhaps be reassessed in the light of the above Concentration Camp scenario.

Let me give you a further statistic. Each day around the world, some 3700 people who woke up that morning were killed that day in motor-related accidents. Half were pedestrians, cyclists, and motorcyclists. A spouse lost their partner, a son and daughter lost their parent, a parent lost a child. The surviving families may not have realised how much they needed the family member who was killed that day. Most people take others in their lives for granted until they are gone from the earth. Many of those killed in road accidents daily were breadwinners impacting on their families' financial needs going forward.

Suddenly what we need starts to change in our lives. The illusion of needs can be pared down to essential needs. The starting point of this exercise begins with gratitude for what we already have in our lives. Gratitude creates joy within us.

For those on the pathless path to Oneness the constant prayer that I often say throughout the day, which is on the home page of personalempowerment.co may ring true for you:

*God will give me what I need, when I need it, for the highest growth of my soul.
God's timing is always perfect, trust God now, live in the Now and be Godlike.*

When you are contented with what you have, you will discover the richness within your heart where your soul and God are within you. God is Love, and God is All That Is. Therefore, Love is All That Is. That is why I often state, *nothing matters, except Love*. Only Love is real, and if you brought Love into your every thought, word, and action, you would gain all you will ever need. If you separate yourself from Love/God, you will know disharmony and imbalance. Your needs will be endless as the hole that your ego has created is bottomless. The search to fulfil your ego-based needs will occupy your life, all the while people around you are homeless, starving of food and attention. In your quest to have the latest and the greatest 'shiny object', you may be stepping over your loved ones. Many a child or partner would prefer to have your attention and love then yet another shiny object as a substitute for this lack of attention and love.

I was saddened some years ago when I was in America and met up with a childhood friend who had gone on to become a highly acclaimed medical specialist. In his ego-based wake, he had let several marriages fail, and a few neglected children too. He told me that his daughter was getting married, and she told him she didn't want him at her wedding but that he must send her his credit card to pay for the wedding. What price success?

It's time we all did some homework identifying what our essential needs are as well as asking our partner and children what their real needs are for us in their lives.

The pathless path to Oneness requires minimal essential needs to avoid being weighed down by our ego's self-importance demands.

Simplicity is the way

Carrying on this theme of establishing your real, essential needs, you will find that simplicity is most often the correct way to walk on the pathless path to Oneness.

In the middle of the last century, a lady only known as Peace Pilgrim decided to leave her home and walk around America spreading Love. With a homemade blouse which included a few pockets containing a toothbrush and a comb, a pair of suitable

pants and a hat she walked some 25 000 miles over 28 years. Peace Pilgrim was on the pathless path to Oneness and trusted that she would be given whatever was needed when needed. Some nights she slept under the stars and some nights in a home. She used streams to drink from and wash in. She was provided with nourishment for her body by people along the way. She offered them spiritual nourishment and talked about God, Love, and peace to all she met. Awareness of her journey spread, and people eagerly awaited her arrival in their towns and cities. The media often interviewed her on her travels, and this helped her spread the message of peace. Her worldly possessions were simple, but her heavenly treasures were immeasurable. I recall this story from memory as I read the book about *Peace Pilgrim* many years ago.

Writing this book, I remembered her journey and how well it aligns to what I am calling the pathless path to Oneness. Obviously, I am not suggesting that you walk 25 000 miles but that you recognise the courage, commitment, and passion for walking your own pathless path to Oneness in your unique way. You can do so without leaving your home. Simplifying your life by recognising what is ego-based and what is soul-based is a starting point.

Let's play a game called simplicity. Make a list of what you would need in your life if you decided to simplify your life. Let's imagine that you live in a large home and that your circumstances changed, and you had to move to a 300 sq. foot (27m²) apartment. Assume that you did not use a self-storage facility and all your worldly possessions, excluding your transport, had to fit into this small apartment. What would you select and what would you have to get rid of?

You will find freedom with such simplification in your life. Simplify to 'simply fly'!

Now that your mind has attuned itself to simplify your life, it's time to use that same process to address the other issues in your life as well. Our ego likes to create complications to make us feel important. If we have a complicated issue to resolve, we make a fuss about how difficult life is and what we need to resolve. Our ego thrives in the complicated mess we make of our lives as it makes us feel important in our own eyes. The solution to any situation is usually a simple one. Look back on your life and see what solutions emerged to previously complicated issues, and the solution will now seem obvious and simple. Through such self-examination, you may recognise what Albert Einstein stated, *that we cannot solve our problems with the same thinking we used when we created them.*

We see problems as complications, and we discover that solutions are usually simplifications of our thinking.

I don't want to be patronising, but my experience of many life's issues is that 'giving Love without wanting anything in return' is the solution, especially when it concerns relationship issues of any description.

If you can take your ego out of the equation, the solution will invariably be simple and obvious. Our ego creates complications. Using Love will simplify the issue and resolve it immediately. We either hurt with our ego or heal with our Love. The fear that enables our ego to be empowered needs to be investigated. Protecting us from the fear that we dread, our ego spins a web of complications to avoid those emotional wounds within our mind being exposed and damaged. Identify the real fear, assess its likelihood of occurring, preferably face the fear and deal with the aftermath and grow from the experience. Most fears are illusionary.

FEAR- False Evidence Appearing Real.

Once you have identified, confronted, and dealt with the fear, then the solution you are seeking will be obvious and simple. Try it, what have you got to lose but your illusionary fears.

Simplicity is the way to walk on the pathless path to Oneness.

Friendships and relationships

The pathless path to Oneness is an eternal path. Other paths you may follow while on the earth plane of existence will usually be for what is well known as 'a reason, a season, or a lifetime.'

In terms of your soul contracts, you may bump into someone unexpectedly who could give you advice, tell you something or merely point the way you should go. You may never see them again. The soul contract was created for a course correction to get you back onto the correct path.

You could be fired from a job which appears to be the end of the world only to find a better job or start your own business which brings you unexpected joy and success. Trust your journey on the pathless path to Oneness. Know Who is within you!

You may meet one or more people and find that you have a lot in common. While that commonality exists, you may be the best of friends. Change is inevitable in life and is the only constant. Something may happen, and you find yourself, or they find themselves, needing to go in another direction. You both are sorrowful as you part but, in time, you find new friends and develop a friendship with them for as long as it lasts.

Often when you separate from a Soul Mate through distance, you remain in each other's hearts. What I have experienced often is that family and friends, while still on earth, as well as those who have passed on into Spirit, often visit me in my dream state. Many times, these dreams don't seem to make sense, and I believe they are designed to reflect a connection that these Souls are with me always. Such relationships are eternal.

Lifelong friendships are not that common, as life happens, and you move apart. There is a comfort zone with lifelong friends, but it's more likely that your growth paths will be different. You can maintain the friendship, but it is built on the past. Returning to the past gives one a sense of comfort and support, but you may chaff at the differences that have grown between you. The pathless path to Oneness has forward momentum, and your friends may feel more comfortable clinging to the known past as your reference points.

The role of your ego and your friends' egos will also determine the length of any relationship. One may be more understanding of another where egos are concerned, but eventually, someone's ego will create a breakup of any relationship that is substantially imbalanced or disharmonious. Resentment may start small, but the negative vibrational energy will build up if one party in a relationship is feeling abused in some way by the other party.

Those relationships where two people are bound together for reasons of marriage, where separation or divorce is not an option, or where one party is an addict of some description and the other party long-suffering, or one party's health is poor, and the other party is the caregiver, as examples, are usually soul contracts. Understanding that such contracts exist may help during the trying times of such relationships.

The parties to a soul contract may require experiencing patience and service of a lengthy order. Their Soul Mate, now relationship partner, may have agreed to suffer ill health to provide the opportunity for their life partner to learn patience and service over years or decades. On earth, we may call the party giving service and exhibiting patience a Saint. However, in Spirit, there is the awareness that one party chose to suffer ill health and all that goes with such ill health, to enable and assist their Soul Mate learn about patience and service. In Spirit, the party suffering ill health may be considered saintlier. In Spirit, things are seen in terms of the Bigger Picture, and that is why judgement made on the earth plane of existence is usually incorrect.

When you commence and sustain the pathless path to Oneness, it becomes an eternal path. In this lifetime, you deal with earthbound issues of sensuality and duality, and invariably ego raises its head throughout many of these issues. In Spirit, you continue your pathless path to Oneness through the processes you embark upon in Spirit. Being in Spirit, as I understand it, requires a Soul to develop its growth to Oneness through the various opportunities provided in Spirit. The progression in Spirit of the growth of one's Soul towards Oneness is different due to non-duality and the inability to experience the contrasts of choices as available on the earth's plane of existence. The growth process on earth is harder as we must deal with sensuality,

ego, and the contrast of opposites. As a Soul, we move through countless lifetimes on earth, and in Spirit, to perfect our Soul's growth in becoming as Godlike as possible. Eventually, we achieve a more vibrationally elevated position, and we remain in Spirit permanently with new duties to assist Guides, Angels and Guardian Angels. We could also choose to return to earth, usually on a specific journey to uplift humanity spiritually.

We need to begin our journey by deciding to enter the pathless path to Oneness. Allow your eternal pathless path to Oneness to direct you in terms of short, medium, and long- term friendships and relationships on earth.

Embrace change and know growth

Change is inevitable; resistance to change is futile.

When you can begin to see change as both necessary and beneficial, you no longer have to fear change but embrace it willingly for the growth of your soul.

CHANGE- Clearing Healing And New Gifts Emerging

This acronym changes one's mindset away from ego-based fear to Soul-based Love. Change is growth, and such growth is usually painful if we approach it from a place of ego and potential lack or loss of what we must let go of.

When you climb a ladder, you can only progress by leaving one rung and placing your hands and feet upwards onto the next rung. It's not always easy if you miss a rung and try and climb two rungs at a time. Growth is always upwards and requires patience, fortitude, focus and determination if you use your ego as your yardstick.

However, if you used soul-based Love as your yardstick, and you trust the process to unfold as it should then change, and growth can be effortless and much more enjoyable.

Picture yourself riding a surfboard on an endless wave that never breaks. Twice a year on Brazil's Amazon River the Pororoca is considered the longest surfable wave in the world. The record by a Brazilian surfer, Picuruta Salizar, was to ride the continuous wave for 12.5 kilometres, (7.75 miles), for over 37 minutes.

Imagine you are riding this endless wave and you are on the leading edge of the wave continuously. You remain in the present moment of Now. Every movement of

the wave requires a continual adjustment to stay on your surfboard. You are reacting, and at times, responding, as the power of the wave underneath you change and moves. Such movement is dependent on the wind; the height of the wave; amount of water below your surfboard; the movement of the water below your surfboard; the river's sandbanks and density of sand on the riverbed under your surfboard. Changes are occurring every split second, and your focus is heightened with the thrill of this ride.

Following the pathless path to Oneness requires a similar approach. Embrace the change for growth. TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally. Let God within you be the Co-Creator of your life as you approach every moment of Now with soul-based Love asking, "what would Love/God do now?"

God within you will resolve all conflicts

May the God within you be experienced by you always and in all ways.

The major religions of Christianity, Hinduism and Islam all speak of God within the heart of a human being.

My belief system experientially knows that when I communicate with God within me, my energetic vibrational frequency level elevates, and I feel a "high". In silent meditation, I feel a connection to the God within me, and my Third Eye between my eyebrows throb, and I feel what I best describe as a spider's web touching my face. This "high" also occurs while writing these books, and occasionally when I am giving someone spiritual advice. During this process, if there is an unexpected noise that disturbs me, I feel jolted back into my body.

If you wish to develop a meaningful relationship with another for whatever reason, I recommend that you close your eyes and breathe deeply for a while. When you can, silently speak to God within you and ask to be connected to God within the other person. It is the same God within you both. Express to God within you the Love, care and concern you have for the other person. Ask God within you to bless and keep the other person in God's loving embrace. Ask God within the other person to guide them correctly and for the Love that you send them to be felt within their heart. Thank God within you both for this connection of Love within both your hearts.

Now, this is relatively easy to do when you love the other person. However, if you want to see the power of this Love transmitted from God within you to God within another, then select someone with whom you are in some form of conflict. Up to this

time, your egos have conflicted. You are now replacing ego-based fear with soul-based Love. It's probably the last thing you feel like doing but trust me when I say it will be the best thing for you to do. Pray for their well-being from God within you to God within them. Emotionally and spiritually, you will experience an elevating of the vibration of your soul as you release them in Love. At an energetic vibrational frequency level, they will feel and experience this Love you are sending them. When you next communicate with them expect to find a changed and improved vibrational energy between you both.

The stronger you develop your relationship with God within you, the better your life will become. God is the Co-Creator of your life. Your conscious connection to God within you will keep soul-based Love as your North Star. The Love you feel within you will be the Love others see and feel emanating from you. Your energetic vibrational frequency level will be elevated, and you will attract other Love-based beings within your orbit.

Finding and knowing God within you is the pathless path to Oneness.

As mentioned earlier, my free book *Finding and Knowing God Within You* is available on personalempowerment.co.

You may also find my free book *GAIN- God And I Now* on the same website to be of benefit too.

Your body reflects your mind's thoughts

For everything, there is a season. There are ebbs and flows of life. The in-breath becomes the out-breath. Understanding this rhythm is vital for maintaining balance and harmony in our lives.

Most often, we strive for a balance in our life without realising that our life has an inherent balance to it. Balance is who we are when we are on the pathless path to Oneness. Restoring our inherent balance is our task. Every choice must be made with balance and harmony. We must not seek balance, as we are inherently balanced. We must seek to be who we are, soul-based Love, and we will be in balance and harmony. We must remove anything and everything that is unbalancing our life so that we can revert to our natural balance and harmony.

Most often that which is unbalancing our life is ego-based fear. Our natural rhythm needs to be restored. Correct deep breathing is the starting point. Shallow breathing

activates the adrenal glands at the top of our kidneys secreting adrenaline, creating the anxious flight or fight response. Deep breathing activates the relaxation response at the base of our spine and calms our body's functions.

With deep conscious breathing, you come into the present moment of Now, and that is what I call God's Space, the Holy Moment of Now. You are now connecting to Oneness. Your body and brain regulate some 50 trillion cells in your body and mind with split-second timing. Being imbalanced through ego-based fear negatively impacts this split-second timing regulating these 50 trillion cells. The severity and length of ego-based fears, the greater the feeling of being ill-at-ease, and, in time, diseased. Your body is a result of the thoughts of your mind.

There are other ways to achieve the inner balance and harmony that is who you inherently are. Meditation is an obvious way. Prayer can also work as you connect to God within you. Melodious music can unearth the natural rhythm within you. Soaking in a bath preferably with candles on the bath and the lights off works for many people. A good night's sleep is always the answer to many an issue causing stress in people's lives. Drink lots of clean, fresh water to wash through your body and flush out the toxins that deep breathing has not dislodged. With your body and brain comprising some 70% water, this water cleansing process is vital to return to your inherent state of balance and harmony.

Areas of imbalance and disharmony can be traced back to issues or people that cause you to be afraid. With fear being illusionary, it needs to be confronted head-on. Attend to the issues or people, causing you to be afraid. Such confrontation requires courage and determination but remember the words of President Roosevelt, *there is nothing to fear but fear itself*. Once you have managed to face one of your fears, head-on, and confront and resolve the issue, you will feel empowered to tackle more fears in the same way. Your rallying cry will be "bring it on!"

Restore yourself to your rightful place in balance and harmony via your Loved-based thoughts. Your mind's thoughts in balance will create your body's balanced health position too. This harmonious balance is the way to travel on the pathless path to Oneness.

Follow your passion and find your bliss

In the main, career advice is to be ignored. Asking someone else to tell you what career you should follow negates your passion. Of course, most people do not have such passion when they are either leaving school or higher education facilities, so they ask others who can advise them. Many will choose the stability of the known in place of the uncertainty of the unknown. If you have a passion for something

unknown, at present, and it could bring you freedom and joy, my advice would be to go for it, after you have done as much research as possible. However, beware of analysis paralysis! Providing you have done sufficient research then allow your passion to guide you as you enter unknown territory. Do not hesitate to commit yourself fully. Do whatever you decide to do with all your heart, mind, and soul. The way this usually works is that you hit a few stumbling blocks early on to test your resolve. What appears to be a blessing is actually a curse, and that is early success. Early success makes you think you have all the answers, and you may stop learning and applying yourself diligently to the task. Success and failure are steps along the way and providing the small steps of success are larger in number than the steps of failure then keep going.

Now I will let you into a 'spiritual secret.' It does not matter WHAT you do for a living on the earth plane of existence. Your job or career is immaterial once you return to Spirit. What matters is HOW you did your job or career. Did you do it with all your heart, strength, ability, and mind? Did you do it with Love or with fear? Did you improve others' lives via serving them, or did you diminish their lives by your words and actions? Did you heal, or did you hurt one or many? Were you a giver or a taker? Did you do your work to the best of your ability, or did you do enough to be merely good enough?

Equally importantly, did you maintain a healthy work/life/play balance? Did your family see and experience a loving parent and partner as much as practically possible? Did you choose the quality of time with your loved ones, instead of the quantity of time at work? Did you hide behind addiction to work to avoid other responsibilities in your life?

As stated earlier, I started working in 1970, and the office I shared with others had a notice on the notice board. Fifty years later, the message has remained embedded within my memory bank. It was a picture of a bucket of water, and the message stated, "If you think you will be missed and are irreplaceable, put your hand into a bucket of water and then pull it out again. The hole that remains is the amount you will be missed!" Regrettably, most of us, driven by our egos' need to feel important, focus too much on work and miss out on the correct work/life/balance. As stated often, no one on their death bed expressed the wish to have spent more time at work!

If you decide to go on a pathless path to Oneness, follow your passion and find your bliss. Be conscious of HOW you do your work and maintain a healthy work/life/play balance too.

Go with the flow

No one likes to feel rejected. Our ego and pride take a beating as we feel we are not good enough for the person, or job, or whatever.

My father was an insurance salesperson, and they were trained to say thank you each time a door was slammed in their face. Their Sales Manager worked out each salesperson's closing ratio, and it was usually one in twenty calls to prospective clients. So, each time someone said no, they were bringing the salesperson closer to their twentieth call who would say yes.

It is a glass half full attitude to life and not a glass half empty attitude. What we all tend to forget is that the glass is refillable and that is a pathless path to Oneness. You can always find a solution if you allow your Higher Mind to operate. Sometimes we call this intuition. It is the knowledge that is inside us that we learn from, hence "in-tuition."

We often forget that everything we ever need is within us. If God is within us, and God is All That Is, then everything we ever need or want, is within us. If only we truly believed that, and instituted the "in-tuition", then our life would-be lived-in bliss.

What is rejection but our lifeforce flowing and meeting resistance to block its flow? The rejection may be God's protection saying this one is not for you. Perhaps your soul contract did not include this person, or this issue and you have been knocking on the wrong door?

Trust the lifeforce to flow unhindered and go with the flow. Life can be easy if you don't put ego-based obstacles in your way. Simplify your life and follow your passion and know bliss. Be grateful for whatever is in your life now- it may be for a reason, a season, or a lifetime- only time will tell. Embrace it now in Love and then set it free. What will be will be- *Que sera sera*. Life is an adventure, not a certainty, that would be too boring. We came here from Spirit to experience life sensually and experience the contrasts of opposites along the way. What will be will be – *Que sera sera*, and we will embrace it in soul-based Love.

Here is a link to find the song *Que Sera Sera* on YouTube. It has over 41 million views. <https://www.youtube.com/watch?v=xZbKHDPPrcc>

'Go with the flow' is a way to travel the pathless path to Oneness.

This too shall pass

I am thrilled to see that this timeless wisdom of *This Too Shall Pass* has become part of the vernacular of the 21st Century. The origins are lost in the mists of time, but Jewish Folklore has King Solomon requesting something to make him happy when he was sad. The poets came up with a ring which had *This Too Shall Pass* written on it. Sufi Mystic Rumi, in the 13th Century, refers to it happening to an Arabic Monarch.

So much wisdom in four little words. If the pathless path to Oneness required a logo, then *This Too Shall Pass* could be it. The way to inner balance, harmony and inner peace is best expressed as *This Too Shall Pass*.

The antidote to worshipping the ego's achievements is *This Too Shall Pass*.

The famous passage in Ecclesiastes 3:1-8 emphasises *This Too Shall Pass*:

For every thing, there is a season,
A time for every purpose under the heaven
A time to be born and a time to die
A time to plant, and a time to pluck up that which is planted
A time to kill and a time to heal
A time to break down and a time to build-up
A time to weep and a time to laugh
A time to mourn and a time to dance
A time to cast away stones and a time to gather stones together
A time to embrace and a time to refrain from embracing
A time to get and a time to lose
A time to keep and a time to cast away
A time to rend and a time to sew
A time to keep silent and a time to speak
A time to love and a time to hate
A time of war and a time of peace

In the second decade of the 21st Century, the average person's concentration span was down to eight seconds, according to a study from Microsoft. In 2000, it was 12 seconds, a drop of 33%. The first Smartphone was launched in 2007, and the choice expanded what to see and hear. The world of instant gratification via smartphones and social media apps enables young people to multitask and loyalty, and disloyalty, is a click away. Their impatience is becoming more acute as more and more options are presented to them via the screens in their lives.

Where will they learn the benefits of the time processes as referred to in Ecclesiastes 3:1-8. Life is not about switching when you see something better. Life is

about sowing and reaping and living through the time processes involved. What world will the young people of today create through such impatience and disregard for the necessary maturation process that *This Too Shall Pass* is available to teach them?

In a world of instant gratification, perseverance, determination, patience, loyalty, and trust may be seen as unimportant. However, throughout time immemorial, they have been valued highly.

This Too Shall Pass is not resignation to the inevitability of time passing on but a clarion call to value what is happening in your life now and to embrace it in soul-based Love. Whether we judge what is happening now in our life as joy or sorrow, it is CHANGE- Clearing Healing And New Gifts Emerging.

Change is fluid and continual and knowing that *This Too Shall Pass* is this continual process of change, may make more enlightened readers look for the New Gifts Emerging in every moment of Now.

For those travelling the pathless path to Oneness, understanding the CHANGE depicted by *This Too Shall Pass* signifies is a vital step on the way.

Do you remember virtue?

The word virtue was prized in the times of Aristotle around 350 BC. He and other ancient Greeks developed Virtue Ethics as a quest to understand and live a life of a moral character. He created the “12 Virtues” many of which are required on the pathless path to Oneness. Aristotle also advised moderation in all things, including moderation!

Each virtue, in moderation, is to be practised daily, and excessive, or lack of effort in each virtue, would result in far less desirable character traits.

These 12 Virtues are:

Courage- bravery and valour

Temperance- moderation, self- control, and restraint

Liberality- bigheartedness, charity, and generosity

Magnificence- radiance, *joie de vivre*

Pride- self- satisfaction

Honour- respect, reverence, admiration

Good Temper- equanimity, level-headedness

Friendliness- conviviality, and sociability

Friendship- camaraderie and companionship

Truthfulness- straightforwardness, frankness, and sincerity

Wit- a sense of humour, at appropriate times meaningfulness and absurdity

Justice- impartiality, even-handedness, and fairness.

Regrettably today expediency and inflated egos usually trump virtue. Our world of instant gratification drives many people, and certain of the 12 Virtues above are ignored.

I did an Internet search for virtue and found little that has been written about virtue in so-called modern times.

I see self-respect as an integral part of virtue. For those with a high level of self-respect, based on the authenticity and integrity of thoughts, words and actions, the world may be a lonely place! Many of the social ills today have their roots in people having little virtuous self-respect and little respect for others. Virtue is usually denigrated as a weakness while the unvirtuous scoff at the trough of plenty.

The 2008 Global Financial Crises saw many of the unvirtuous bankers who caused the crises to be financially rewarded for bringing the world to the point of financial collapse. The surviving bankers and Wall Street players behind the crises relied on the fact that they were 'too big to fail' and a select few benefitted handsomely from their fraudulent manipulations and dealings.

In times past, an unmarried woman was required to remain a virgin until her marriage. This was the expected norm and still is today in certain religions and communities. I am not debating the merits of this but rather the ruling social convention requiring such virtuous behaviour. Such virtue was something to be aspired to. Non-virgins getting married in many communities across the world was an insult to her family, tribe, and community. That remains the case in many communities throughout the world today. Usually, proof of such virtue is required in certain religious communities due to their patriarchal leadership. In contrast, in many countries in the Western World today, unwed mothers give birth to about 40% of all babies.

I am not being judgemental and prudish but merely pointing out the parallels that exist in many parts of the world today where virtue at all levels of society has been relegated as no longer important. When was the last time you heard someone use the words virtue or virtuous?

In one of my other free books, I have written a topic called *Close your legs and finish your homework*. The poverty cycle trap of schoolgirl pregnancies and male high school dropouts in the USA comprising, some 67% of their male prison population, have their roots in lack of self-respect, lack of self-esteem and lack of virtue. The inability to say “no” due to peer pressure sees the perpetuation of this poverty cycle. I praise those students in the same environments who develop an inner core of self-respect, strong self-esteem, and virtue and swim against the tide of peer pressure.

Other examples of the lack of virtue are the corruption of politicians, which is commonplace globally; financial corruption scandals are so commonplace that they hardly make the news headlines anymore. The high divorce rate and other forms of relationship failures usually have a lack of virtue of one or both parties as to the cause. There are currently some 71 million refugees in the world, most of whom have been forced out of their homes through so-called civil war. If ever there was a term that needed amending it is civil war! Regrettably, the list of lack of virtues is endless as being virtuous, having self-respect, and respect for other people, and their property is no longer sacrosanct in various parts of the world.

My acronym for RESPECT is Recognise Each Soul Politely Ensuring Correct Tribute. Believing or experientially knowing that God is within each person as their Soul may make people see RESPECT in a new light?

For those on the pathless path to Oneness being virtuous, having self-respect and well-founded self-esteem, coupled with respect for other people and their property are non-negotiable.

Considering that Aristotle’s 12 Virtues have been around for some 2300 years, I would recommend them as a checklist to develop virtue in today’s world. Certainly, they are required on the way of the pathless path to Oneness.

Many of us are at an age when our children or grandchildren are contemplating marriage. If you are asked for advice, I would like to propose the following:

“True love is not found; it is built upon day by day. Ignore what you feel for your potential bride or groom, or what they feel for you. Do they have virtues and values within their character that you respect, admire and love? Do you have virtues and values within your character that they respect, admire, and love? If so, then you have my blessing for your marriage. If not, without virtues and values of character that you, or they, can respect, admire, and love, what do you think will happen when problems arise in your marriage?”

After posing those questions, my advice would be to involve yourself no longer. We each have our soul contracts to fix the ‘holes in our souls’, and as a parent or grandparent, you have done enough by asking these questions. The future is for them to see, *Que sera sera*, what will be will be.

Choice in every moment of Now

Seeing liberality as being big-hearted as one of Aristotle's 12 Virtues I want to share with you the roles of ego-based fear and soul-based Love as the choice you have in every moment of now.

Ego relies on both fear and hope. Ego takes you out of the present moment of Now, the Holy Moment, or God's Space, as I termed it in my free book found on personalempowerment.co *How to Live in the Now*.

Ego can only exist in the past, usually with feelings of pride or regret and guilt, and in the future with fear or hope. Both fear and hope are projections by the ego of the likely future.

Ego is in the mind's thoughts and most often control the mind's thoughts, and with it, the physical body's reactions to the mind's thoughts. As stated earlier, substantial negative fear-based thoughts, or thoughts of unrealisable hope, can cause the body and mind to become ill-at-ease and then possibly diseased.

Soul-based Love comes from the heart, and for those of us who believe that God within us is positioned somehow in our heart, or energetic vibrational heart chakra, then being big-hearted is being Godlike in our thoughts, words and actions.

At a physical level of well-being, thoughts, words, and actions of soul-based Love can ensure the physical wellbeing of our body, mind, and soul.

So, whether we choose to come from ego or soul, from fear/hope or Love, the ramifications to our own body, mind, and soul as well as to other people's body, mind and soul are substantial.

CHOICE- Can Help Overcome I Change Energy- is arguably your greatest strength through soul-based Love or your most damaging weakness through ego-based fear or unrealisable hope.

For those on the pathless path to Oneness, there is no choice to make, soul-based Love is the only way forward.

Trust the process and be detached from the outcome

Your Higher Self is beyond anything you can imagine. As you will see, I often write about the attunement and alignment of your Soul within your body to your Higher Self in Spirit, which is a part of your Higher Power. I call this the Tripartite Alliance to experience Oneness.

This Higher Self operates at an extremely fast and high energetic vibrational frequency level as it is a part of your Higher Power, the ultimate fastest and highest energetic vibrational frequency level.

Now your Higher Self continually sends your Soul Unconditional Love and Light. Only when you come from the higher vibrational energy of soul-based Love are you the recipient of such Unconditional Love and Light from your Soul receiving it from your Higher Self.

Your Higher Self is this exceptional energetic vibrational frequency and you as a physical body with a much slowed down energetic vibrational frequency Soul operate on what is known as heavy matter.

Let's bring in a little Einstein here to explain that everything is made up of atoms. And atoms are 99.9999% empty space, and the very small and dense nuclei of an atom is the 00.00001% of the atom which creates what we see as matter. However, matter as we know it is virtually all empty space.

As a human, our energetic vibrational frequency resonates within certain megahertz ranges. A bat has a much higher vibrational range and has radar to navigate. A snake can sense ground movement through its enhanced vibrational range. A dog has a higher hearing vibrational range than humans, can smell acutely and can also sense disease within humans. There are many other examples of animals, birds, insects, plants, water, and even minerals, that resonate energetic vibrational frequencies undetected by humans.

When we align our Soul with our Higher Self, where our Soul emanated from, we can attract the benefits of this much higher energetic vibrational frequency for our body, mind, and soul.

We can easily resolve issues we have on earth by accessing our Higher Self where the solutions are as simple as ABC. We can resolve our health issues which issues began from us being ill-at-ease through ego-based fear. We can resolve our relationship issues where the issues begin with ego-based fear and need to be replaced with soul-placed Love. We can even resolve our financial issues providing we become abundant and affluent in our energetic vibrational frequency and focus on GAIN- God And I Now- and not LOSS- Leaving Our Self Sad.

We have the simple answer to all the issues we consider weighs us down. Now please don't shoot me down in flames when I remind you of the shortcut I mentioned at the beginning of this book, and in every book, I write. Think, say, and act on "what would Love/God do now?"

When we do this, we access our Higher Self through our Soul. All the answers we will ever need will come forth. Each time the answer will be based on "what would Love/God do now?" Having followed this process, you must then be detached from the outcome. God within you is your Co-Creator. As stated before, should you suffer the rejection of your demands, trust that God knows what is best for you at this time.

Detachment is trust via surrender to God. People who are control freaks, or merely controllers of others, do not trust others to do what the controller requires of them. Such control strangles growth of the person being controlled.

Imagine if a mother bird in the nest was an arch-controller of her fledgeling birds. They would never be allowed to leave the nest, and eventually, the nest would get too small for them and break apart, and they would all fall out the nest. Some may fall to the ground and could be physically damaged and, perhaps, one or two may learn to fly while falling?

Controlling others is not having trust at your core. Detachment is TRUST- To Release Unto Spirit Totally, and then To Rely Upon Spirit Totally.

Detachment is to let go and let God within. We must all learn to do the best we can and then leave the rest up to our Co-Creator within us, God. We must surrender to God's Will for us.

In Islam, the saying, *Inshallah*, means if Allah wills it. Furthermore, in Islam, it is stated *that effort is mine, to grant access is God's. Man shall propose, but only God can dispose.*

Judaism states, *a man's heart devises his way, but the Lord directs his steps.*

Hinduism states, *though men may spin their cunning schemes- God knows who shall win or lose.*

Christianity states, *I have planted, but God gave the increase.*

Only God knows what tomorrow will bring, so we must do the best we can, and be detached from the outcome, trusting that God knows best. This form of surrender is the pathless path to Oneness.

Humility is the way to walk

Humility is perspective. Our ego enables us to feel important. Ego strokes us to believe that what we are, what we do and what we have is so important. Ego is keeping the mind's power growing in our life. The ego uses its wiles to keep our focus on our mind and away from our heart, which is soul-based Love.

In reality, we are one of some 7.8 billion people currently on the earth plane of existence. That is 1 out of 7 800 000 000! No wonder our ego needs to use its wiles and cunningness to make us feel important.

The earth plane of existence is a speck of dust in the cosmos of galaxies and universes that are beyond our ability even to imagine and comprehend. Why we would believe that we are better than our neighbour in any respect and that somehow this means we are more important in our eyes defies logic in the perspective of 7.8 billion people, let alone in galactic terms.

Competition is not strength, its ego-based nonsense. Humility is a strength because it has the Omnipotent Power of God behind it. Humbling oneself in surrender and trust in God says, 'I am nothing, and You have all the power.'

POWER- Present Only When Ego Removed

What does competition achieve? One winner and many losers. Much more ego-based heartache for the losers than so-called success for the sole winner. If you believe in Oneness, then we are all both the winner and the so-called losers, but in Oneness the losers are called winners too. The first person past the winning post is the first winner. The second past the post is the second winner and so on. With a slight change in terminology, everyone competing is a winner and no longer a loser in their eyes.

Often when I watch sport on TV and see the world's best athletes compete, the margins between winning and losing is usually so small. Calling someone who loses the gruelling 4-hour final at Wimbledon in the fifth set tiebreaker, a loser is more than insulting. Surely being known as the Second Winner at Wimbledon is more befitting of their performance than being called a Losing Finalist.

I understand that being competitive is part of our survival DNA from thousands of years ago on the Savannah Plains, but should we still allow those animal instincts to control us today. Surely, working synergistically together is better than competing over scarce resources. When will we learn that in our competitiveness, we are damaging our family through neglect, and the earth too? We may end up with all the money, but you can't eat money, and you can't hug money in bed each night?

In Oneness, we are our brother's keepers. In Oneness, we understand that the only reason to look down upon another is to help lift them to where we are.

What of the trophies of our victories as ego-based winners? Will the next generation, or the generation after that throw them out in the garbage? Will the big houses become eyesores and too expensive to maintain? Will the shiny sports cars turn to scrap metal in time? All records are eventually broken as record books are rewritten. Today's heroes become tomorrow's Zeroes. Past winners are easily forgotten as the world moves on and worships today's winners for a while. Past winners who do not know when to leave the stage once their performance drops substantially are talked about as "Has been." Fame is a fickle master to please, and being humbled may lie around the bend.

A man like Socrates, considered the wisest of his era, some 2400 years ago, and still recognised and quoted extensively today, stated, *True knowledge exists in knowing that you know nothing.*

Lao Tzu some 2500 years ago stated that, *to lead people, walk behind them.*

Humility is thinking of yourself less and sees how you can assist your fellow man.

Vulnerability is a form of humility and is strength and not weakness. When you are vulnerable, you allow others to see through your ego-protective mask into the real you. You show your fragilities and weaknesses and show that you trust the other person to assist you and to also show you their fragilities and weaknesses too for mutual trust and assistance. You are also vulnerable in your humility to both other people and the God of your understanding. You are stating, *let Your Will be done and not mine.* You know the Omnipotence of your Higher Power and your so-called strength is puny in comparison. In humility, you surrender in vulnerability to your Higher Power to become the Co-Creator of your unfolding life. This vulnerability and surrender are strength. Weakness is relying on your ego-based strength.

Even your dog knows such vulnerability and surrenders to you as it lies on its back in submission, inherently knowing you will not punish it when it is so prone and vulnerable to be attacked.

Additionally, self-promotion is a weakness as it flows from a fear-based ego's need to feel more powerful than you think you are. Because you feel insecure within yourself and not genuinely self-assured, you need to bolster your low self-image via self-promotion. For ego-based people who lack humility, they are treading on a path that will see them slip and fall. The causal nature of ego-based self-promotion creates a spotlight where other flaws may be noticed. Proverbs 16:18 states, *pride goes before destruction and a haughty spirit before a fall.*

The advent of social media since the launch of the iPhone in 2007 has made billions of people seek the limelight by posting stuff about themselves on their social media pages. The whole world can see what they had for breakfast, what their cappuccino looks like and the antics of their pets. It is becoming increasingly difficult to become humble in a world that posts and shares billions of information pieces on social media daily. The causal results of such postings on social media is partially reflected in the sizeable jump in teen suicides and attempted suicides over the past decade,

especially for vulnerable young girls through feeling inadequate, as well as through cyber-bullying.

The explosion of social media usage makes the intent to become and remain humble, even more, courageous, and spiritually significant for the growth of your Soul.

There are three simple steps you can use to increase your humility. The simplest process to become humbler is to track the number of times you use the word “I” and the number of times you use the word “you.” Reduce the “I”s and increase the “you’s”. The second way is to monitor how much you talk and how much you listen. Reduce the talk and increase listening. The third way is to identify where you use ego-based approaches to life as opposed to soul-based Love approaches to life. Increase the soul-based Love approaches to life. After these three steps are implemented, your humility should increase, and your life will be far more enjoyable with many more genuine relationships. Ego-based relationships will fall away.

Humility is the way to walk on the pathless path to Oneness. Whatever you achieve and accomplish praise those who assisted you in doing so and, most importantly, praise your Higher Power for all your success- “I am nothing, God is great.”

Getting and staying in the zone

I have a confession to make. I watch a lot of sport on TV, mainly for the enjoyment I get but also for the mental side of sports. I was an active sportsman in my youth and enjoyed success in competitive sports. Today, I enjoy watching the worlds best sportspeople on TV. I also enjoy monitoring the mental approaches that win or lose competitions. In sports and life, there is a zone where mental, physical, emotional, and I believe, spiritual, meet, and it's known as “being in the zone.”

On the days, that certain sportspeople click into that zone, they experience being effortless, fluid, flowing, and everything goes perfectly for them. They may perform at a superhuman level and are calm and centred. Their state of being, their consciousness, is elevated and what is envisaged in their mind occurs through their actions. It is a state of no-mind, effortless performance and no stress or tension are present within them. Their self-belief, positive visualisation, and performance flow uninterrupted. It is a joy to behold. The same zone approach can happen on the stage during a live performance, with actors or musicians, or during a business or personal interaction and in meditation as well.

Yesterday, October 11, 2020, I watched on TV as Rafael Nadal played Novak Djokovic in the men’s finals of the French Open at Roland Garros in Paris.

Djokovic is the world's no.1 ranked men's tennis player and has been undefeated in his last 30 matches in 2020. Nadal was so much 'in the zone' that he beat Djokovic 6-0, 6-2 and 7-5. To beat the current world's best tennis player 6-0, 6-2, when he was playing well, is virtually unheard of. I described Nadal's play in the first two sets as being 'celestially in the zone!' He came 'down to earth' in the final set, and a 'normal' set ensued.

The attunement and alignment of energetic vibrational frequency levels of what is required to do matches what is possible to achieve and the magic happens. People who have experienced being in the zone often state that they felt outside their body and their body precisely knew what to do. Expressions like 'the music flowed through me', 'the hole looked like a bucket', the basket looked so huge', and other similar statements have been recorded of those people 'being in the zone'. Funnily enough, humility is flowing too, and the ego is absent while 'in the zone.'

For the spiritually minded, passion is involved here as one is attuning and aligning to their Higher Power through this passion. The creativity flows to enable and allow the performance to be in alignment with the zone of effortless achievement.

Once the person is 'in the zone' the length of time, they stay there is dependent on when they become aware of being in the zone, and whether or not they believe that it is deserved for them to be in the zone. This is self- belief. Genuine soul-based Love self-belief will keep them there, and ego-based self- belief usually causes them to come out the zone. When their mind thinks about whether they deserve to be winning and any self- doubt creeps in then they leave the zone.

When I watch this on TV, I am conscious of their body language and self- talk, especially any outbursts of frustration which spins them out of the zone and usually sees them crashing in performance. After that, their negative self-talk and frustration propel their descent in performance. Those with genuine self-belief can re-enter the zone again.

Entering and staying 'in the zone' comes back to the basics of the pathless path to Oneness - allowance, non-resistance, and acceptance of what is occurring in your life. The moment resistance and judgement enter the picture, the flow, fluidity, energy, attitude, vision, and timing all go awry. Resistance and judgement create the anger and frustration that blows one out of the zone. Expectations and non-acceptance, while useful in practice, should play no part when playing or participating.

Acceptance and allowance of 'what is occurring now' enable the next step of desire and intention to change 'what is' to become what you prefer it to be. This process is done by enabling your vibrational energy to elevate and match the vibrational energy of that which is desired.

Resistance to, and judgement of, what is occurring now dislodges and reduces the flow of vibrational energy requiring a reset. The anger and frustration following the resistance and judgement see a further fall in vibrational energy. The chances of getting the energetic vibrational frequency level back to the level of 'what is preferred to be' becomes more and more remote.

Acceptance and allowance will work, but resistance and judgement are not likely to work during play. The more one can learn to operate from acceptance and allowance, and less from resistance and judgement, the greater one's genuine self-belief can be developed, and the longer one can stay within the zone. In essence, you must reach a state of no-mind. Any limitations that influence the mind are fear-based ego.

The pathless path to Oneness will enable one to stay within the zone.

Welcome the failures in your life

I want to be provocative and say that failures may be the Soul's way of stopping our runaway ego. There are times in our lives when our egos are blinding us from the truth that others may see but to which we are oblivious. It may be the ignoring of a relationship partner who we have taken for granted and now wants a divorce. It may be an obsession of a business that has stopped being relevant, but we are wedded to its past success, and we plough good money after bad until we lose it all. It may be the need to eat, drink and exercise correctly that a non-fatal heart attack alerts us too. It may be a child who commits a felony to get attention from an ego-driven parent. It may be someone who succumbs to addiction as a cry for help that has gone unheeded to date, and so on.

Sometimes we need ego crashes to wake us up to do a major course correction in our lives. Sometimes we need to lose what we think is so valuable to us to recognise what is truly valuable in our lives. Those people and things we truly value is what we need to give as much attention and Love to as possible. Our ego has managed to manipulate us to believe that what we are doing is so vital for us, and even our family, that we forget that the only thing that matters is giving and receiving Love.

The saying that 'believing you are indispensable, and you cannot take a vacation is the impending sign of a nervous breakdown' may prove accurate. Your ego won't let you think that anyone else can do as well as you can. Your ego says if you are not at the helm of the ship, it will run aground. Your ego doesn't want you to face your personal issues, as these unresolved issues empower your ego, and encourages you to become the go-to person to resolve everyone else's personal issues instead of your own.

The longer you enable your ego to have control over your life, the more serious and intense will be the damage you have to face and correct.

In terms of a crashing ego, what appears to be the end of the road is usually only a bend in the road. When you look back at your life, you are so grateful for the ego crash. Usually, it got your life back to where it should have been going before being hijacked by your ego.

Often these ego crashes are part of soul contracts where you agreed to do certain things, and your Soul Mates agreed to do other things for these lessons to be learnt. So please don't be too harsh on yourself, it may be part of your agreed-to growth of your eternal soul.

Where such ego crashes are due to free will choices you made, unrelated to soul contracts, then, as the 2007 movie title says, "There will be blood!"

When ego crashes occur, it is always advisable to find some alone time to be able to stop and think. Self-interrogation is required with total authenticity. As Shakespeare said, *to thine own self, be true.*

In this healing and cleansing process, see where your ego led you and what you have learnt from that for the future. More importantly, see why your ego is protecting your emotional wounds and what the actual causes were of these emotional wounds. It's most likely to be when Love was not shown to you, and you felt deeply hurt by someone or something. It could also be when some failure occurred in your life, and you chose to bury it rather than face it and resolve it. This investigation is an emotionally painful process of being your own Inquisitor. You are going to open some raw wounds that your ego has been protecting, probably since childhood.

If it helps lessen the pain, remember it may be that you asked for this inquisition and resolution to occur in terms of your soul contracts made in Spirit. The reality is that only your mind, your ego-based pride, and maybe your body, are going to suffer as you explore your emotional wounds being ripped open for their healing, resolution, and eventual closure. Your eternal Soul remains undamaged, but the healing, resolution, and closure you are going through are necessary for the growth journey of your eternal Soul.

Some people choose to survive their ego crashes, dust themselves off and, unperturbed, get back on the horse of their life's journey. It looks great to the uninitiated into the ways of causality and spirituality. A John Wayne looking, testosterone-filled man, winks at the camera and gets back on his horse and rides off into the sunset. What you don't see is the emotional baggage he is carrying behind him, which remains unresolved. As more and more ego crashes occur, and remain unresolved, so the emotional baggage grows and grows behind our intrepid horseman. When his day of reckoning dawns his ability to resolve these ever-

growing emotional wounds will be compromised. He is likely to have to return to the earth plane of existence time and again to work through what could be called his karma of unresolved past actions from this current lifetime. Those lives to come may be unpleasant and difficult to endure.

By choosing not to undergo this painful emotional process of resolving the causes of ego wounds, and subsequent ego crashes, you leave the emotional wounds to fester. When you eventually agree to undergo this process, in this lifetime, or another, the emotional pain may be even greater to endure.

Deciding to face the challenge of self-interrogation of your ego's role in your life, this is also a good time to see where you can now give Love and to whom. Start with your relationship partner/spouse and your children. Family first always! If you have lost your family through your ego-based life, there is even more of a necessity to find them and attempt to get them back into your life. Merely starting another relationship and a new family may be a repetition of your unresolved ego-based life.

Your ego cannot accompany you on the pathless path to Oneness, so it's best to do a thorough interrogation, clearing out and healing process on all the identified areas where your ego has led you. While on the pathless path to Oneness be especially aware of any ego involvement in the choices you make as only soul-based Love choices are allowable on this journey to Oneness.

We walk sightless among the miracles

I was brought up in Conservative Judaism, and there was a lovely prayer we used to recite, which I repeat below:

Days pass and the years vanish, and we walk sightless among miracles.

Lord, fill our eyes with knowing; let there be moments when your Presence, like lightning, illumines the darkness in which we walk.

Help us to see wherever we gaze that the bush burns unconsumed

And we, clay touched by God, will reach out for holiness and exclaim in wonder;

How filled with awe is this place, and we did not know it!

Blessed is the Eternal One, the holy God!

Love is present now in your life as God is Love, God is All That Is, and God is within you. How filled with awe is this place, and we do not know it. Not only is this place filled with awe, but so are we. Often, we ignore the miracle of our birth as one sperm in a million from our father connects with the egg within our mother. We grew

perfectly over 38 weeks to be a fully functioning human being with over 50 trillion cells working perfectly with split-second timing. Truly miraculous.

The lowly earthworm to has a fully functioning body perfectly suited for its life on earth. Have you ever really looked at Nature and seen how perfectly balanced it is? Of course, that is until man interferes with Nature and creates imbalances. An exception is the story that follows.

A few nights ago, I watched a movie on Netflix called *My Octopus Teacher*. A South African made documentary by a Nature Lover and Explorer who is initially intrigued with a female octopus, a mollusc, and he becomes obsessed with her and her daily fight for survival. In this factual documentary, the viewer witnesses how he develops connectivity with this octopus. After a while, she recognises him not as a threat but as a friend. The mollusc physically embraces him, and verbally in the documentary, he expresses feelings of love, protectiveness, and concern in an obsessive way for this octopus. The Oneness of man and mollusc is emotionally evident.

On reflection, in this documentary, the man introduces his teenage son to the mollusc, and there is no mention throughout the documentary of the man having a wife or relationship partner. His obsession for the mollusc may very well be a substitute for the love he feels but cannot share with a relationship partner? This reflection, of course, is pure speculation on my part, but I have included it to illustrate the power of Love of Oneness as evidenced in this documentary.

We walk sightless among the miracles. As I quoted Einstein earlier saying, *there are two ways to look at your life. One is though nothing is a miracle. The other, as though everything is a miracle.* Which way are you looking at life right now?

The bush burned unconsumed for Moses, and either the Angel of the Lord or God, spoke to Moses from the burning bush, saying he must take off his sandals as this is holy ground, according to Exodus in the bible.

For those on the pathless path to Oneness, we know that we are surrounded by miracles wherever we look, and all ground is holy, as God is present wherever we go. What we often forget, though is that Love is always present wherever we look and wherever we go as God is Love. Suppose we choose not to see Love, then that is our choice. We choose to see something other than Love. That choice of ignoring the Love that is present and seeing something else instead will be manifested as our reality we have to deal with. Of course, at any stage, we can choose to see it as Love and make that manifest as our reality.

God's ability to illuminate our lives like lightning is via the Light and Unconditional Love that God is.

On the pathless path to Oneness, we are in awe as we see the miraculous everywhere, the Unconditional Love and Light of God illuminates us, and the bush burns unconsumed wherever we walk as all ground on this pathless path to Oneness is holy.

Freedom is not minding whatever happens

Freedom is not minding; whatever happens to you in your life. Imagine getting to such a place of freedom?

You have a job, or you don't have a job. You have a roof over your head, or you don't have a roof over your head. You have someone to love or who loves you, or you don't. No matter. You are OK with everything that is happening now. You know that nothing matters, except Love.

Imagine?

Earlier on, I discussed Peace Pilgrim and her continual 28- year journey of walking some 25 000 miles across the USA to spread the message of God, peace, and Love. She found freedom very few have in modern times.

St. Francis of Assisi and Siddhartha Buddha both gave up the assured life of luxury to walk into freedom from the need of anything other than that of service and to spread the words they believed the world needed to hear.

There is a homeless guy who I see near my local shopping centre. He makes and sells some stuff that invariably involves a crucifix. I have only seen him standing on the corner, selling what he makes on a few occasions. He has this large beard and a knapsack with all his worldly belongings. Most times, I see him sitting down and playing a silver flute. He is lost in his world as he plays the flute seemingly oblivious of the world around him. Whatever has occurred in his life to get him to this point doesn't seem to concern him one bit. He is living in this present moment either working on his craft of creating crucifixes, reading a tattered looking book, or playing his flute. He is not a beggar, although, I have given him some money and food occasionally, and perhaps others do as well. He simply nods in acceptance and carries on doing whatever is in front of him. I have never seen him with anyone else to talk to. This guy is the closest person I have seen to have the freedom of not minding whatever happens.

I often think it would be amazing to have such a disposition while living a more normal worldly life. Having a way to earn a living and having a home with all the modern comforts of home. Having someone to love and to feel loved by them. Having children to bring joy into your life. All the while, having the freedom of not minding whatever happens to you.

Perhaps some people have found this formula, and it works well for them. If I ever found such a person, I would admire them and ask them to share their secret with the rest of us mere mortals trapped in the prisons of our own making.

Such freedom of not minding whatever happens to you would be the ideal way to walk on the pathless path to Oneness. Who knows, perhaps the homeless guy down the road is on that journey?

Service to others builds bridges of trust

Service to others begins at home. Before you desire to serve others, make sure that you have fully served your immediate family first. If you choose to step over your family and serve your neighbour, you will build resentment under your roof, and you will not know peace and Love in your home.

I believe that serving others will bring you the greatest satisfaction. My experiential knowing of this fact is why I have been sharing knowledge for most of my working life. I have done so in real estate economics for over 40 years, and since 2005, this sharing of knowledge comes in the form of these free books which I consider to be my passionate hobby. I write these books for my better understanding of spirituality, for my sons, and hopefully their children when I am no longer around to be available should they need my guidance. I write these books for some of my friends who say they benefit from them. I write these books for anyone out there who finds my two websites, guidespeak.com and personalempowerment.co. I have been “told” that these books will be ‘discovered’ after my passing on to ensure there is no ego involvement while I am alive. My satisfaction comes from writing these books and knowing that perhaps one or more people will benefit from the words I write.

Whatever we do, we do for ourselves. In serving others, we bring satisfaction to ourselves as well as to them. The energetic vibrational frequency level that we are is usually elevated when we serve another. We attract others with the same elevated frequency level into our lives. When we deliberately harm another, this frequency level drops, and we attract others with the same lower frequency level into our lives. Birds of a feather do flock together!

We must be aware of the need for humility and the need for reduced ego when serving others. For those, like the late Mother Theresa, who saw Jesus on the face of the lepers whose bandages she changed, serving is an act of faith of the highest order. Serving another as if you are serving God of your understanding is an amazing way to worship your Higher Power.

Giving and gratitude for the fact that you can serve another is also a high form of worship. Such service is prayer and answer combined.

Service brings joy to both the hand that gives and to the hand that receives. Such joy is an act of Love. Service comes naturally to people who are soul-based Love as their hearts are full of Love which they desire to share with others. *Their cup truly runneth over!* (Psalm 23:5)

Where service is based on kindness, the Grace of God rests upon both the giver and the recipient. A bridge of trust is formed. Any walls of resistance may be torn down if there is a willingness to do so from both parties.

Today, in late 2020, the so-called Civil War in Syria continues to uproot millions of Syrians. The Syrian militia of the ruling party is coming into Syrian towns and villages and doing the worst of human depravity to the civilians there. The Israeli Defence Force has set up free hospitals on the border of Syria and Israel, where civilians of Syria come to be treated by their long-time so-called enemy. While this is occurring, other Arab nations like the UAE and Bahrain are signing peace and trade accords with Israel. Hence the saying, 'one good deed deserves another'. Invariably Israel is the first to send its medical and rescue help to any country where disasters occur, such as the earthquake in Haiti in 2010.

Service to others builds bridges of trust, and such service is necessary on the pathless path to Oneness.

The growing transparency of our lives

Transparency exists, and the Unseen Forces see all. Many people have a dirty little secret, and they believe that it is safely hidden away. Everything that needs to be exposed will be when the time is right in terms of soul contracts requiring the healing resolutions of one's ego-based issues.

In April 2016, Panamanian law firm and corporate service provider Mossack Fonseca had a security breach and 11.5 million documents affecting some 215 000

offshore entities were leaked to a German journalist by a still-unnamed source. This became known as the *Panama Papers*, and many indictments were issued by the authorities worldwide. Even the Prime Minister of Iceland had to resign due to his complicity in some of these leaked documents. Foreigners don't go to places like Panama, the Cayman Islands, and other tax havens solely for the weather. They may also go to place illicit transactions and funds away from the prying eyes of officials in their own countries.

Post 9/11 sweeping powers were given to certain Government Agencies and US Government officials to investigate the flow of funds that finance terrorism worldwide. Both US citizens and other people worldwide now have much-reduced privacy protection.

Today, there are some 1 500 000 CCTV cameras in the United Kingdom. Other surveillance types of equipment used by both private and public entities continue to increase and infringe on the privacy of its citizens. Finding a place to hide in many countries worldwide is becoming increasingly difficult. Global Positioning Systems (GPS) are included in many modern cars, and cell phones and Orwellian Big Brother of 1984 is a reality today.

Social media is becoming more and more pervasive, and with some 3 billion smartphones in the world all equipped with both cameras and sound recordings, there is increasingly no place to hide.

For those with nothing to hide, transparency should be welcomed. At a spiritual level, all is seen, and there is no such thing as transparency. According to the *Law of Attraction*, as spelt out in my free book *Understanding and Elevating your Vibrational Energy*, both Albert Einstein, as a scientist, and Abraham, a non-physical Entity channelled by Esther Hicks of Abraham-Hicks.com, talk about energy vibrations of thoughts, words and actions, and things both seen and unseen, matched with similar energy frequencies. Those with illegal intent will attract others with similar intent and, of course, for those with legal intent too.

Those knowing the need to hide away their secrets will attract others so inclined. Now both parties have stepped over the line of integrity into a world of illicitness. Expecting to have honour among thieves is a Hollywood myth. Thieves are thieves, and they will do anything to benefit themselves as they are ego-based people living in fear of being caught out. We live in a causal world and cause is followed by an effect, usually at the most inappropriate times. For those who avoid transparency and think they have avoided being caught out, there are always other lifetimes for the causal nature of the world to work against them in terms of their soul's eternal journey.

Transparency is a requirement for all those planning to walk on the pathless path to Oneness. Honesty is always the best policy.

You are watched and emulated by little eyes

Our process in life is done from thoughts, words, and actions. These are either done from ego-based fear or hope, or soul-based Love. It is not advisable to marry these two mindsets, where it is convenient and expeditious to do so. Many a so-called leader has been caught with their hand in the cookie jar, or with their pants around their ankles. These incidences usually occur at the most inconvenient of times as transparency becomes more evident. Where this happens to so-called religious people, the media and the public make a spectacle of these fallen so-called pious people. They go from being a Rockstar to a rock!

Those in the public eye must be especially careful as Lord Acton said, *power corrupts, and absolute power corrupts absolutely*, but the Third Estate is ever vigilant, and everyone seems to be a blogger or on social media these days.

Being an example requires integrity and authenticity. The saying that ‘the bigger you are, the harder you fall’ seems to occur when people do not do what they preach that others must do.

Such integrity and authenticity begin in the home between relationship partners or spouses and especially when instructing children how to behave. The days of a parent remonstrating with a child ‘not to do what I do but do what I say’ are long over. Children copy examples of behaviour from their parents, and these habits are hard to break as the child matures. Parents’ attitudes, prejudices, bigotry, and fears become indelibly imprinted on their children. These examples of their parents are ingrained as a form of belief, especially if the children adopt these habits at an impressionable age when their parent can do no wrong in the child’s eyes.

Acting as an example in the workplace is equally important to doing so at home. Younger people being trained in the work environment need to have the correct attitude and work ethic as their future earnings depend on their training.

The role of a leader or trainer or parent is one based on responsibility for the future welfare of another, and ‘walking the talk’ should be non-negotiable. I am using below the increasingly major concern about childhood obesity in the USA and the UK as examples of parents influencing children through their examples.

Obesity in all ages of Americans was recently 42.4% and in the United Kingdom was 28.7% with a further 35.6% classified as overweight.

Nearly one in five young people in the USA are classified as obese. In the United Kingdom children in the age group, 10-11 were found to have 20.1% obesity, and a further 14.2% were classified as overweight.

The impact of such obesity on the future likely ill-health of these children; the funds required to provide medical assistance to them, and the loss of productivity within the economy are three outcomes staring both the USA and the UK in the face.

The parents must 'walk the talk' of eating correctly, nutritionally and avoiding eating sugar and junk food. The consumption of soft drinks full of sugar and other unhealthy ingredients, especially so-called sugar substitutes in diet colas and no sugar colas, as well as alcohol drinks such as beer and spirits contain many ingredients that add to the weight of these drinkers.

Suppose the adults do not change their eating and drinking habits and continue not to include daily exercise as a regimen. In that case, they are committing their children to a life of ill health and reduced earnings ability as children will usually take the least line of resistance and emulate their parents' behaviour.

Those on the pathless path to Oneness are conscious of the need to eat and drink correctly and to do regular exercise. After all, they are conscious of God within them.

Are you ready yet?

Let life work through you, not from you. If we purify ourselves, as discussed above, through proper eating, drinking and exercise, we create the opportunity for a healthy life. Additionally, suppose we can purify our mind, body and soul through walking on the pathless path to Oneness, as expressed in this book, then we present the ability to become a conduit for life, God, the Universe, to work through us.

The usual trials and tribulations we suffer from leading an ego-based life can be meaningfully reduced if we choose to become a conduit for life, God, the Universe to work through us to others. As you can well imagine the purification process of our body, mind, and soul will be enhanced if we allow and enable life, God, the Universe to use us as a vehicle for serving others. We purify ourselves from the inside outwards.

If you enjoy the high life and you want to be involved in ego-based pursuits that is your prerogative, and no judgement is implied about your choices. After all, this is your soul's journey, and you have soul contracts in place to fulfil, which are likely to be ones of adventure and excitement. The pathless path to Oneness may be considered too "goody-two-shoes", and this may not be your soul's journey this time around. After all, you came back to the earth plane of existence to enjoy the sensuality and experience the contrasts of opposites through duality. You may have

chosen to initially experience what not to do or be so that you could know how and what to choose to be and do. Once you have lived that life and experienced all you needed to do, then you may consider the more “goody-two-shoes” approach being talked about in this book. Failing which, you have numerous more lifetimes on earth when you may be ready in one of them to walk the pathless path to Oneness.

COVID-19 virus and global consciousness

If our thoughts create what we experience as our reality, then common sense says that the world we experience is composed of the thoughts of some 7.8 billion people. I believe that there is a global consciousness of thought influencing us all on earth. I am not alone. I have recently discovered that *The Global Consciousness Project* began in 1998 and is an international collaboration of some 100 research scientists and engineers. For those interested in this topic, visit global-mind.org.

What I propose below about global consciousness creating the COVID-19 virus remains a theory. I would appreciate you being openminded in reading this topic as I intend to make you, the reader, aware of the possibility to influence and change negative global consciousness to become positive global consciousness. My solution towards the end of this topic should help shift your awareness and perspective on the power of global consciousness.

There is an acronym for what we call FATE- From All Thoughts Everywhere!

If our thoughts create a vibrational matching frequency and we experience that as our reality what then can we make of the current COVID-19 Pandemic which began to surface in the world’s attention in January 2020. Countries globally have been shut down through lockdowns, and people told to stay in their homes for months. Economies have been damaged that may take years to recover to where they were in 2019. Poorer countries are expected to have serious economic and financial issues because of failing economies due to the pandemic. Globally, unemployment has soared, and a sharp rise in business failures, liquidations and personal bankruptcies are occurring. Malnutrition is increasing among the poorer areas around the globe and especially in countries unable to feed themselves. A sharp increase in suicides is expected to follow as depression becomes more prevalent, as well as people running out of the ability to provide for themselves and their families.

The COVID-19 virus has returned to countries in the Northern Hemisphere as they encounter colder temperatures once more during their Winter of 2020/21. At the time of writing this in late October 2020, certain parts of the Northern Hemisphere are seeing peaks in infections higher than during the first wave of this pandemic in the second quarter of 2020, as the previous winter was ending. The much- needed

vaccine to inoculate people is hoped to be ready by 2021 but may take even longer to develop as usually; these vaccines have a ten-year development cycle of production and animal and human trials. This pandemic is reminiscent of plague, and for the first-time healthy people are being quarantined in their homes instead of only the sick.

2020 may have been the year that many people thought they would get what they wanted. Instead, through lockdown at home, they have been gifted the perspective of appreciating everything they already have.

So, what thoughts were prevalent worldwide that may have manifested as COVID-19? If we believe that our thoughts create the experience of our reality, there must have been an overwhelming occurrence of negative thoughts coming from ego-based fears to create a global pandemic such as COVID-19.

There are a lot of conspiracy theories concerning the role of the USA and China in the development of the COVID-19 virus. These two countries have been at loggerheads at Presidential level over trade policies and for the role of the world leader over the next 30 years. The pandemic is reported to have begun in Wuhan in China. According to Chinese Officials, it did not spread across China to anywhere near the extent of the spread throughout other countries globally. For example, Honduras with a population of some 9.5 million people has a similar number of infected people, around 91 000 currently, as China with 1.2 billion people. Currently, the reoccurrence of the virus through the Northern Hemisphere, as referred to above, appears not to be occurring in China's current winter according to media reports and Chinese officials' statistics monitoring COVID-19 infections. China reports some 10-15 new cases of infections daily and states that they are all imported into China. The Chinese economy is reporting a resurgence in what is described as a V-shaped economic recovery, whereas the remainder of the globe's economy continues to shrink due to lockdowns, a massive increase in unemployment and other factors flowing from this economic contraction. Something is afoot with China and will no doubt emerge more transparently in the future. Cynics among us may say that China's figures are distorted and politically motivated, especially in the light of the high rate of infections in the USA. If not, why is the world not simply following the steps taken by China's supposedly successfully combatting of the virus?

So back to the theory of global consciousness, creating the pandemic. The world has been gripped in fear since January 2020. This negative vibrational energy emanating around the globe could be the reason why the pandemic has resurfaced in its second wave in the Winter of 2020/2021 for the Northern Hemisphere? Of course, the second wave could easily be explained as the virus thriving in colder temperatures. But let's not forget that this global consciousness is a theory, and the solution proposed towards the end of this topic has a valuable life lesson to impart to you, the reader.

The fraudulent manipulation by American companies which caused the 2008 Global Financial Crises, as discussed earlier in this book, probably still has a lot of karmic fallout in the world. The corruption of many political leaders and governments, as well as private sector leaders and bodies, must find a karmic home too. The exposure of prominent people as paedophiles, rapists of underage girls and sexual abuse of women, which has made headlines over the past few years could also be contributing to this negative vibrational energy surrounding the planet. The inequality of the treatment of people as evidenced by the killing of an African American male, George Floyd, by police officers in Minneapolis, in the USA during the current pandemic created countrywide protests, demonstrations, fires and looting of shops. This propelled the Black Lives Matter (BLM) as a movement symptomatic of the inequality felt within American society, and globally.

The pandemic has reset countries and economies in what is called the 'New Normal'. People are being forced to stay at home and work from home, if possible. Families are forced to be together 24/7 for weeks and months on end. Those students fortunate to have Internet Wi-Fi at home and computers could participate in lessons from certain schools, colleges, and universities. Those unable to participate are being left behind. Priorities are being shifted as family finances tighten, and no doubt tempers are fraying as people are forced to learn to live with each other 24/7 in confined spaces. New skills and new opportunities are emerging while certain older ways of doing business and living life are not possible during the lockdown. Airlines, hotels, restaurants, and tourism are bearing the brunt of the enforced lockdown and restricted travel, locally and globally.

The lack of intelligent information, as well as misinformation about the virus, is causing ambivalent leaders of countries to overreact and underreact. So-called experts are being praised and debunked, and it appears that leadership at a medical and government level is clueless of what strategies to adopt.

The economic aftermath of the pandemic will be felt for many years, and it is equivalent to living through a World War for most of 2020.

The negative fear-based ego thoughts globally, which, in theory, may have created the pandemic is likely to worsen because of the pandemic's health and economic consequences. To date, as of October 20, 2020, globally some 40.7 million people have contracted COVID-19, and some 1 120 000 deaths have occurred attributed to COVID-19. Over 27,8 million infected people have since recovered to date. The global economy is expected to shrink by 5% during 2020 compared to 2019.

With the global economy expected to recover somewhat in 2021 and, hopefully, if a vaccine became available, the negative fear-based ego dominated thoughts may reduce globally by mid- 2021 onwards.

The global spread of fear-based panic about the pandemic is a function of lack of accurate, intelligent information and knowledge about the virus and its consequences. The global news media and social media-fuelled the fears of the

general public, and these two components of the media may have become the consciousness of the planet.

It is in the interest of the global news media to prolong panic as bad news attracts eyeballs and, with it, the lifeblood of the media, advertisers. Social media is how some 3 billion smartphone users communicate, so this becomes the temperature of the global consciousness. Given hope of an economic turnaround, a reduction in infections and deaths from the virus and a vaccine proving positive, then the sentiments of social media may switch around to become more positive. This will improve global sentiment and with-it, peoples' thoughts too as reflected by more positive global consciousness.

What I have attempted to accomplish under this topic is improving the awareness that global or local sentiment, being the composite thoughts of all the people, locally or globally, will create in its wake a causal effect for some or all the people.

It is unlikely that the global news media will change their negative reporting stance as they are businesses focusing on making profits for their shareholders. They will produce what brings the most eyeballs and advertisers, and bad news is the current driver of such eyeballs and advertisers.

Social media is a major influencer of the current consciousness of the global or local population. This influencer is especially so for people under 40 years old. I believe it may be possible to influence social media users to focus on positive, feel-good posts and stories. A simple way to do so is to offer a monetary reward and public recognition for the best positive social media post or story of the hour and day. The entire sentiment can shift among 3 billion smartphone users. This may have the effect of alienating the global news media focusing on bad news and, hopefully, they should also feel the seismic shift to positive good news reporting as well.

As more and more people become aware of the need to improve the thought processes of the public from fear-based negative ego thoughts to soul-based positive, upliftment thoughts, the world will then reflect this joy, peace, harmony, and Love. This will mean that global consciousness will improve and positive energy will abound locally and globally.

A 68 -year- old man can dream, can't he! After all, we are all part of Oneness, and if a tipping point of some 17.5% of the population can be reached who experience joy instead of fear, most of the remaining 82.5% of the population will follow suit, in time, as new product development statistics have shown.

During this pandemic, I have focused on sending out positive, as well as humorous, emails and WhatsApp's to family members and friends locally and globally. I send and then receive others, and the cycle turns, and peoples' responses show me that we are all being helped by this elevation of vibrational energy in these bleak times.

The pathless path to Oneness is paved with positive, loving thoughts serving others, as well as ourselves.

If you don't go within, you will go without

There is a well-known spiritual saying, that if you don't go within, you will go without.

I think it's time for some spiritual humour. I have compiled a free book, *Spiritual Laughter* found on personalempowerment.co. *What soap is for the body, laughter is for the soul*, is a Yiddish saying.

A well-known spiritual joke- A Buddhist Monk walks up to a New York Hot Dog street vendor, tenders him \$20 and says, *Make me One with everything*. The Vendor laughs at the joke and hands him the hot dog with all the trimmings. The Monk asks for his change. The Vendor says *you should know that change comes from within*.

And that is the theme of this topic- going within.

When I write these books, often the words flow through me and not from me. I align my soul, with my Higher Self and my Higher Power to become Oneness. I can sit for hours in this state of bliss and allow the words to flow through me. I feel transported to a world of Unconditional Love and Light, and some may call it channelling. Invariably, my "Third Eye" chakra, situated between and above my eyebrows, throbs and I feel a constant pressure there. For me, the process creates an emotional and spiritual 'high'. Should I be disturbed, invariably I am jolted back into my current reality.

I believe that, somehow, I connect with the part of God within me, and no experience can compare to this feeling. As stated often by me, feelings are the language of the soul.

I believe that we each have this ability to go within and find God within each of us. When I pray in the mornings and evenings, I thank God within me for being the Co-Creator of my life today; for being the Co-Creator of my life always; and, for being the Co-Creator of my life throughout eternity. I believe that, somehow, this forms a bridge to God within me.

Keeping my thoughts, words, and actions on “what would God/Love do now?” is another way of going within. Of course, meditation is an excellent way to go within.

I wanted to be vulnerable in sharing my experience with you of going within. On the pathless path to Oneness, we must each find our unique way of going within, thereby ensuring that we do not go without what our soul needs for its growth to become Oneness.

We use our five senses, our sensuality, to experience the world around us. Our senses experience what is occurring now. They see the result of what is found outside of themselves. By going within, we can explore so much more than only the sensuality of the results of our external experiencing.

Let me use an example of a flower. The sensuality of sight, smell and even touch, and occasionally taste, is our experience outside ourselves of this flower. By going within, we seek to understand how the initial seed was created? When planted in the ground, how did this apparent brain free seed know to grow upwards through the dark soil towards the sunlight? How did the windswept seed know to put down its roots in the soil? How did the flower grow to a specific height, the same as other similar flowers? How come the petals of certain flowers, and other parts of Nature, know to represent the “Golden Ratio,” known by the Greek letters as phi, measuring about 1.618? How do the open flowers know to attract bees and other insects to propagate its specie of flower?

Now let me use the example of you determining the purpose and meaning of your life.

For those who are interested, I have written a free book found on personalempowerment.co- *The Purpose and Meaning of your Life in terms of your Soul Contracts*.

If you asked your ego what the purpose and meaning of your life are, it would probably give an answer based on materialistic outcomes and achievements. Asking your Soul that question, it will probably answer to find joy, serve others, and become more Godlike for the eternal growth of your soul.

If you choose to go within, and, in surrender, vulnerability and authenticity, ask God within you what the purpose and meaning of your life are, what answers are you likely to find? Each person’s quest and answers will be unique. This could be the most important mission of your life.

You may well find that a lot of the energy you expend in your life is wasteful and unnecessary. What you consider to be important, really has no meaningful relevance. Collecting and accumulating the “whats” of your life may be meaningless. Perhaps, “how” you go about your life’s quests is relevant, not “what” you collect and

accumulate? Nature doesn't seem to be too concerned about accumulation and storage. Nature appears to trust that what it needs will be provided at the appropriate time and quantity to fulfil its needs.

Perhaps asking God within you what the purpose and meaning of your life are may emphasise the need to have such trust as Nature has. Getting to a place where you know that God within you will give you what you need when you need it for the highest growth of your soul, and trusting this process to unfold as it should, could be the answer you receive.

This trust and process are the way of the pathless path to Oneness.

TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally.

Going within is a continual journey of discovery. However, it can only be accomplished from your soul, and not from your protective ego. After all, you made soul contracts with your Soul Mates in Spirit, not ego contracts! Authenticity, surrender, and vulnerability are required, and awareness not to empower your ego in any way, is critical to this inner journey of discovery of your life's purpose and meaning.

Hopefully, you will discover and encounter God within you, and come to know that All That Is is available for you to access whatever you desire. I bet that you will go for peace, inner tranquillity, and successful relationships, and leave the shiny objects of materialism alone! After all, we will meet up with our Soul Mates again in Spirit, and the shiny objects we may have craved for will be rusting and deteriorating on earth.

I will leave the last words on this matter to Victor Frankel, Holocaust survivor, neurologist, psychiatrist, and founder of logotherapy- *The meaning of life is to give life meaning.*

What you think about me is irrelevant to me

How much energy do you spend appeasing others and ensuring that they like you? How much benefit do you derive from this? Is the squeeze worth the juice?

Sure, using your ego to lead you, it is satisfying to have people like you, and, where necessary, prove people wrong about the incorrect or negative things they said about you. But, in retrospect, was all that energy necessary, or was it displaced? Could you have done more with that energy than merely prove people like you, or were wrong about you?

As I am writing this, I recall seeing a picture which I will attempt to describe in words.

Two men are facing a similar challenge. They are each facing a wall about ten feet high, and their task is to be able to see over the wall. They are provided with stepladders for this task. One man collects numerous stepladders and not realising what they are used for he piles stepladders horizontally on the ground, creating a pile of stepladders on top of each other. The picture shows him battling to stand on this irregular pile of horizontal stepladders. Of course, the other guy is using one stepladder correctly and is easily peering over the wall.

When I think of the number of times in my life that I fashioned my previous ego-based life to gain the approval of others, and, sometimes, to prove people wrong about me, I can resonate with the guy precariously standing on a pile of horizontal stepladders!

Fortunately, as my spiritual path developed, and I moved away from ego towards soul, my concern about appeasing others started to reduce. Today, I don't give a hoot about what others think about me. I am responsible and accountable to God for my thoughts, words, and actions. I have morning and evening prayer time to give an account of myself to God and to thank God within me for the things I am grateful for occurring on this day, whether these issues were judged good or bad by others is immaterial. I know that everything happens for the best in God's timing, not mine.

How about you? Are there people you feel you need to appease for one or more reasons? Is it fear-based ego or Love-based soul motivating you? Do you think you could move from ego towards soul, and be responsible and accountable to God only for your thoughts, words, and actions?

Let me assure you that most other people only think about you as it concerns them. Most times, when you are pre-occupied with what they think about you, their thoughts are only about themselves and not you!

All judgement is self-judgement. I am not what you think I am. You are what you think I am!

Those on a pathless path to Oneness don't let other people's opinion about them affect them. Quite frankly, it's none of your business what other people think! What matters is what you think, say, and do. If you act on "what would Love/God do now?" nothing else matters than Love/God.

Being the Watcher of your life (2)

Have you ever thought about the sky? Where does it start, and where does it stop? Is it really blue or is it transparent? According to NASA, blue light is scattered in all directions by tiny molecules of air in the Earth's atmosphere. Blue is scattered more than any other colour because it travels as shorter, smaller waves.

The sky is ever-present even when dark storm clouds are beneath it, 'darkening the sky' as we call it. The sky is also present at night when we see 'stars in the sky'.

During times gone by there were sky gods. Greek mythology had Uranus as the primordial sky god. Ancient Semitic mythology has the god El and the fertility goddess Asherah as a pair ruling the sky.

I can understand why the sky would attract the attention of people as a god. The sun shone from the sky, giving light and warmth, and much-needed rain in agrarian times came from the clouds in the sky. Without the sun and rain, the earth would not exist. Surely that is something to be grateful for if you were a person living thousands of years ago, and your faith and belief were through your eyes.

Today, we worship a God who cannot be sensed by our five senses that rule our world. We cannot see, hear, smell, touch, or taste God. We have developed a belief and have faith in God and, some of us believe a part of God is within us as our soul, within our heart or heart centre/chakra.

In Genesis 1:8 in the bible, we are told that God created the sky. We have developed a belief system that says both the sky and God are ever-present. Most people pray to God by beseeching the heavens, and they look skywards in doing so.

It is this ever-presence that got me thinking about the sky and its relationship to God. The sky has not changed since its creation by God, as recorded in Genesis. It remains ever-present 24/7 as does God. But we can see the sky but not see God. Most people believe God to be in the sky/heaven. Some of us also believe that as God is All That Is, that God is within each of us too.

This ever-present, unchanging God is what we see as Perfection and what some of us strive to become by being Godlike and Being Love in our thoughts, words, and actions. The earth changes due to earthquakes, mountains arising from there, volcanoes erupting, shifting of continents, buildings erected on the earth and so on. But the sky remains the sky, always and ever-present, even if clouds temporarily interrupt our vision of the sky, which is always above the clouds.

We need to be like the sky and be the Watcher of the events in our life. The sky is not bothered if wispy clouds cover it, or if dark clouds threaten to block out the sun.

The sky says, “this too shall pass,” and so it does. We should also accept whatever shows up as wispy clouds, or dark threatening clouds which block out our sunlight or block out the light from the stars and moon at night. We need to remain ever-present as the dispassionate Watcher of our life’s events, knowing that nothing matters except God/Love. Our eternal Soul is undamageable, and no real harm can affect who We truly are. Remember always that fear doesn’t stop us from dying; it stops us from living. When fear goes away, our Soul becomes evident.

Keeping the stance of the Watcher will enable us to travel the pathless path to Oneness.

The allowance of a cup

The design and shape of a cup have remained much the same throughout history. The purpose of a cup is to receive liquid, and for a person to be able to hold it and drink the liquid.

The shape of a cup is like two hands “cupped” together. Similarly, we may “cup” our hands in prayer to receive God’s blessings.

A cup turned upside down denotes non-acceptance of receiving anything. Additionally, a full cup cannot obtain more liquid.

How many times are we upright as a cup and how many times are, we like a cup turned upside down? How many times is our cup already full incapable of containing more liquid? This is the essence of allowing and resistance in our life. In allowing we hold our cup upright and trust that what is placed in the cup is for the highest growth of our soul. In resistance, with our cup turned upside down, or if our cup is already full, we reject anything and everything. An overturned cup illustrates blatant rejection which is ego-based, and an already full cup denotes the inability and unwillingness to learn more, which is also ego-based.

Sometimes in our allowing we receive something we like and sometimes it’s something that we don’t like. By judging, and resisting, we restrict the flow of life and alter the outcome of what was presented to us, which ultimately was created for our benefit.

Sometimes we receive what we would judge as bad news. We react negatively and may even accuse God of this punishment. We shut ourselves off, and our energetic vibrational energy drops and other negativity at this level enters our life. Things in

our lives tend to go from bad to worse until we hit rock bottom. At this stage, we may be begging God to turn our life around. Of course, this is the same God we were accusing earlier.

If we could be grateful for whatever happens to us and say, “thank you, God for

” If it would be judged bad by others then by not judging it at all but being grateful for it, you know that God will only give you what you need for the highest growth of your soul. Like the seed planted in the ground and somehow knowing to seek the sunlight above, you may be required to also dig through the unwanted dark soil of your life to find the gift buried deep in what appeared to be “bad news.” By keeping such a positive belief and faith in God’s “gift,” you elevate your energetic vibrational energy and attract people and things at these higher vibrational frequency levels.

There is no such thing as failure, only learning experiences. Life is full of cul-de-sacs until you find the highway of your life. Unremembered by you, but when you were in Spirit, in terms of your soul contracts, you called everything into your life timeously for expanding the growth of your eternal soul, and with it, God’s experience and expansion too.

Even the late Mother Theresa stated *I know God won’t give me anything I can’t handle. I just wish He didn’t trust me so much!*

Being a cup right side up and accepting and allowing whatever is placed into your cup as a “gift” from God will keep you on the pathless path to Oneness.

My younger son Jonathan, now 27, was so named as my then-wife and I, as older parents, she was soon to become 40, and I was 41 years old, believed him to be a gift from God, and that is the meaning of the name, Yonatan (in Hebrew) - Jonathan. We are both very happy and proud of him today. He is a true Mensch and a successful entrepreneur as well. (Mensch is a Yiddish word which means a person held in high regard by everyone for their wonderful behaviour towards others)

Stillness enables awareness of becoming Oneness

Stillness is not silence. Silence is the absence of sound, but our ego-based mind continues to whirr away with thoughts. Stillness is the absence of sound and the absence of thoughts in our mind. Such stillness is no-mind.

Only when the muddy waters are still can you see the bottom of the river. Our whirring thoughts muddy the waters of our life and only when we reach stillness can we connect to God within us.

'The still small voice within us' is a reference to God's revelation to Elijah in Kings 19:11-13 in the bible.

Another biblical verse tells us to 'be still and know that I am God.' (Psalm 46:10)

At the centre of our being there is stillness and some of us find it in meditation, worship, and prayer. Some may find it walking in Nature and numerous other ways on their pathless path to Oneness.

When meditating recently, I was struggling to 'be here now and to be still'. I received an image of me positioned in a large slab of ice. Obviously, I could not move and could not access my five senses. I was forced to be here now and to be still, and this image caused me to meditate more successfully than before when I was struggling to 'be here now and be still'.

This stillness is our awareness or consciousness of Being. This awareness or consciousness is devoid of ego-based thought. It is to 'Simply Be' as I wrote about earlier in this book. It is found through feelings, as often stated in this book, feelings are the language of your soul.

The moment is as it should be. Acceptance and allowance of this moment without resistance and judgment will help create such required stillness. Once your thoughts have quietened down, and gaps appear between your thoughts, you will discover the depth of the stillness where inner peace and tranquillity can be found. In this Space, you will find All That Is. You will then realise that you are not separate from anyone or anything. You are part of Oneness, indivisible, whole and holy. Welcome home to Oneness!

Now you will experience joy. JOY- Just Open Yourself

Once you have experienced this feeling of being part of Oneness, you can re-enter the world and take this feeling with you. You recognise Oneness in everyone and everything. You want to hug everyone and everything.

HUG- Hi Unto God. What a feeling!

Accepting the unacceptable

Acceptance of the unacceptable allows and enables the Grace of God to be felt within you. Acceptance of what is occurring now, and surrendering to this moment of Now, knowing that God will give you what you need when you need it for the highest growth of your soul is true belief and faith. Such acceptance and surrender become spiritual nirvana.

Those who follow a religion and who can accept the unacceptable with their religious belief, faith and zeal and say- God's Will be done, or Inshallah- and mean it with every fibre of their Being- they will know inner peace and tranquillity too.

The unacceptability of 'what is' is not a place we willingly want to be. The loss of a meaningful person such as a spouse or partner or child is usually unacceptable. The loss of all one's money or assets is usually unacceptable too. The loss of one's reputation and standing in a community is usually unacceptable too. The loss of health temporarily or permanently is also usually unacceptable. However, the reality is that such a loss has already taken place. Whether we accept or reject it now, the facts remain the same. The facts of the past cannot be altered to suit our feelings.

For those who resist the loss; scream about the unfairness of the loss; even blame God for the loss, are to be pitied compassionately. They have not, yet emotionally come to terms with the loss. The saying that 'the effluxion of time is a great healer' is most times proven correct. Over time, those resisting the loss will adjust their picture of reality and learn to accept the loss eventually.

From a spiritual perspective, if this loss, unacceptable or not, is part of a soul contract, or soul contracts, then people are merely playing out their agreed to roles leaving the bereaved person, or people, as they requested to be when in Spirit creating these soul contracts. For those who believe in such soul contracts made in Spirit within the Soul Group, the unacceptability of the loss is better managed. Possibly even more so than those who have an unshaken belief and faith of God's Will being done. I find the concept of soul contracts being played out to be more understandable and acceptable than blind faith. However, we must each find our answers on our unique pathless path to Oneness

To summarise, these answers to finding a way to accept the unacceptable may be through the effluxion of time resolving the issue. Alternatively, we may maintain unshaken belief and faith in God's Will being done. Another answer may be in understanding soul contracts being made in Spirit and being played out on the earth plane of existence. No doubt there are other answers too. Whichever answer that resonates with each of us is a truth we will embrace for now on our pathless path to Oneness.

At last, the pathless path to Oneness opens up

Any belief system has its limitations. As stated at the outset, most belief systems are not too progressive as any change may threaten the notion that what is believed from the past may be incorrect. When sects of the religions became progressive and broke away from the more orthodox religion, they were depicted as renegades and punished by the more populous orthodox religious leaders.

Life moves forward progressively, new inventions, increased creativity, and new horizons are reached and what was believed to be sacrosanct is then seen as outdated. For many people, especially older people, the speed of change may be threatening, and they use their energy as resistance to change.

Belief systems should become more flexible by adapting to change. Not all change is positive, and checks and balances need to be introduced to ensure the change in belief systems is for the good of many of the believers. If no change is instituted, history has shown us that undercurrents will flow, and new movements will be created to adjust for the changes in society and their changing beliefs and needs.

Many belief systems become fear-based, and, most often, any threatened changes usually create a superstition of fear should change be made. The superstitious concepts of heaven and hell have ruled religions for millennia. The more ambivalent followers count fear stronger than hope, and they toe the line in case the threatened superstitions occur. As Karl Marx stated some 170 years ago, *religion is the opium of the masses*.

As stated earlier, the threat of belief systems potentially proving to be groundless is too painful for people to contemplate. Without their belief system, many peoples' foundations will be rocked, and they will fall into an emotional abyss of despair.

In the parable of the mouse following the birds flying south, which I created near the beginning of this book, the cabbage was praised as some form of superfood. However, the cabbage patch was merely as far as the mouse wanted to travel before returning home. Many people following the well-worn paths of religious belief and fervour have found their cabbage patch and travel no further.

Over 400 years ago, Galileo Galilei, the famed Italian Astronomer, and Inventor identified that the earth orbits the sun, and this became known as a heliocentric solar system. The Catholic Church, led by Pope Urban VIII, was incensed at this notion as they saw the earth as the centre of the Universe and that the sun orbited the earth. Galileo was censured by the Church and was on trial for heresy. He lived under house arrest until his death many years later. In 1822, some 200 years after his trial, the Church lifted the ban on Galileo's Dialogue when it was common knowledge that the earth was not the centre of the Universe. In 1992 the Vatican formally and

publicly cleared Galileo of any wrongdoing. After nearly 400 years the progressive wheels of orthodox religion grind very slowly indeed!

Faiths and their belief systems develop rituals and traditions to remind their followers to focus on their beliefs. Where such rituals and traditions involve Godlike behaviour, I am in favour of them. The longevity of many rituals and traditions somehow imbue their followers with an understanding that there is something sacred involved in such rituals and traditions. Over time, certain rituals and traditions may lose their Godlike behavioural significance and become fear-based superstitions. The threat of some form of punishment being meted out by a vengeful God weighs heavily on many followers' thoughts. These superstitions help keep the followers in line to become traditionalists and so-called religious adherents of the faith. In reality, they are followers afraid of a vengeful God meting out punishments if they strayed from the pack.

As you know by now, my God is a God of Love. My God, within me, is the Co-Creator of my life. I can walk the pathless path to Oneness in Love with my Co-Creator, who is Unconditional Love and Light.

Concerning traditions, a story is told of the tradition of cutting the head off the fish before it was fried on the stove. Generation after generation cut the head off the fish and belief systems were created that there was something wrong with the head, and that is why it is never cooked and eaten. One day a traveller in a foreign country was invited to dinner and the delicacy being served was fish heads. The traveller was appalled and refused to eat the fish heads, as was the tradition in his home country. The Host was offended by his guest's refusal. To appease him, the foreign traveller ate the fish heads, which turned out to be delicious. On his return home, he informed his family and the community that fish heads were delicious. The traditionalists were aghast at this flagrant behaviour of breaking this long-held tradition. Someone decided to go to a Spiritual Medium to see if they could unearth the reason for cutting off the fish heads and not eating them. The Medium was able to find and contact the source of this practice and asked the Spirit why fish heads were cut off before frying the fish in the pan? The Spirit replied, "because the entire fish didn't fit in the cooking pan!"

The pathless path to Oneness is progressive, and nothing is sacrosanct. You travel at the pace and in the direction, you want to go. There are no rules, no regulations, no belief systems, no traditions, no rituals and no superstitions.

I am going to let you into a secret. There is no path out there! The pathless path to Oneness is within you. That is why each person will find their unique way on the pathless path to Oneness, finding Oneness within them as the Co-Creator of their life's journey.

Conclusion

And so, we come to the end of this book. I sincerely hope that the title of *The Pathless Path to Oneness* now makes more sense to you and you can resonate with the messages in this book.

I have enjoyed writing it for you, and, while writing it, I have learnt a lot about this journey too.

I hope to see you within Oneness.

In Light and Love

Neville Berkowitz

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