# How to Live in The Now

# Neville Berkowitz

Achieve Awareness, Growth and Inner Peace in Your Life

## What the caterpillar calls the end, the rest of the world calls a butterfly.

#### Lao Tzu 604-531 BC

Source: 5000YearsofWisdom.com



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Achieve Awareness, Growth and Inner Peace in Your Life This book is not offered for sale but is offered for \*free to be shared as widely as possible. The knowledge came from the Universe to where it is being returned with Unconditional Love and utmost Gratitude.

#### -The Author

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Neville Berkowitz PO Box 52768 Saxonwold 2132 Republic of South Africa

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# How to use this book

This book has been created to enable you to live in the present moment of Now.

The Now is a space of bliss—effortless, loving, safe, peaceful—a sacred space.

You only need one trigger, one method, one way, or one remembrance to get you into this sacred space of Now.

There are over five hundred such ways in this book. I truly hope you can find at least one way to enter the Now.

Each of the five hundred triggers, methods, ways, and remembrances stands alone as a unique expression of Now Consciousness.

Each one is separate, and also conjoined to the rest, in much the same way as your Soul is unique and ultimately conjoined in God to the Soul network of your family, friends, and to the billions of Souls on this planet, as well as to those in other "spaces."

There is a repetition of words, phrases, sentences, and concepts in these more than five hundred ways. The repetition is necessary, because this book is not likely to be read just once through, cover to cover, but rather to be dipped into from time to time in order to find the particular way needed at that exact moment of Now.

Hold a concern in your mind now. Close your eyes. Breathe deeply. Admit to yourself that you don't have the answer. Ask your Higher Power to guide you. Then, utilizing the Table of Contents, go to the relevant heading, read the stories, and see if the answer brings you closer to the solution you seek. Whatever the answer is, it will be coming from Soul, from Love, and not from Ego, from Fear.

This is envisaged as a meditative book, within reach on your computer, electronic reader, a nightstand, desk, coffee table, or perhaps in a briefcase or a particular sacred place.

It is hoped that it becomes a trusted friend, giving you the right guidance when you most need it.

This book has been written as a labor of love, and I pray that you feel that love in your reading of it.

I have not felt alone while writing this book and acknowledge this by using the term "we" instead of "I." I trust you may also feel such a Presence while reading it.

With blessings of inner peace and love,

Neville Berkowitz Johannesburg, South Africa September 2013

\* for free download of How to Live in The Now visit www.LiveNow.co.za or www.PersonalEmpowerment.co

# The Now

The **Now** is not a time – it's a space!

God's Space

On the earth's plane, time is a reality.

It's ten past two o'clock.

It's the June 4, 2013.

It's the twenty-first century AD.

The earth was formed 4.6 billion years ago.

For the one-hundred-meter sprint race, time is measured up to two-tenths of a second, and the winner's time is 9.58 seconds.

So, when is the Now?

At 9.58 seconds or 9.57999 seconds?

The Now is gone the moment it occurs.

How To Live In The Now

So, how can you live in the Now when measured by time?

Trying to live in the Now as a function of time is not possible.

It's a wonderful concept - but it's not reality.

As we understand the spiritual plane, there is no such thing as time.

On earth, time is measured temporally, second by second.

But in the Spiritual Plane, there is only Now – and it is not temporal, but eternal.

This **Now** is a space, and we have called it **God's Space** – as will be more fully explained over the following pages.

The only way for humans to live in the Now is by living a spiritual or consciously aware life on earth.

What is a spiritual or consciously aware life on earth?

It is to know that You are not your body, not your mind, not your personality, and not your ego.

It is to know that, at your Essence, You are a Soul and that Soul is Part of the Creator, Whom we will call God.

Your Soul has come to the Earth's Plane to inhabit your body with the specific intent of experiencing physical incarnation based on Soul contracts with other Souls who are also inhabiting other bodies as part of their Soul contracts. These Soul contracts were made in Spirit before your incarnation on earth.

> Life on earth is rich – full of physical, emotional, psychological, and spiritual adventures.

Your five physical senses allow sensuality to have full reign as you see, hear, feel, smell, and taste the fullness of life's experiences on earth.

You also experience the full gamut of emotions from birth, Love, happiness, peace, bliss to fear, hate, greed, envy, injury, and death of the physical body.

Your spiritual awareness may range from denial of spiritual entities across the spectrum to total acceptance and surrender to God as the co-Creator of your experiences on earth.

So, living a spiritual or consciously aware life on earth is remembering and acknowledging that You are a Soul inhabiting a physical body, and that who You really are is not the physical body, with its personality, mind, and ego, but rather a Soul – Part of God, and thus indestructible, perfect, eternal, immortal, pure Love, as God is Love.

To become spiritual, or consciously aware on the earth plane, is to remember who You really are, and to move from Ego to Soul, from Fear to Love.

When you can say and truly mean, "I don't mind what happens now because my Soul is going to experience its growth needs as it grows toward the perfection we call God," then your Ego is nonexistent and you are operating as Soul, Now knowing that You are truly a Part of God – indestructible, eternal, immortal – living in perfection, peace, and Love.

As you can well imagine, relatively few people have become truly spiritual, truly conscious of who They really are on the earth plane.

Living a spiritual or consciously aware life on earth is a journey of remembering who You really are as you move from Ego to Soul, from Fear to Love.

The following four practices will accelerate this spiritual journey and significantly reduce your searching time as you travel the many roads of your journey.

#### These four practices are:

1 Do unto others as you would like them to do unto you.

 $\underline{2}$  Do not do unto others as you would not like them to do unto you.

<u>3</u> Precede your every thought, word, and action with "What would Love/God do now?" And do only that.

4 Learn how to live in the Now.

Well, that's it. Thanks for coming – please close the door on the way out. See you on the road of your spiritual or consciously aware life journey. Goodbye and good luck. Bon voyage and all that. 'BYE FOR NOW.'

#### WHAT? You want more?

OK. The first three practices are relatively simple to understand. They only need your practical application, and we can't do that for you. Selfimprovement is a gate with the latch on the inside. The fourth practice is the most subtle, and that is what most of this book is about.

So, let's learn how to live in the Now.

#### What is the **Now**?

The space that something is happening in.

As we have said before, the Now is an Eternal space, not a temporal time line. This eternal space exists in both the spiritual and temporal planes as this moment of Now.

Everything always happens in this eternal space of Now.

Once anything has happened, it is in the past and, before it happens, it is in the future, in Earth-Plane terms.

#### The Now is the "space" where everything is happening Now.

The structure of an atom is 99.999% empty space.

Vast space, called "outer space" or the universe, surrounds the Earth.

The speed of light is 186,000 miles per second. A light-year is the distance or space through which light can travel in a year.

Light takes one second to reach the moon from the earth. The sun's light takes eight minutes to reach the earth. The nearest neighboring star to earth is 4.5 light-years away.

No wonder it's called space!

Then there is inner space. Your Soul, the Part of God inside you, is a light in inner space.

What's in all this space? God. A Higher Power, which we call God, with your consent. (Please refer to the "Concept of a Higher Power" on p. 11.)

Yes, that's right – the space that the Now is happening in is God's Space.

God is in the Now.

That's the only place where God is found – in the Now, or in the space that is the Now.

God's Space is the omnipresent moment of Now, where everything is always happening.

WOW!

WOW-Wonder Of Wonders!

#### So, how do you live in the **Now**?

To put it simply – be Godlike!

At your Essence, your Soul, You are Part of God, so be the Part of God You are. Be your Soul, and You will be in God's Space – in the Now.

If you come from Soul, from unconditional Love, rather than from **EGO** (which means **Edging God Out**), then you will be in the Now.

That is why the third practice in the shortcuts above was to precede every thought, word, and action with ...

### "What would Love/God do Now?" and do only that.

On the earth plane, some people belong to religions and pay homage and respect to God via religious beliefs, traditions, rituals, and practices.

You don't have to practice being a Christian, Jew, Buddhist, Hindu, or any other religious follower – simply be **Christ-like**, Jehova-like, Buddha-like, Shiva-like. Simply be **Godlike**!

The Now is not a time – it's a genuine approach to be Godlike, in God's Space. Because God is only found in the Now, you have to be with God to be Godlike, to experience being in the Now.

How do you know if you are being Godlike?

Well, if God is Love, then when You are being Love in thought, word, and action, You are being Godlike.

There is plenty of space in God's Space to accommodate everyone who wants to live in the Now by being Godlike, by being Love.

#### How do you enter the Now?

First, you have to be who You really are: Love.

To be in God's Space in the Now, you have to be Love. Be loving now to yourself, to others in your own space, and to the world at large. **EGO** – **Edging God Out** – cannot be present in the Now. If you are coming from Love, and not from Ego, you may enter God's Space in the Now.

Then, how do you enter the Now? How do you enter any space with someone else in it?

In the physical world, you knock on the door to show respect. Given permission, you enter. You smile and make physical contact with a handshake, an embrace or a hug or a kiss on the cheek.

Well, entering the Now, God's Space, is not much different.

You knock on the door by momentarily closing your eyes and silently asking, "May I come in?"

God opens His/Her arms in welcome as you enter and smile.

SMILE—So Make It Love Energy

You embrace with a **hug**.

HUG—Hi Unto God

And now you breathe consciously, aware of Whose air you are breathing in the Now.

How To Live In The Now

Being Love, conscious breathing, and awareness of being in God's Space maintains your presence in the Now.

Your presence is now in God's Presence in this present moment of Now.

This is the omnipresent moment of Now!

You cannot have thought here because it's a place of no-mind, no-thought.

There is no need for thought in the Now; all you need is Trust.

TRUST—To Release Unto Spirit Totally and then To Rely Upon Spirit Totally

Depending on your spiritual connectivity, you may feel a sense of tingling or other sensations in and around your physical body.

Your "third eye," found in your lower forehead between your eyebrows, may start to feel warm and may even throb.

You may feel a tingling sensation on your face like the touch of a spider's web.

You may sense and hear your incoming and outgoing breath, blood pulsing through veins in your head, a faint ringing in your ears – even a gurgling in your stomach.

There are many and various "connections" you may experience. If you don't experience anything now, don't worry and don't have any expectations – simply be Love, enter the Now, relax, smile, hug, and breathe consciously.

#### Why is it preferable to be in the Now?

The Now is Nirvana.

It is the highest "high" you can experience. You experience total alertness; all your five physical senses are highly acute. Your sixth sense, your intuition, is drawing on its limitless reserves as you feel God's Presence Now, in God's Space.

Life Now is effortless, frictionless, as you go with the flow of the Universe. When your awareness, your consciousness, connects with its **Source**, anything and everything is possible.

This feeling Now is so loving that you have no other needs, materially or otherwise. You have become Love, your true essence, as You at Soul level are a Part of God. God is Love, and so you are Love Now, as your Soul recognizes its Source.

In the Now you are with God, within Love's embrace – where else would you rather be?

What is not the Now? Generally speaking, virtually your entire life! If your mind, which is God's creation and a wonderful thing, is controlled by your self-protective Ego, then you invariably live in thoughts about the past or the future.

Hence, EGO (Edging God Out) is seen as the enemy keeping you from entering the Now, God's Space, because in the Now you are experiencing and being your Soul, or being Love, where there is no place or need for your Ego to be.

So, your Ego keeps your mind very busy, thinking about the past or future, in order to feel validated, needed, and not threatened with extinction.

How To Live In The Now

Your Ego is intent on keeping you busy *doing* instead of *being*. In Ego you become a "human doing," intent on achieving, while your Soul is waiting for you to choose to be in the Now, so you can enter the realm of being, access Love at its Source, and become a *human Being*.

How do I get into the Now and how do I stay there? | You access the Now by your choosing. The choice you are called on to make in every present moment of Now is: "What would Love, my Soul, God, do now?" or "What would my Ego do now?"

It's that simple! You get into the Now by choosing to think, do, and say, "What would Love do now?" and doing that with Love.

To stay in the Now, keep asking, **"What** would Love do now?" in every present moment of Now.

Of course, your Ego will be threatened by this. You can expect ongoing reactions from your Ego as it valiantly tries to prove it is needed by you.

But you can recognize your Ego's survival tactics; you can make a game of it.

For example, carry a notebook around with you and each time your Ego "warns" you of an impending problem and creates fear or promises you unrealistic hope, write it down with the date and the time.

Don't react to your Ego's alarm bells. Simply respond with Love, saying "Don't worry, little Ego. All will be well!"

Over time, with its needs not being met, your Ego's alarm bells will lessen as you spend more and more time being Love in the Now.

For those of you who need more examples of how to live in the Now, we offer the remainder of this book – over five hundred ways to access the Now.

You only need to find one of the many examples that resonate with you to be Godlike and to learn how to live in the Now.

Good luck, or should we say "God luck"?

#### The concept of a Higher Power

In this book we acknowledge the concept of a Higher Power as the guiding force behind us, our Souls, the Earth Plane, our Universe, and countless other universes. This Higher Power is unseen and unknowable to us here on the Earth's Plane.

The Old and New Testaments of the Bible have over seventy names for this Higher Power. The existence of this Higher Power is a fundamental precept of this book, as is the belief that we, as Souls, are a part of this Higher Power.

These truths are experiential in nature, through what we call true feelings or Soul feelings. These true feelings are the way our Soul communicates with us experientially. We have accepted these truths as real on trust, in faith, and on the basis of these Soul feelings. All beliefs and belief systems boil down to having faith in something we would like to believe to be the truth. But not all beliefs and belief systems are based in Soul feelings.

No one can prove irrefutably, scientifically, the existence or nonexistence of God or the Soul. Science and religion have long been at loggerheads over this. To benefit from this book and learn how to live in the Now, we ask you to suspend your need for proof of a Higher Power, and your need for proof that our Souls are part of this Higher Power.

With this suspension of your need for proof, we ask you to use your true feelings as your inner guidance system. If you feel that one or more stories resonate with you and make you feel "better as you enter the Now," then why not hold on to that feeling and see if it serves you "better" than the need to prove the unprovable?

We have chosen to use the name God to describe this Higher Power. Occasionally, we use Spirit, Universe, Universal Intelligence, Infinite Intelligence, or Essence, but mostly we use God because it just feels right to us.

There is no way we can define God, as we believe God to be unknowable, limitless, unseen, and indefinable. Our true feelings tell us that we are all a Part of God. The way to look for and find God is to look for what is the best within us and the best within each other.

> When we and others think, say, and act with Unconditional Love, then we glimpse a minute portion of what God is like, because our true feelings tell us that God is Love: Unconditional Love.

### chapter 2 Access

#### Accessing the Now

#### In the Beginning. ... |

In the beginning God created the heaven and the earth. And the earth was without form and void; and darkness was upon the face of the deep. And the spirit of God moved upon the face of the waters. And God said, Let there be light: and there was light. And God saw the light, that it was good ...

- Genesis 1:1-4

God filled the void with light and Light Beings, countless in number, of which You are one. You were there at the beginning and You will be there eternally because You are here Now.

As a Light Being, You are Part of God.

God is Love and You are Love, at your Essence.

You are a Soul, a Part of God, and You live in Spirit, in God's Space, the space which is Now. You only live in the Now, regardless of how you, as a person with a body and mind, live on the Earth Plane.

#### How did You become you?

As a Soul, You belong to a Soul Group comprising other Souls. The Soul Groups, in turn, belong to larger groups, and so on.

Your Soul group has as its mission and purpose to undergo every experience, so that God can, through all Souls, experience **all experience**, and become **God of experiential knowing**, and so become **All That Is**.

In order to have these experiences, Souls within a Soul Group make Soul contracts in Spirit to experience certain conditions. These conditions to be experienced are selected from the vast array of human emotions and conditions.

To make it more understandable, let us use a movie as an example.

A script is written for a movie. There are the good guys, the bad guys, the law-abiding citizens, and the lawbreakers. There are innocent bystanders and sometimes unfortunate bystanders who get caught in the crossfire. There are the investigating officers, the doctor tending to the wounded, the undertakers burying the bodies, the grave robbers, the widowed women and orphans, the barman, waitresses, prostitutes, and so on. Every role must be filled and played out for the story to unfold.

The casting directors hire the cast, the wardrobe department issues the costumes, and the film director instructs the actors and actresses how to play their characters and roles. Once the movie is shot and "it's a wrap," the actors and actresses take off their makeup, get out of their costumes, and go home as the real people they were before they arrived at the movie set. So it is with Souls in the Soul Group. In order to experience what needs to be experienced, certain Souls incarnated into bodies on earth; some play the villains and some the victims, some are the heroes and some are the bystanders, and so on.

To put this into effect, Souls have to select which bodies they will enter as babies being born, choosing or agreeing to their particular parents, siblings, and circumstances. The other Souls from the Soul Group, aware of the "bigger picture," know what their designated roles are to be and incarnate with the appropriate timing.

In every generation, in every moment, numerous Soul groups are simultaneously playing out numerous Soul contracts. The important thing to know is that, while what you experience is real enough while you experience it, in the "bigger picture" it is all role-playing. In **Ultimate Reality**, there are no villains and no victims – there are only experiences being had by a Soul so that Soul, as Part of God, can learn and grow and add to the experience of God's experiential knowing.

However, overriding these Soul contracts is the person's ego-based free will, which is never interfered with by his or her Soul. Free-will decisions create new karma and new experiences that ultimately serve God's experiential knowing.

To use a further example of Souls fulfilling Soul-contract roles:

Tom Hanks, the Hollywood actor, is at home with his family when he receives a film script to read to consider playing the lead in *Forrest Gump*. He agrees to play the part and, while he is acting, he is *Forrest Gump*. When he has finished that movie, he goes home to his wife and family, resuming his normal everyday role as a husband and father. A while later he plays a part which is quite different in *Saving Private Ryan*, and still later he "becomes" the Eastern European air traveler stuck at the airport in *The Terminal*, and so on.

How To Live In The Now

Similarly, You, as a Soul, have incarnated as you into a body with a mind. You have a personality and an Ego and, most importantly, you have free will. But you, as a person, have no memory of You, as a Soul.

The journey, should you so choose it, is for you to move from **Ego-controlled mind** to **Love-sponsored Soul**. From Fear to Love, from Ego to Soul, from you to You.

By choosing this journey, then, ultimately, God experiences what Love is in human form. How awesome is that!

You, as a person, are enabling God to know what Love is as experienced by a human exactly like you on the earth plane.

> God, **Who is Love**, knows that Love on a Spiritual plane, but, to experience the growth and flowering of Love via a human experience, God needs you to become You, while on the Earth Plane.

"Man, gimme five, this is awesome! I'm helping God become God – it's unbelievable!" you say?

But why not? Aren't we all One in God?

"OK, I got the message loud and clear now, but what has all this to do with 'how to live in the Now'?"

That will be explored in the rest of this book. But first, let's recap:

The Now is the eternal moment occurring in every moment - Now.

But the Now is not a time – it's a space: God's Space.

You cannot be you to enter God's Space; you have to be You.

You are Love at your Essence, as God is the Essence of You and Love. And you have to be Love to enter God's Space in the Now.

You as a person have an ego-controlled mind which generates thoughts of your past and your future – thoughts which generate fear and hope. This is how Ego keeps you anywhere but here, Now. This is why **EGO** means **Edging God Out**.

God and Love are only found here in the Now, God's Space. But the Ego cannot survive in the Now, so its function is to use both fear and hope to keep you out of the present moment, out of the Now.

> The Now is found by **accessing the gaps** between your ego's mind-controlled thoughts.

The Now is found by moving from **Ego to Soul**, from **Fear to Love**, from **you to You** in the role you have selected.

So, let's consider the many ways to gain access to the Now, and how to live in the Now.

## God is omnipresent which simply means you cannot be where God is not.

Peace Pilgrim 1908-1981 AD

Source: 5000YearsofWisdom.com

# Omnipotent 3

# God's Space

Where God is Now

The Now is the deep space of consciousness.

The Now is not in time—it's in space, but not physical space.

The Now is the deep space of consciousness.

The Now is where God is Now—God's Space.

The Now is the space in which what is happening Now happens.

The atom's structure has a nucleus comprising 99.9% of the atom's mass, but this is only a small fraction of the atom's size. This nucleus is surrounded by a cloud of negatively charged electrons, commonly known as "space."

This "space" is so large in the atom that, according to *Wikipedia*, "if an apple were magnified to the size of the earth, then the nucleus in the apple would be approximately the size of the original apple."

The circumference of the earth at the equator is some 25,000 miles, and the circumference of an apple at its widest is some eight inches.

What is happening Now can be compared to a nucleus within an atom—a pinprick within a large circle. The space of consciousness, God's Space in which what is happening Now is happening, can be compared to the remainder of the atom, the "space."

Living in the Now is thus living in the "space" surrounding what is happening Now.

This "space" is not happening in time; it is happening in the Now, in the only space, or place, where God is—God's Space.

## This "space" is stillness.

Stillness is like the depths of the ocean below the turbulent surface of the water, a turbulence like the noise of life.

Finding the stillness in the space of Now creates awareness, awareness of consciousness, and consciousness of God's Space, which can only be found in the eternal presence of Now.

**Inspiration** When you are in God's Space, You are In Spirit. So, to be in the Now is to be In Spirit.

Certain churches have a spire: a tall, slim, pointed structure atop a tower. No doubt church architects saw the spire symbolically reaching to the heavens. When you are inside such a church, you can be said to be inside this spire, or "inspired," if you prefer.

When you are inspired, your energy frequency vibrates at a higher level and you are elevated above any current perceived limitations or problems. In the elevated place of inspiration, you enter an exalted realm of thoughts, intuitions, understandings, perspectives, and perceptions.

Love—Let Our Vibrations Evolve—is better experienced in these elevated energy-vibration frequency spaces.

You can be inspired anywhere—inside a room, outside in nature, in the bath, or anywhere you choose to be in the Now. In God's Space, In Spirit, inspired.

TRUTH— To Reach Unto The Heavens

True freedom | Imagine if you could get to a space where it didn't matter what happens.

Imagine if you fully, totally, accepted whatever happens in this moment as it is.

No judgment, no praise, no criticism—just total acceptance and surrender to what is Now.

Not to take anything personally.

Total, full acceptance of what happens Now.

Imagine if you could get to such a space of total trust.

TRUST—To Release Unto Spirit Totally and then To Rely Upon Spirit Totally

This space, God's Space, is only found in the Now.

In this space, whatever happens has no negative meaning. Things no longer affect you negatively, because you no longer allow them to. How To Live In The Now

When you are in this space, God's Space, whatever happens is powerless over you.

Now you know true freedom.

**Three steps to Heaven** | How do you enter God's Space, which can only be found in the Now?

To begin with, you must take a long-term view.

A very long-term view.

Actually, if the truth be told, eternity.

You have to see yourself not just as a person, a human being, but as a human being who is an eternal Soul, an eternal being who is living in eternity Now, as a Part of God.

So, now you know who You really are, at Soul level.

How do you get the human body and mind that you are in this life into God's Space, without passing from this life into the next? How do you become your Soul Now?

Only by living in the Now.

How do you enter and live in the Now? There are three simple steps:

- Non-resistance to what is Now.
- Non-judgment of what is Now.
- Non-attachment to what is Now.

But how do I develop these skills?

**Non-resistance** is hard. Learn to become nonresistant by practicing acceptance and surrender. Whatever happens, simply say, "OK." Then release your resistance to it and be OK, and see what happens next.

**Non-judgment** is hard. Learn to be non-judgmental by practicing acceptance and surrender. Whatever happens, simply say, "Perhaps," and release your judgment of it. Then see what happens next.

Non-attachment is hard. Learn to become non-attached by practicing acceptance and surrender. If you see yourself as eternal, then everything is impermanent in the physical world. So, whatever happens, simply say, "This is not permanent," and release your attachment to it. Then let it go, and see what happens next.

If you practice these three skills over time, you and what happens will gradually integrate and become One.

Your Ego cannot see the "bigger picture": how everything is happening perfectly Now in the entire Universe. It only has its limited view as a reference point. And from that point of view, resistance, judgment, and attachment are inevitable.

"OK," "Perhaps," and "This is not permanent," allow you to release the resistance, judgment, and attachment hooks to remain in the Now. These could be your three steps to God's Space, which is the eternal dimension of this present moment of Now.

This moment is as it should be | This moment is as it should be. What is happening now is simply what is happening; it is not the Now.

The Now is the depth of consciousness, God's Space, where everything is happening Now.

The star in outer space is what is happening now. The Now is the outer space in which the star is happening now.

Being conscious of being in the Now is not being conscious of what is happening now.

It is the God's Space surrounding what is happening now.

Being conscious of being in the Now is awareness of God And I Now - GAIN.

GAIN is how you find PEACE - Peak Experience As Consciousness Evolves.

The moment is as it should be—it's allowing me to know God and to know peace. This moment is opening me up to consciousness Now in God's Space.

This moment is as it should be.

# Nobody is home

Knock, knock.

Who's there?

Is anyone at home?

Nobody is home.

#### Well, who is speaking then?

Nobody.

#### Well, you are at home.

That's what I said—nobody is home!

#### But who are you?

I am nobody.

#### What are you doing at home?

Being perfect.

#### What?

Well, I am nobody and nobody is perfect, so I am perfect.

#### Who told you that you are perfect?

God did.

How do you know that?

Because I am Part of God.

## Well, how do you know that?

Because I am no body, only a Soul and, as a Soul, I am Part of God.

## When will somebody be home then?

I don't know but God is here Now.

## Do I need to make an appointment to see God later?

No, God is only here Now.

### What is this place called?

It's God's Space, and you can only ever enter it Now.

## Knock, knock—can I come in?

Always and all ways in every moment of Now – welcome; have you been waiting long?

It seemed like forever! But I'm home Now.

Knowing Love Now | In God's Space there is no time—there is only Now.

In the Now, God has created everything, every experience, every emotion, every thought, every word, every action, every feeling—everything.

In God's Space everything is available to be chosen by you and, in that choosing, God experiences what you have chosen to experience, as you are a Part of God. To God it is an experience. It's not a good experience; it's not a bad experience; it's not an indifferent experience. It's simply an experience.

God knows that, while your Ego may be frightened and confused, and your body may be vulnerable and in pain, your Soul is eternal and incapable of being damaged. God knows that all your experience, which is also God's experience, ultimately serves your Soul's growth.

For God, all of your experience is happening Now, in God's Space.

When you are in the Now, or consciously aware of being in God's Space, then you are consciously sharing that experience with God Now.

GAIN-God And I Now

Your personal energy-vibration frequency will be elevated when you are in God's Space Now. You will feel Love, at the Source of Love, in the Now.

Love—Let Our Vibrations Evolve

Love can only be experienced Now. The memory of love is in the past. The expectation of love is in the future. But Love can only be experienced Now, by being Love Now.

Knowing Now | We've all heard the expression, "Well, what do you know?"

Well, what *do* you know? Not what have you learned to create knowledge. Not what you believe in. A belief that is provable becomes a fact; it's no longer merely a belief based on trust, or faith, or conviction, or opinion.

OK, so what do you know?

To know is to have a first-hand experience of something or someone.

In archaic literature, when two people had sexual intercourse together, they were said to have "known" each other, even to have "become one." So, to "know" is to become one with what you experience.

If you don't know, then you have doubt. Doubt could be a step on the path to belief.

When you know without any shadow of doubt, then your experiential knowledge has overcome belief and its stepchild, doubt. You can know experientially what it feels like to be in God's Space, in the Now.

You can experience God in the Now through your true feelings, or intuitions, which are the language of your Soul.

You can know Now.

Living in the space of Now | The Now is not a time—it is a space.

You cannot be in the Now by thinking: "Now I'm in the Now." Your mind cannot be in the Now. You have to be consciously out of your mind to be present in the Now. The Now can only be felt.

We are all energy-vibrations at our Essence.

The Creator of our Universe, and probably all universes, we shall call God. God's energy vibration is at the highest frequency.

Souls in Spirit have a higher energy-vibration frequency than Souls on the Earth Plane who occupy physical bodies.

True feelings are the language of our Souls. The Now is a feeling of a higher energy-vibration frequency that awakens higher consciousness as we access the only space where God is, in the Now. This space, God's Space, can only be found and accessed Now.

Now is the only time there is. That which has taken place before now is called the past, and that which is still going to take place is called the future.

Both the past and the future are not real Now; in fact, they are illusionary Now. When you are in the Now, you may feel the presence of God or other Beings as your energy-vibration frequencies are raised.

You may feel lighter when you access the Now; it's as if God is holding you. When you're consciously aware in the Now, God's Space, time has no relevance. Being in the Now for what seems like an hour could be only moments in time; what seems like only moments could be an hour as measured by time. When you've been passionately involved in something, you may look at your watch and see an hour has passed in what felt like moments. "Oh, my God, where did the time go?" you say. God smiles because you have been in the Now, in God's Space, where there is no time—only Now.

Therefore we say the Now is not a time—it is a space, God's Space.

# Godlike

**Being Godlike** | What is the purpose and meaning of your life? To be in a state of Being Now. There is nothing more for you to do than to know that You and God are One, and to act accordingly.

To be Godlike—however you express that—is to say yes to what is Now. To be Godlike is to be in the Now and accept unconditionally whatever is showing up Now. God is in this Now.

Being Godlike in God's Space is being Love now. So, simply being like God is Now: believe, think, and say, "What would God/Love do now?" And act accordingly, in the state of Being Now.

Your call to action in the Now:

Why be just a Christian when you can be Christ-like now?

Why be just a Buddhist when you can be a Buddha now?

Why be just a Roman Catholic? Be like Jesus now.

Why be just a Jew when you can be like Adonai now?

Why be just a Hindu when you can be Brahma-like now?

Simply be Godlike in every present moment of Now. You can be One with God without rituals, traditions or ceremonies.

Instead of practicing how to behave, simply do unto others as you would like them to do unto you; and do not do unto others what you would not like done unto you.

Be Love Now in every thought, word, deed, and action.

Let "What would God/Love do Now?" be your call to action in this moment of Now.

**Measuring your spiritual stature** | The Ego and the Soul are reflected in sayings about the physical body. The Ego is associated with the mind, while the Soul, which is pure Love, is associated with the heart.

The terms a "small-minded" person or a "pigheaded" person are descriptive of that person's egotistic approach. An egotistic person may be admired or respected for accomplishments achieved, but that admiration or respect will invariably be mingled with ego qualities—fear, envy, resentment, etc. And this admiration or respect will often be short-lived.

A big-hearted person is a description of someone coming from Soul, from Love. Big-hearted people are admired, respected, revered, and loved sometimes for centuries and millennia.

When you give Love to another, you grow in spiritual stature. Spiritual stature is measured through eternity. The flow of Love between you and another unlocks the door of Ego and opens you up to who You really are—a Part of God, Who is Love.

You are as big as your Love is. When you give more Love, you are more loving, more Godlike. The extent of your Love is the extent of your Being. There is no limit to the Love that you can give. There is no limit to your Being, to your spiritual stature.

Love as a verb can only be experienced Now.

Be Love Now.

It's Now or Never | Elvis Presley sang "It's Now or Never" and made it a hit. No wonder they called him the King!

There is never a reality that is not Now. So, in reality, it's never not Now. Everything can only happen Now. If it's already happened, it's in the past and, if it's going to happen, it's in the future; but when it does happen, it's in the Now.

While you as a body are here Now, your mind might go back to your past or forward to a possible future, but both are illusionary; only the Now is real. Anything and everything can only occur Now. The Now is the eternal, ever-changing moment.

When you watch a movie, each frame is illuminated one at a time from a fixed point on the movie projector, and that fixed point of illumination is Now. If the projector froze on one frame and that frame stayed on the screen, that moment of Now would be captured and shown as one picture until the movie projector was repaired and the other frames rolled past the fixed point of illumination. If the movie projector was never repaired, then the movie was probably *From Here to Eternity*. (Just kidding!)

But here and Now *is* from here to eternity—all in the frame of Now, continually, eternally. The eternal is Now. God is only in the here and Now, in God's Space. When You are in the Now, you are with God, in God's Space.

The only way you can be in the Now with God is to be Godlike by being Love, because God is Love. To experience the Now you must be Love, be loving, and a being of Love.

It's Now or Never-be Love forever (sorry, Elvis!).

# The TV interview

**TVI\***: Can you tell us how to live in the Now in a simple and easy-to-understand way?

Interviewee: Yes, I can. May I use you as my example—as my test dummy?

TVI: I don't know if I like the dummy part—hah hah—but go ahead!

Interviewee: The head is where I want to start, so I'll "go ahead."

The criteria for your job is to be good-looking, presentable, intelligent, articulate, and insightful, but hopefully not "inciteful"! You must appear to be confident and self-assured, making TV viewers want to select your program to watch now from among hundreds of other programs on other TV channels. Or they could choose to watch a movie on a DVD, listen to the radio, not watch TV at all, sleep, or do anything else. So, you have to be good—very good—to get the TV ratings you do get, right?

TVI: Well, I suppose so, but I'm a little embarrassed!

Interviewee: You're not embarrassed. Your Ego, caught off guard and a bit exposed, is causing you to feel embarrassment.

> Your Ego is what is being projected as you, Joe, the very good TV interviewer. The Joe who lies awake at 3 a.m., wondering if he really is good enough, is another part of your Ego at work. Your Ego thrives on creating fear and its by-products: anxiety, desire, greed, jealousy, etc., as well as hope. Both fear and hope reflect your past and your future.

<sup>\*</sup> TVI-TV Interviewer

Your head—your mind, actually—is turning and churning these ego-generated thoughts over and over. "I'm great. Maybe I'll win an Emmy for this performance! Maybe I'll get fired for that interview! No wonder I got fired from my first TV interviewer's job—I'm useless!" And all the while your Ego is producing flawless performances as one of TV's top interviewers.

### TVI: What's that got to do with how to live in the Now?

Interviewee: The only place your Ego can't be is in the Now. It thrives in the past and in the future because they are illusionary. The Now is reality and the Now is where truth, Love, and God are found.

> Your EGO, which means Edging God Out, cannot be where truth, Love, and God are, in the Now. So, to live in the Now you have to be totally truthful, loving, and Godlike.

- **TVI:** Well, I could not do my job without being objective and relatively hard-hitting to get to the truth so that my viewers can get all the facts.
  - Interviewee: All the facts will, invariably, make up more than your allotted thirty minutes of programming, so you can only present selected facts—generally those with the most "shock value." Is that being totally truthful, loving, and Godlike?

Compromise becomes the name of the game in the business of sound bites between sponsors' messages.

- **TVI:** Be realistic here. People want instant answers and instant gratification. Life has too many options from which to choose.
  - Interviewee: Now that is being truthful. So, by your admission, TV interviews should then carry a mental health warning from the Surgeon General: "This TV program is biased against presenting the whole truth and could be damaging to your mental well-being."

I can see the Ego here so I won't find "the truth," Love, and God, as they cannot exist in the past or the future where Ego exists. The truth, Love, and God can only be found in the Now.

So, to answer your original question: How to live in the Now? Live without your Ego, be totally truthful, be completely loving towards everyone and everything, and then you will be Godlike.

- TVI: Once again I ask you to be realistic here. To live without Ego, be totally truthful, completely loving, Godlike—that's not a realistic way to live.
  - Interviewee: In utter humility, I answer: That is the only realistic way to live. Any other way is illusionary. The ego-driven way of life causes the troubles you see in the world today.

The mirror that I hold up for you, with your consent, is the mirror reflected in this TV station's news headlines, every thirty minutes, twenty-four hours a day, seven days a week. Is this real? Is this what God would want, or is it what man has chosen?

God is reality, truth, Love, peace, Oneness. Man as Ego is delusional, deceitful, hateful, fearful, greedy, jealous, xenophobic, warring, bloodthirsty, divided, and separate.

To live in the Now is to choose in any moment of Now to be Love, loving, truthful, compassionate, giving, forgiving, Godlike.

To live in the Now is to know you are Part of Oneness and to be the best you can be in every moment of Now.

Now be truthful, loving, and Godlike, and your mirror will reflect your world as it is, as you are Now.

TVI: Thank you and goodnight.

**Learning humility** | It is not easy to have humility and to let go of the ego's wants and needs completely. It is not easy to accept what is now without any Ego needs or wants. Understanding humility is not the same as experiencing humility.

It is relatively easy to picture people clothed in rags and begging in the streets as humble because their lives' journeys have stripped them of Ego. It is harder to picture a CEO of a major corporation, a brain surgeon, a globally acknowledged actor, sports person, or rock star living in humility.

In attaining humility, we are seeking to become modest and unpretentious. Yet, when a person takes to the world's stage and displays forgiveness, understanding, compassion, kindness, Love, and is humble, he or she is invariably awarded the *Nobel Peace Prize*!

There are so few people who have displayed this **egoless state** and achieved their objectives through peaceful means, led by their humility, that they become household names. Nelson Mandela, Gandhi, Mother Theresa, and Princess Diana spring to mind.

Humility is like the sea—it is lower than the rivers that feed into it, and it collects all the rivers' water in its vastness. God is such humility. All egodriven people eventually pass on and their Souls return to the **Reservoir of Being**, the vastness of God.

# To be humble is to be Godlike.

There is no better time to experience being modest and unpretentious in humility than right Now.

God is great, and so are humble people.

Wholly and holy | How do you know when you are wholly in the present moment of Now, moment after moment after moment? You become Godlike as you merge with God in the moment. God is in you and with you wherever you are and wherever you go. Your every thought, word, and action is motivated only by Love. In being Godlike, You are both humble and powerful as you spread unconditional Love in your world as a farmer spreads seeds in his field. A divine light shines from You, making you a lighthouse in the night for all to see.

God is only in the Now, ever waiting for You to join Him/Her and be wholly and holy in the present sacred moment of Now.

How do you do? | The instep on your foot is just above the sole of your foot. The steps you take to be happy, successful, and prosperous on your day-to-day journey are ego-based and concerned with what, where, when, why, and who.

The "in step" of your inner journey is all about your Soul. The Soul steps you take on your inner journey are concerned with **how** you do what you do as you search for who You really are.

Being consciously aware of how you are being right now, as opposed to what you are doing now, will determine your growth on your inner journey. To be Godlike is to be consciously aware of how you are being right now.

This moment Now does not have length; it only has depth and height. By stepping Now into the depth of this moment, your Soul consciously enters God's Space in the Now.

How you are being in the Now will determine how you grow in consciousness in spiritual terms.

Perhaps "How do you do?" should be rephrased as "How are you Being now?"

How To Live In The Now

**Godlike Now** | To discover who you are now, you must let go of any attachments to the past. If you're tied to your past, you are bound, rather than free, in the present. In the present moment of Now you have a unique opportunity to become conscious in body and mind of your Soul nature that is a Part of God.

God is only found in the Now. In the Now You do not have a past that limits you.

In the Now You are unlimited, full of possibilities. In the Now You are not your past; You are simply Godlike Now.

When you become truly conscious, you discover your Godlike qualities in the Now; then you have discovered who You really are.

In any moment you are either being Soul/Love or Ego/Fear. When you realize that you are a Soul, a Part of God, then You may enter Now.

# Be all you can be

Don't think too much.

Thinking is not doing.

Thinking is in the mind.

Doing is in the body.

#### Being is in the Soul.

Focus less on thinking and doing and more on Being.

#### Be all you can be.

Be Godlike Now.

# Who are you? | Are you your Ego's story?

"I, me, mine! This happened to me! Then that happened to me! This is my story, my life, and I want you to listen, to praise, to sympathize, to respect me!" Or are you **Consciousness**?

"I am not my body, my mind, my personality. I am peace, I am acceptance, I am surrender, I am joyful, I am non-judgmental, I am forgiving, I am kindness, I am **Love**.

"I am Part of God in plain sight Now. I am You in my Oneness Now. I am Love Now and always."

**Can you recognize God Now?** When you fall in love with someone, that person consumes your attention. You can't stop thinking about him/ her, his/her smile, his/her laugh, his/her loveliness. When you are apart from him/her, you can't bear the separation.

Love—Let Our Vibrations Evolve

With your beloved, your vibrations are raised.

God, who is Love, is always, in all ways, emanating or broadcasting the highest vibrations everywhere. Imagine feeling and resonating with the highest vibrations—what a high!

God is waiting for you in the present moment of Now. How will you recognize God in the Now? God is "Isness". God Is whatever is showing up Now.

Can you give Unconditional Love to what is showing up Now? It's really God in disguise!

Can you recognize God Now? Sometimes it's hard to do. But give what is showing up Now as much love as you can, and watch God emerge as Love in return.

God is always enjoying this moment Now. Join God in the Now and feel the presence of God's Essence of Love.

Seeing God | If you are waiting to see God as an image, then you will be disappointed. God is without form, for form would create limitations and boundaries in That which is unlimited, without boundaries, and unknowable.

Once you have "seen" God through your feelings, then you have truly "seen" God. True feelings are the language of your Soul that connects you to God.

If you are having difficulty "seeing" God, then close your eyes and feel. God is with you always, in all ways. So, feel God's Presence with you Now and in every moment of Now.

# Gain

**Choose gain** | The future is only a thought. Only Now is real. You can plan for the possible future, but you can only do it Now. Your thoughts may project any type of future—either one of loss or gain.

LOSS—Leaving Our Self Sad GAIN—God And I Now

The future is not real. Only Now is real. Bring your future into the Now by consciously bringing your ideas and fears about the future into the Now.

Now you can disarm your fears by planning positive actions—now. Now you can make your dreams a reality by correct planning and action—now. Now is the time for planning and action. The future will never come. There is only Now, followed by another moment of Now, and so on. Now is the only "time" you will ever have.

Choose GAIN—God And I Now—in every moment, and you'll never again have to be concerned about your future or your past. If you can do this, you will truly GAIN—God And I Now.

What more could you want Now? What more could you need Now?

Embrace God in this moment and GAIN everything Now.

**Eternally your best friend** | Who is your best friend? Your spouse, your partner, your lover, your sibling, your parents, your child? Who can you trust? Who is always there for you?

You can totally trust the present moment of Now. Now will always be there for you.

Can you be friendly with the Now? Can you smile at it, say yes to it, believe in it, embrace it – Now?

Can the Now be your new best friend? Will you welcome it, no matter what it brings you? Will you trust it, no matter what it shows up as? Will you smile at it as you would a best friend? Will you be as happy to see it as you would a best friend? Will you trust it as completely, love it as dearly, as you would a best friend?

The Now is the only place where God is found. When you make the Now your new best friend, guess Who is waiting there for you? Guess Who you meet in this space?

Yes, God, Who is really your eternal best Friend.

GAIN—God And I Now

All One in the Now | God does not judge; only man judges. In Oneness there is no judgment.

Whether you are "holy" or "sinful," whether you are "normal" or "depraved," you do not move any closer or further away from God.

How can you, when there is only the Now, God's Space, where we are all One?

# Oneness

Being Oneness in the Now | The cycle of Nature shows how Oneness—the interconnectivity of everything, works. Nothing is ever wasted in Nature, providing man does not get involved. There is a balance in Nature, where everything is connected to everything else in the Great Chain of Being, including the food chain. The seasonal cycles of Nature allow for birth, growth, maturity, and decay, followed by birth and so on. Nature's Oneness is visible for the investigating eye to see.

It is possible, if you know how to look—but, more importantly, if you know how to feel—that the Universal Oneness we call God can be seen and felt using Nature as a starting point. By seeing and feeling the life-cycle of Nature, by witnessing the bees, the flowers, the birds, trees, grass, insects, animals, fish, rain, water, the sea, and the clouds you can make out the Hand of God in this perfect flow of Nature as it unfolds, moment by moment.

Nature does not store up; it trusts that its needs will be provided for by the great interdependent process that it, in fact, is. Nature knows how to survive and thrive under all conditions. Everywhere life is giving to life. Each drop of water, flower, tree, vegetable, insect, fish, animal, bird, and fall of snow, gives of itself, unselfishly, so that the universal flow of Nature can unfold perfectly. Nature provides replenishment so that it can carry on giving of itself to itself through all things.

This Oneness also operates within the human species, although man does his best to disrupt this pattern, this flow of Universal Oneness. God or Oneness has infinite patience, and sometimes the redistribution through the universal flow of life takes generations of time to be correctly balanced. The rise and fall of nations must sometimes occur before balances are redressed.

You have this lifetime to participate in being Oneness. If you want to participate, start feeling and nurturing your connection to your loved ones, your larger family, your friends, colleagues, neighbors, and all those with whom you come into contact.

See the connectivity of Oneness in the money you earn and how you spend it. Trace what happens to the money you pay for food at the store, and who the storekeepers pay for the goods they sold you, and who those people pay for transporting the food, and so on. If you manage to save through a pension plan or via a bank savings account, envisage to whom your savings are lent—perhaps an entrepreneur to start a business or a conglomerate employing thousands of people. Your money is part of a global economy. Countries lend money to countries. A Chinese entrepreneur's savings may be traceable in part to the loan you took out to buy your home thousands of miles from China.

In today's world of communications we are increasingly, sometimes instantly, unified. An e-mail with a meaningful Soul message can be sent by and received by millions of people in a few days. The FIFA Soccer World Cup's final is seen by a TV global audience of some two billion people. Nearly one out of every three people on earth is watching twenty-two people kick a soccer ball on a soccer field.

The whole world watched the aftermath of the 2010 earthquake in Haiti and the 2011 tsunami in Japan, and millions of individuals from around the world donated money for relief. When we watch the news on TV and see people halfway around the world lose homes or families through wars, natural disasters, or other causes, we feel our connection to those people through our shared Oneness. This is Oneness in action. How To Live In The Now

When you next pass a beggar on the street, instead of distancing yourself emotionally, feel your shared Oneness and share some of what you have been blessed with. If possible, rid yourself of judgment, prejudice, or hatred based on racial, ethnic, or religious lines. Make a conscious effort to befriend someone who is not like you. By seeking to see and feel Oneness with all around you, you are allowing Love to enter you.

Love can only be present in the Now because God is Love, and God is only present in the Now. Your Soul, the Part of God that You are, is pure Love, and in the Now You are your Soul. When you are Oneness, You are your Soul, Love, truth, and peace, and You are in the Now.

## So, to be **Oneness**, be in the Now.

**Oneness in the Now** When you are consciously in the Now, in God's Space, you intuit that your body and your egotistic mind, both mortal and destructible, are a very small part of who You ultimately are: an immortal, eternal, indestructible Soul.

To remember who You are is to know that You are an immortal Soul who has lived countless lives in countless bodies, and will continue to do so after this mortal life is over. It is also to know that You are a Part of God and thus eternal and indestructible.

To know that You and everyone else are Part of God, and that there is only Oneness, is the most important thing you need to know. The rest is all rituals, observances, remembrances, rules, regulations, doctrines, and other manmade stories based on thoughts turned into beliefs, which are turned into religions that separate man from man.

The thought that says, "I have the only truth about God," is the thought that needs changing. The thought that is the truth is that You are Part of God, that ultimately there is only Oneness, that we and every living organism are Part of the Oneness, and this Oneness is only occurring in the Now. **Reverence becomes you** | You respect something or someone when you judge them to be worthy of your respect.

RESPECT—Recognizing Each Soul Politely Ensuring Correct Tribute

You feel reverence for someone or something when you recognize his, her, or its sacredness. The essence of reverence between Souls is this recognition of each Soul as sacred.

**Reverence is greater than respect**. Reverence perceives that God/Love/ Life exists within each person, creature, life-form, and entity, and that this sacredness is to be honored and valued.

A truly spiritual person will have reverence for all things in creation, and will do no harm to anything. A reverent person sees Divinity in everyone and everything. To a reverent person, Oneness abounds in everyone and everything.

Can you see the sacredness of all life in your personal orbit? Can you see God in your sleeping child, in your spouse's smile, in your boss's scowl, in the beggar's outstretched hand, in your shopkeeper's greeting, in your dog's wagging tail, in the tree outside your window, in your bank manager's call?

If you have reverence, then you are in God's Space, in the Now. There is only Love in this space. With reverence, you are Oneness and Love Now.

Are you somebody or a "sumbody"? | "I" disease comes from taking yourself too seriously. "I, me, mine, my" are the ego's defining words. Your friends, colleagues, and family are tired of hearing from your Ego. Give it a rest now, please, before your "I" disease infects all your relationships.

Trying so hard to be noticed as a "somebody" is hard work for you, and for those who have to listen and put up with it. Trying to make yourself out to be more than you are simply shows that you fear being less than you wish you were.

Why try to be a somebody when you are already a "sumbody," a part of the sum of all the bodies in the Oneness of God Who is the sum of all the parts in the universe? If you really knew now, without a shadow of a doubt, that You are a Part of God, would that not be far greater than the somebody you are trying so hard to be as an Ego?

God, Essence, the Universe, operates effortlessly, unfolding miracles moment by moment. When you try so hard to be a somebody, you are pushing against the entire flow of the Universe's effortless unfolding. By being a Part of God and by consciously experiencing yourself as a sumbody going with the flow, accepting, surrendering, and saying yes to what is Now with a smile, you are already a sumbody far greater than any somebody your Ego could create.

So, Mr./Ms. Sumbody, why not take things more lightly, less personally, and learn to enjoy and be who You really are?

Alone or All One Now? I If you are alone, sitting or lying down, reading this in a book or on a computer screen, play this little game and discover how interconnected you are with so many others. You are wearing clothes which may contain some cotton. They had their origins on a farm somewhere where cotton is grown. The cotton was planted, tended, and picked by sumbody, transported to the mill by sumbody, offloaded there by sumbody, spun into fabric by sumbody in a factory process designed and built by sumbodies, manned by sumbody, put through a dyeing process by sumbody, cut into bolts of cloth by sumbody, loaded onto transport by sumbody, and driven to a place of production by sumbody. The fabric was then cut to fit a clothing pattern by sumbody. The pattern itself was designed and cut by sumbody (we won't follow the trail by which the paper and ink for the pattern came into being), the clothes were sewn and stitched by sumbody, the finished garment was checked by sumbody, the clothes were folded and packed in protective wrapping by sumbody, and then put into a box for delivery to a shop by sumbody. And that's not everything but it's enough to get the picture. There is so much interconnection involved in every part of your life, in everything you eat, every product you buy, and every modern convenience you use or benefit from in any way.

Imagine if all the people who had a hand in creating, nurturing, feeding, clothing, housing, educating, entertaining, employing, administering, and financing you were here in your room with you now. They simply wouldn't fit!

You are interconnected to your family, your friends, your fellow work colleagues, your children's friends' parents, and so many others in the interdependent network web that is your life. So, why do you feel all alone now?

When you know that you are so interconnected, you know that you are never alone. All those sumbodies in your life add up to Oneness! If you shift into conscious awareness of your interconnectedness, you can move from all alone to All One Now.

Close your eyes and see yourself growing and growing in size until you fill the room. Grow more and more until you fill the sky. Grow higher and higher, into infinity and eternity. Become One with All That Is; become One with God; become All One Now.

You are never alone when you are All One Now.

ALL ONE—All Light and Love, Only No Ego

A cup of Oneness tea | Would you like a cup of interdependent tea?

What does it taste like?

Like normal Ceylon tea.

So why did you change its name?

I didn't. I simply described it as interdependent tea.

#### Why interdependent?

Well, it's got part of a rain cloud in it.

It's got sea water that evaporated in it.

It's got river water that went into the sea in it.

It's got traces of everything in the rivers and seas.

The sun left some of its energy in the tea leaf.

The sun baked the soil so that the plant could grow.

The sun and the air combined to help the plant grow.

The soil from the earth was fertilized from compost.

Compost is composed of dead and rotting debris.

The debris comes from old trees, wood, leaves, and bushes, as well as garbage from humans and animals.

The excrement from humans and animals is composed of all previously eaten and drunk substances and liquids.

The milk in your tea comes from cows that grazed on foodstuffs and grass.

The sugar in your tea comes from sugar beet or sugar cane which uses the sun, soil, air, fertilizer, and seeds.

The birds and insects in the air aid plants' growth processes.

Human beings were involved in producing the cups, saucers, and teaspoons.

Human beings and beasts ploughed the fields; human beings cut the crops, milked the cows, packaged the tea, sugar, and milk, and transported and sold them in the shops where you bought them.

These human beings and beasts required energy from food and liquid to drink.

The human beings required clothes to wear and equipment to use to harvest their crops.

So, when you drink a cup of interdependent tea, there is a lot to be grateful for.

As you drink the tea, you become one with all the participants and ingredients that help to quench your thirst and give you a boost.

We are all interdependent, part of each other.

We are responsible for ourselves and everything around us.

Accept the Oneness of everything now.

How can you judge any one thing now?

It's all part of the wholeness of Oneness.

Sculpting the real You When a sculptor creates a sculpture from solid material, he or she carves away the material that is superfluous to the image being sculpted. When the superfluous material is carved away, the envisioned image is revealed as the sculpture.

Living in the Now follows a similar procedure as you sculpt the "real You" in life. The superfluous external material is your nonessential Ego; your Soul is the envisioned image within—who You are in the Now. The carving away of your Ego is the only way that the sculpture of You can really emerge.

Your EGO, Edging God Out, is the part of you that lives in the past and is projected into the future. Your Ego appears to be who you are. This is the person whom the world you interact with knows as you—"good ol' Joe" or Jane. This is delusionary, fraudulent, and deceptive to both you and the world outside you.

Your Ego is the part of you that is not accepting of what is Now. Your Ego is that which protects your emotional wounds. Your Ego is that which is not Reality, not the Truth, not Love. The Ego is that which edges God out of you at the level of personality, image, thought, words, outward appearances, and actions.

How To Live In The Now

If you are ready to rid yourself of Ego and sculpt who You really are, then you must be very motivated, fully committed, and prepared for an emotionally painful and lengthy process. Your Ego will fight to protect your emotional wounds. And, as Ego is carved away, these emotional wounds will be exposed and raw. But they must be brought into the light, so that their original causes can be identified and seen to be the untruths that they are Now. Then they can be healed with self-acceptance and self-Love.

The false delusional images you have painted to create your "ego-face" in the world must be seen as the unreality they are. And "paint stripper" must be applied to wash these images away and reveal your true face.

This moving from Ego to Soul is a continual moment of Now process, moment by moment. In time, after many Now moments, a shape starts to emerge which you begin to remember. Perhaps "re-member" would be more apt and accurate. This emerging shape begins to feel a bit like the Part of God You have always been, but forgot when your Ego began to rule your life.

Increasingly motivated, you carve away at those well-entrenched parts of Ego that keep you from being You. Gradually, the real You emerges, but you need rough sandpaper to smooth out those remnants of your Ego stubbornly resisting removal.

Now You are complete. All the pain and hard work was more than worth it. You are your Soul, pure Love, a Part of God, Who is Love. Now You are reality, truth, Love, and You remain so in every moment of Now. You are whole and holy, Part of Oneness.

You are not what you wanted to be at Ego level; you are what You are at Soul level.

You now have the ability and capacity to accept your life as it is Now. You do not avoid anything, as, without Ego, you do not fear anyone or anything. You do not have to turn away from anyone or anything, or deny them anything, because there is no Ego to get hurt. Your Soul knows that there is no one to turn away from. There is only You, a Part of God, living in Oneness with everyone else whom you now recognize as also Part of God.

This is "the Truth" and it rests fully in Oneness, which is Love. Truth and Love are the same. Truth, Love, and God are all the same in and as Oneness.

Are you ready now to begin sculpting the real You?

Your attitude determines your altitude | Your attitude determines your altitude. What you see now depends on how you look at it.

The heights or depths you reach are determined by how clearly you see.

If you can see the Oneness in what you look at now, your altitude could be infinity and beyond!

Increase your energy-vibration frequency to a higher plane—see Oneness in what you are looking at Now.

**One Love** | Everything you do, you do for yourself.

When you are being Love, you are benefiting yourself and others. However, in reality, there are no others—there is only Oneness.

When you are being Love, the Universe benefits.

**Who is asking?** When you sit still, initially, your mind controlled by your ego will be generating thoughts. Allow them to go by unhindered.

Do not engage your mind by answering these thoughts. Simply ask, "Who is thinking?"

Eventually, once your mind stops churning out ego-based thoughts, the question, "Who is thinking?" will also disappear. Come; enter the Now, a place of no mind, no thoughts, and no questions.

There is only your Soul, the Part of God inside of you resting in the mothership—God.

# Who's there?

Knock, knock.

Who's there?

No One.

Sorry, I can't hear you. Speak up, please.

No One!

I'm terribly sorry. I can't make out what you are saying.

I said, No One!

Sorry, you are still incoherent—louder please.

KNOW ONE!!!

Now you're talking—come in, please!

The ultimate choice | The continual battle between ego-fear and Soul-Love can be aptly summarized in five words:

# I WON or I ONE

I WON is coming from Ego—only seeing separateness, competition, the need for conflict.

I ONE is coming from Love, from Soul, recognizing the oneness of everything, seeing no separateness, no competition, no need for conflict.

So, choose between I WON or I ONE, between conflict or peace, fear or Love. Your quality of life depends on it.

**Failure and humiliation are not to be avoided** "The one with the most toys wins" is a materialistic philosophy subscribed to by many. Is this

your philosophy? Do you know people who subscribe to this philosophy? Are they happy? Are they a joy to be around? Are they considerate, kind, generous? Are their immediate families happy?

We do not judge but simply observe. We observe the bottomless pit that having to have the most things—the best things, the latest and greatest things—creates. We observe the need to base self-esteem on externals, status, possessions. We observe the trap of letting people outside you determine what you are worth inside.

## We observe the absence of **Self-Love**.

It is possible for your Soul to grow and recognize the pursuit of material goals as a bottomless pit of striving, achieving, and failing—all ending in futility. Your Soul's growth can be attained by redirecting your considerable energies toward harmony and balance, and making Love your intent in all you think, say, and do. By becoming Love you consciously become Part of God, Part of Oneness. By your example, others will follow, each going down their own pathways in their search for harmony and balance, by coming from Love—their Essence.

Do not look to be separate from God, or from anyone. In your wholeness, you are Oneness.

#### Do not deny yourself any experience.

In your Oneness, you are safe. Know that all experiences, whether judged good or bad, are for the growth of your soul, in order to know completeness and attain harmony and balance.

When you know humiliation and perceived failure, you come to learn that these are simply experiences necessary for your growth and completeness. The experience of ego-based emotions like grief, failure, sadness, anger, and humiliation are the price you pay to complete the lessons of your Soul's growth, and to realize that these emotions are not You. They are qualities of your Ego, which is a temporal mirage; your Soul is You eternally.

Know you can Love all parts of you—both the perceived successes and the perceived failures—as the mirages they are when viewed from the perspective of eternity. Your self-Love should be based on loving Yourself a Soul, a Part of God, Who is Love. The self-Love you feel is the recognition of the Love that is your Soul. This self-Love is ultimately the Love coming from and going to Oneness, because your true Self is Part of Oneness, Part of Love.

## Your Self is Love in its Oneness.

**Beyond being here Now** You are courageous. You have chosen to come to the Earth Plane so that you can experience the sensory experiences and emotions, and learn the lessons of this playground. You have come to know exaltation, to know despair, to know Love, to know fear, to know gain, to know loss, to know war, to know peace, to know, experience, and transcend duality.

Whatever choice you make at any given moment of Now, be decisive and not ambivalent.

In a "Peanuts" cartoon, Lucy asks Charlie Brown, "What are you going to be when you grow up?"

"A fanatic," says Charlie Brown.

"What type of fanatic?" asks Lucy.

"I don't know," says Charlie Brown, "a wishy-washy fanatic, I think."

Don't be wishy-washy once you have made your choice. Use all your energy to get behind your choice and, with all the intent you can muster, be single-minded and focused, while being fully present in the execution of your choice. Make the choice and become that choice with unbending and unwavering intent. In executing that choice, be fully present with all your energy; then you will know being in the Now.

When you enter God's Space in the Now, you realize the inherent divinity of this moment. You become Oneness and no longer identify with duality. You transcend the limitations of a human being lost in duality, and you know the freedom of Oneness. You move beyond time and space, into a timelessness words cannot explain or describe. You know and become Oneness in eternity.

Welcome home!

The only answer is from within | Man can know how many apples are on a tree but only God knows how many apples will be created over time from the seeds within these apples. Man looks for answers from outside of himself. He asks experts and authority figures, searches in books and on the Internet. There is no shortage of various answers from without, but only one answer comes from within.

The truth is within you, and it is felt as a knowingness that allows you to make higher choices. True feelings are the language of your Soul. The truth you seek resonates in harmony with the energy-vibration frequency of your Soul. The path to this inner knowing must be cleared of the obstacles that hide it from your sight.

The search for answers to questions of meaning and purpose enable you to use these obstacles as unique opportunities to clear the path and find your way. These questions and answers are not really relevant—what is relevant is that you are following the path, and the pathway is being cleared.

When any one section of the pathway is cleared, an opening is visible. This opening is where knowingness resides inside of you. This knowingness is felt as clear awareness of Oneness. In Oneness, no questions are needed—in fact; there are no questions, because Oneness is the answer to everything and everyone. If you can see Oneness in everything and everyone Now, then you have the one and only answer from within. Oneness is the answer Now, where no question is needed.

Find Oneness within, and see Oneness everywhere Now.

# Who are You?

You are nowhere.

You are nothing.

You are no one.

You are now here.

You are no thing; you are a Soul experiencing life on earth as a body.

You are a no one; you are One, Part of Oneness.

As a Soul, you are Now here and You are Now One.

NOW – HERE – ONE

NOW – HEAR – ONE

Hear, O Israel, the Lord our God is One.

You are Now here.

You are Part of God.

You are part of Oneness.

Now know You.

You are Part of God.

Are you treating yourself accordingly?

Understanding Soul Contracts and the desire for Oneness | You and your best friend, your Soul Mate, are going for a walk in the woods. Out of nowhere, a poisonous snake strikes out and digs its fangs into your leg. You go into shock and your best friend realizes that the only way to save you is to suck out the poison before it reaches your femoral artery. He takes out his hunting knife, cuts into your leg, and manages to suck out the poison in time. But he accidentally ingests the poison and dies an agonizing death, while you survive, thanks to his heroic act.

### Or:

You and your spouse have a difficult relationship. Your spouse seeks solace and intimacy in the arms of another person. You are humiliated and feel degraded and angry. You rant and rave and act out the role of the victim, experiencing the range of emotions associated with such infidelity and betrayal.

Believe it or not, your late best friend, who died of poisoning, and your spouse are both your Soul Mates. Both contracted to play their chosen roles in your life, as you chose to play your role in their lives.

### Such is the nature of Soul Contracts.

In the first case, you had to release a long-held energy-vibration frequency blockage; it took the form of a deep-seated belief that you were selfsufficient and needed no one's help in your life. Your best friend had to release a long-held energy-vibration frequency blockage; it took the form of a deep-seated belief that he was a coward. In the past this caused him to run away from dangerous situations, leaving others to fend for themselves. The poisonous snake incident allows these long-held energy-vibration frequency blockages to be released, making both of you more complete and whole, as you both release certain fears, shame, and other emotions you previously chose not to deal with.

In the second case, you had long held onto your ego and pride, and these attributes obstructed your emotional, psychological, and spiritual growth and interfered with your relationships. This had caused previous repetitive episodes where your ego and pride stopped you from experiencing vulnerability, compassion, understanding, forgiveness, and, most importantly, intimate Love. Your spouse had long-held energy-vibration frequency blockages that prevented him/her from taking responsibility for their actions, always expecting some father figure to bail them out of the consequences of their irresponsible actions.

The marital infidelity enables you to experience humiliation, shame, and emotional pain—antidotes to ego and pride. This releases the energyvibration frequency blockages long held by you. And it creates, in time, a more loving, compassionate, understanding, forgiving, and vulnerable person whose ego defenses are gradually disarmed, allowing you the opportunity to begin to know intimate Love.

Your spouse, now cast adrift from the marriage, is forced to learn how to act responsibly and to endure the cause and effect of their irresponsible actions. This ultimately releases long-felt energy vibration frequency blockages and moves them on a path toward greater responsibility and maturity.

Lifetime after lifetime, you and your Soul Mates from your Soul group play out chosen roles. Often they are frictional roles, lighting fires under each other to burn out the energy-vibration frequency blockages that hold you all back from becoming whole and One with God.

This understanding of soul contracts can help you release your judgment, hurt, and resentment toward "partners" previously seen as adversaries. It can help you see painful events in the light of unconditional Love. It can help you to forgive or make amends to these people, to wish them well and thank them, in your mind or in person, for the roles they have played in helping you release long-held energy-vibration frequency blockages that prevented you from becoming whole and attaining Oneness with God.

In the light of Oneness, judgment is revealed to be myopic and incorrect. Only when the "bigger picture" is seen is the truth revealed. In Oneness, there are no victims and no villains, only unconditionally loving Soul mates unselfishly playing out roles in the educational illusions life on the earth plane provides for Souls in order for them to grow towards Oneness with God.

In the Oneness of the Now, the "bigger picture" begins to emerge.

Have you been paroled from ego prison? Are you still in ego prison? Do you still have a need to be right, to be validated as right, to make others wrong? Have you seen children fighting—"I'm right!" "You're wrong!" "Yes, I am!" "No, you're not!" This is ego playing in its petty sandbox-life.

Do you want to sign your own prison-release form and walk free out of ego central prison? All you have to do is not worry whether or not you are right, or care if someone else is wrong. Learn not to react to any provocation. Instead of a nuclear reactor, be a "now-clear non-reactor"!

Will it really matter in a few days, weeks, or years whether you were right or wrong? So, why should it matter now? Only your Ego wants to be right now. Your Soul wants only to know inner peace, inner harmony, balance, and Love Now—to connect with God, Oneness, All That Is. How can being right in a petty argument compare to connecting to your Soul by being in inner harmony and Oneness Now?

### Everything is a choice.

Choose inner peace and harmony in every situation; let everything else go and flow past you Now. Inner peace and harmony require self-integrity: to be fully who and where you are Now while acknowledging the presence of whatever is different, or not in harmony, with who and where You are Now.

But while choosing inner harmony is wisdom, the choices you make in your space can still create separation relative to the choices made by others in your space. If you can, take the final step in your ascension and accept that everything and everyone in your space is, in reality, a part of you and that, jointly, you are all Part of Oneness.

If you can see Oneness here Now, You will know God as your Being, and others as Part of God. In this Oneness, there is no other to be in conflict with. So, life becomes effortless, free-flowing, exhilarating, and enjoyable Now. How To Live In The Now

Way beyond right and wrong What is right and what is wrong? Societies through the ages have frequently changed their perceptions of right and wrong. And many societies today still differ in their perceptions on these matters. Slavery was acceptable and common until it became unacceptable and illegal. Women went from being the property of men to being equal citizens under the law—but not everywhere. For millennia girls commonly were married in their early teens, often to much older men; now, in many places, this would be considered paedophilia. Smoking marijuana openly in public will get you prison time in many countries—but not in Amsterdam, if under 5 grams. God told Moses and his people, *Thou shalt not kill*—but they killed anyway, and people still kill. In our world, there is no universal acceptance or definition of right and wrong. There are only choices that either elevate or lower your energy-vibration frequency.

And people who make similar choices and have similar energy-vibration frequencies tend to be drawn together or to find each other—hence, the concept that "birds of a feather flock together." We can see this phenomenon clearly demonstrated on the Internet, where millions of like-minded individuals congregate in groups on thousands of websites.

Adulterers, common thieves, alcoholics, drug addicts, gamblers, and other people making similar choices have always found each other in society. Pious, law-abiding, responsible, God-loving, God-fearing people making similar choices have also always found each other in a society.

# This is one manifestation of cause and effect.

The **lower** your energy-vibration frequency, the more separate you become from Oneness, Love, Truth, Beauty, and Inner Peace. The **higher** your energyvibration frequency, the more unified you become with Oneness, Love, Truth, Beauty, and Inner Peace. Every choice you make has its cause and effect built into it. Just because you don't see it doesn't mean it's not real.

You can't see gravity, but it's still the law.

However, there is a way to transcend cause and effect as it affects you personally. If you become conscious in the Now, fully aware of Yourself and what You are doing, You can recognize and observe your ego-centered self in action. And, since Quantum Physics tells us that "the observer affects that which is observed," your conscious observation will have an effect; you will begin to transcend your ego by consciously identifying with your Soul—the Witness who sees, understands, and acts from the highest human place.

The Soul-based Witness watches the ego-based Doer without judgment. It sees life's trials and tribulations—its highs, its lows—as the playing out of the cause and effect of choices made by the doings of Ego. Some are pretty and some are pretty awful, but the Witness, your Soul, remains unblemished through it all. The Ego gets the accolades, the bruises, and the scars.

The Witness, your Soul, is unharmed by any outcome or effect—it simply watches, without judgment, the ongoing movie of your life as reflected by the choices you make and their cause and effect on your life. And it tries to draw you toward your true self, which it is.

There may come a time when you become tired of all these repetitive patterns of self-created damage and destruction as your Ego sabotages your life through the choices which lower your energy-vibration frequency. Then you may begin to sincerely yearn for a break from it all and to only make choices which will be of a higher energy-vibration frequency. You may begin to yearn for and to seek Oneness with All There Is Now.

If you are true to that intent and purpose, then expect a shift to occur as you begin to let go of all the things and people that no longer serve your higher energy-vibration frequency. Expect a time of solitude, of a growing awareness that helps you to simplify your life and follow the new path of your heart's desire to know God, to be Oneness.

These times will not always be easy and will at times be emotionally painful. Do not despair—these are the birth pains of your becoming You, of your growing awareness of your Soul, of being Unconditional Love. In time your needs will be simplified and you will start to experience the bliss of truly being alive.

You will experience this bliss moment by moment. You will no longer dwell in the negativity of Ego, but in the positivity of Unconditional Love, that is your Soul nature. Everything is possible; everything is smiling with you Now, for you know you are surrounded by Love, bliss, joy, and inner peace. You know the Oneness of God Now.

## Trust

**Trust is the experience of knowing** | Belief is something you hope for. Trust is something you know through experience.

Belief does not deal with acceptance of what is Now, but with what is hoped for now and in the future. Belief is not living in the Now—but trust is. Trusting that God will give you what you need Now for the highest growth of your Soul. Trusting that God's timing for you is always perfect. Trusting that what you are experiencing Now is for your highest good.

Has your belief in God made your God a God of need or a God of Love?

Is your belief in your personal God a security blanket of protection against that which you fear? Is your God a God of your experience—a God you have learned to trust? In the reality of your personal experience, have you felt God's Hand shaping and guiding you? Have you felt God's Presence in your experiences, which you may have judged as both "good" and "bad"? Have you experienced yourself challenging God, and God challenging you? Have you experienced the reality of God when you are uplifted and when you are depressed? Have you learned to trust God, especially when you don't get what you want? Have you learned to trust God when you get what you need, no matter how comfortable or uncomfortable it makes you feel?

When your trust is absolute, and God flows through you as you allow yourself to go with the flow of life, you experience the reality of a living God and yourself as a Part of God.

When you have such trust, you now no longer have to rely on belief and hope. When you trust God with such Love in every moment of Now, you feel the Unity and Oneness of God, and you know that God trusts you Now too. You and God and Trust and Love are implicitly all One.

### Now you know the reality of God as Love.

**True hope is beyond belief** | They say, "Hope springs eternal." Hope is a wishful thought based on positive expectations.

HOPE—Having Optimistic Positive Expectations

Hope is desire, eagerness, expectation, and trust that something will eventuate. Hope is a prayer sent into the Universe. Fervent hope based on confident expectations becomes cemented into belief. A fervent belief excludes doubt. It becomes a certainty in Ego's mind, based on Ego's expectation of being right. This certainty of being right creates a perception of reality that is experienced as "the truth," and that sometimes manifests as objective reality.

In the same way, beliefs based in fear, anger, bitterness, hate, and other negative emotions can be experienced as "the truth." When such negative or unreal beliefs appear dressed as "the truth," you could say a naked thought is now "wearing the Emperor's new clothes." The naked thought is still a naked thought, no matter how real or unreal its clothing. The finely attired naked thought often convinces people it is "the truth." Sometimes How To Live In The Now

people do crazy, desperate things for such "truth." Sometimes soldiers take up arms to defend such "truth." Sometimes blood is spilled; families, homes, and countries are devastated and permanently scarred through loss—all in the name of such "truth." Such "truth" is no more seen as it really is: a naked thought upon which the thinker projects a glorious but imaginary costume that gives it a meaning of omnipotence which it does not have in reality. Sometimes to oppose such "truth" is to sign your own death warrant.

What happened to the hope as a prayer that was sent into the Universe? Man, full of Ego, hijacked it to become a belief—a belief which became a "truth" worth killing or dying for. Hope from Ego becomes belief and ultimately is experienced as life. Hope from Soul becomes Love and ultimately is experienced as inner peace. Hope from Ego is based on future expectations. Hope from Soul is based on trust that God's timing is always perfect and that God will give you what you need when you need it for the growth of your Soul.

God will fulfill hope from Soul in the perfect moment of Now. When hope is based on experiential trust in God, then it springs eternal—because eternity is Now.

You have no need to think | Before you knew something, you first had to experience it. Before you learned how to walk, talk, swim, or ride a bicycle, you first had the experience of doing it. Once you experienced it, you then had knowledge of that experience.

When you entered into the unknown, the uncertainty, the insecurity of the not-yet-experienced, you were required to be vulnerably exposed. At that moment of Now, you had trust and faith that the forthcoming experience was for your betterment as a person and, implicitly, at a spiritual level—for the highest growth of your Soul.

In the moment of Now you do not think how to do something because thought requires your ego-controlled mind, and that only operates in the past and in the future, not in the present moment of Now. In the moment of Now you trust in the Universal Intelligence, or the Unknown, which exists as the Wisdom of Unknowing.

The Unknown—or God, if you prefer—precedes experience, precedes thought, and precedes the known (or knowledge of that which has been experienced). By letting go and letting God into your life, you live in the Unknown with such trust and vulnerability that your ego-generated thoughts are recognized as unnecessary, and certainty is not needed.

Faith in God grows from the wisdom of welcoming uncertainty.

By trusting Spirit/God to guide you with Its unlimited resources, there is no need to continue to rely on your ego-generated thoughts, which are so limited in knowledge and scope of experience. By trusting in God to guide you in every moment of Now, you will experience the truth from Truth's Own Source.

Surrender to God's will for you Now and you will experience and know real security—not the fickleness of ego-based security, which is founded in false hope and belief. Experience the Unity of awareness, of consciousness, of being the Part of God You are at Soul level.

Be with God Now and in every moment of Now.

Be Love Now.

**Trust Love Now** When you take the past and future out of your relationship with someone Now, you have a present-moment relationship. The slate is wiped clean. There is no debt, obligation, expectation, requirement, entitlement, hope, or fear Now. There is only the relationship Now, the connection between you and the other. There is only Now and what is showing up Now.

By giving attention to the other person Now, you are entrusting them with your friendship and, perhaps, your vulnerability and your Love. What they may or may not have done in the past is no longer relevant Now. You either trust them now or you don't. It's as simple as that! If you hold a Sword of Damocles over them now to see if you can trust them later, then you are not in the Now; you are in a story or judgment from the past which you are projecting into the future.

### Love trusts. Fear mistrusts.

Love trusts that the other person will be the best person he or she can be Now, because you have trusted and allowed that individual to fulfill his or her potential as a loving human being in your presence. Trusting that person to be a loving human being is acknowledging his or her presence as a Soul and Part of God.

Everyone is Part of God and, as God is Love, everyone is Part of Love. All people want to give and receive Love, which is their Essence. All people want to return to their basic state, being Love. Some people just get there in the most difficult and perverse ways. Others have Love shining through them always and all ways.

	Trust Now.
	Trust God Now.
	Trust Love Now.
V	Trust Now.
	TRUST—To Release Unto Spirit Totally
	and then
	To Rely Upon Spirit Totally

You can handle it | The present moment is always evolving, constantly changing, and continually offering you opportunities to be the best that you can be, no matter where you find yourself.

God is the Source of it all—everything. God is everything, and God is only found in the eternal, evolving, constantly changing moment of Now. Remember, God will never give you what you can't handle for the **growth of your Soul**—trust God Now.

**Trust the moment Now** Trust this moment Now. This moment Now is like a thread sticking out of a woolen coat—one visible fiber of countless slender fibers interwoven to create the whole of which it is a part. Your experience of this moment is an interwoven thread in a much bigger "coat," a much bigger picture that is your whole life. You may like or dislike the coloring of the thread; you may fear that the "coat" is about to unravel; you may even hope that there is money in the coat's pockets.

Trust is absolute faith that what is happening Now is ultimately for your own good, and for the growth of your Soul. This trust is sufficient whether you have just won the lottery, suffered a major loss in your life, or experienced something less dramatic in between these two extremes. By trusting the process of your life to unfold as it should, your Soul grows in wisdom, strength, and faith.

If you look back into your past, you will see all the significant events of your life as a part of an ongoing process of change unfolding in your life from moment to moment. And in that process of change, things are often healed and clarified, relationships are deepened, and new gifts arrive from without or emerge from within you.

> CHANGE—Clearing, Healing, And New Gifts Emerging

Trust this moment Now, knowing that God is your **Co-Creator** in your life.

How To Live In The Now

**Do you have a Trust Fund?** If you had a trust fund and knew your financial needs would be taken care of for you and your family, what would you do now? Not having to make a living now, what would you do to make a life? If, in exchange for providing your financial needs, the Universe said, "I'll be your Employer—what would you like to do to improve things around here?"—what would you choose to do now?

Everyone does have a trust fund—they just don't know it yet. Consider your trust fund.

You may have good health, an education, practical or professional skills, a home or an apartment, a family, and a job that provides sufficient funds to live, to send your children to school, to travel, take vacations, play sports, enjoy hobbies, and more. In fact, you live in a luxury unknown on the planet a century ago. You probably have food in your home, electricity, a refrigerator, lighting, heating and air-conditioning, running hot and cold water coming out of the tap, a shower and bath, a computer and TV that give you instant access to worldwide information and connection, a car to drive wherever you need to go, and countless places to go for food, entertainment, education, or adventure. No king in any previous era enjoyed such amenities as those most of us now take for granted.

That's pretty much what a trust-fund beneficiary would also have. However, when your trust fund truly comes from

TRUST—To Release Unto Spirit Totally and then To Rely Upon Spirit Totally

then the benefits are progressive and unlimited, and internal as well as external. Trust that you will get what you need when you need it for the highest growth of your Soul, and you can join the Psalmist in saying, "My cup runneth over."

Now choose in trust what you would like to do to improve things around here!

**Trust God Now** When you leave the present moment of Now and go back into your past or forward into your future, who is with you? Looking back with joy or regret, or looking forward with hope or fear – who is with you?

When you look to the past or the future, do you see God? Consider that the God you see in your remembered past and imagined future is always with you Now. Consider that God is only present Now. Consider that there is only Now.

Trust God Now and know that you are loved Now, no matter what is happening. Know that God is with you Now, if only the eyes of your Soul were open to see. Trust God Now and this trust will set you free.

The basis of Trust | In this moment of Now, who loves you? In this moment Now, whom do you Love? In this moment Now, who trusts you? In this moment Now, whom do you trust? Trust can only come from knowledge, experience, admiration, respect, and, ultimately, from Love.

In your list of who loves you and whom you Love, was God there? If not, then you may think you can't trust God either. That is a huge omission!

God created you and You are a Part of God. God is Love, and in your Essence, in your Soul, You are Part of God, you are Love. Not only does God Love you, but God made you as Love.

What you have done with the Love that you are is your free-will choice. Do you want to return to being Part of God, to know God, and to know Love? Then believe, think, do, and say, "What would Love do now?" in every moment of Now. Then ask yourself again the first four questions above.

**Obstacles and opportunities are your life Now** Many people only see obstacles blocking their view of the Now. They see jobs, debts, problems, responsibilities, mortgages, school fees, etc., that need to be focused on. The Now will have to wait till later, they think.

These so-called obstacles are in reality their lives. Life doesn't have to stop or change for you to be in the Now. Being in the Now and dealing with the so-called obstacles of day-to-day living are not mutually exclusive. They are, in fact, mutually inclusive.

Being in the Now while performing all the usual and unexpected activities and tasks of which life is composed is the goal. Being in the Now will open up new perspectives and create fresh opportunities out of old, familiar territory. So, be in the Now and watch your life come alive in a whole new way.

Holding on too tight for Love | If you have a powerful need to control, analyze, and manage yourself, others, issues, or circumstances, then you are not trusting in the moment to be what it is; you are not trusting the Universe as it is unfolding in this moment; you are not trusting life.

If you are holding on to anything too tightly in fear with both hands and all your strength, how will you possibly grasp the opportunity life is presenting to you right Now? All you ever need in any moment is right here, right Now.

Let go and trust God/the Universe to give you what you need for the highest growth of your Soul in this present moment of Now. Release all anxiety, all doubt, all fear; release all resentments and regrets. Then you will know inner peace, Love, spontaneity, and joy, and you will find in yourself the true power you have been seeking.

> POWER—Present Only When Ego Removed

What's Now? | In almost every moment, your Ego distracts you from what is happening in this moment, and robs you of the fullness of your present experiences. Your Ego feeds you endless thoughts, memories, fears, regrets, fantasies, desires, and more to keep you out of the Now and in its power. Most of these are not related to what you are actually experiencing Now.

Often they are related to past experiences or future possible experiences. They cut you off from the Now and block your flow into the next moment of experience.

Your Ego creates Pretense whereas your Soul manifests Presence. Your Ego is lost in the past or future, while your Soul is here Now in the present, being Love. Trust your Soul Now and have no fear of what is before you or of what will come next.

## A blind leap of faith

It's OK for you to take a blind leap of faith but I can't do it.

Why not, may I ask?

Well, I just don't have the faith and belief that you have got.

OK then, how have your current faith and belief served you? Are you all that you can be?

No, of course not, but I'm doing all right. I've not much to complain about.

Good, I'm so pleased to hear that! So, it worked for you then?

### What worked for me?

Your blind leap of faith.

### I've never taken a blind leap of faith in my life!

But I thought I heard you say your current faith and belief system may not be what I have got, but you're doing all right and don't have much to complain about.

### Yes, but that's hardly a blind leap of faith.

Is it more like an eyes-open puddle-jump of faith?

### If you want to classify it, I suppose that would sum it up.

So, if I understand you correctly, your eyes-open puddle-jump of faith and belief has got you to a place where you are doing all right, without much to complain about, but you are definitely not all you can be.

### Well, if you want to put it like that, I suppose so.

Taking a blind leap of faith is not a brave or heroic act, you know. As a matter of fact, you don't have to do anything other than surrender a situation and all concern for the outcome, and then take simple necessary actions. It's quite passive, actually. If you want to create or manifest something, you must hold that intention fully in your mind, body, and Soul. If that intention serves others or mankind or your Soul, and not just your Ego, then it could probably manifest. If you continue to surrender and practice detachment relative to results, your Love-sponsored will aligns with God's will, and together you co-create this new reality. In this state of beingness, you will not be driven by ego-based fear, but by Love—Self-Love, Love for others, and Love of God. Hopefully you can see that a blind leap of faith is easily attainable for you, if you want it Now.

## Truth

**Beyond belief and truth** You have been fashioned and conditioned by your parents, your family, your friends, your school, your university, your religion, your workplace, your government, and by influential leaders in your life to know and understand what is true and what to believe in. Yet many so-called "truths" have been debunked when new information and knowledge has surfaced in the evolution of our world. Many belief systems seem naïve and primitive compared to what we believe in today. How will tomorrow's information, knowledge, and wisdom change our current truths and belief systems?

To test out the strength and irrefutability of a truth or belief system, see if it brings you closer to Love and Oneness with all. If it does, believe in it for Now. If it doesn't, take it with a grain of salt or jettison it before you go down with that ship. If you can live in this present moment of Now and align yourself with God's universal flow of Love, you won't be consumed with what may be true or what you should believe in. When God's Love flows through you, there is no need to believe. Simply experience God's Love Now. Absent this, any belief system is only a construct of the ego-controlled mind.

Do not believe any belief to be true. Only experience God's Love Now. This is beyond belief and truth. The greatest truth is to simply be Love Now.

What is Truth? What do you know that is truth? The only way you can personally know something as true is to experience it directly. Even then, any decent magician often can show you that what you thought was true is an illusion.

What is real and what is illusionary? What is thought, opinion, belief, and what is true? Nobody on Earth knows. Only "no body" knows! No body, only a Spirit, a Soul, knows the Truth. Because a Soul has experienced being Part of the Truth.

The Truth is that God is Oneness, and each Soul is a Part of God. The Truth is that God is Love, and each Soul is Love also. The Truth is that God is Reality, Truth, Love, Peace, and Oneness, and so much more. If you want proof of this Truth, ask your Soul.

Your Soul is found in the Now. Move from Ego to Soul, access the Now, and be your Soul by being Love. To be Love, simply be loving. To be Love is to be your Soul, is to be Godlike, is to be the Truth. The eternal Truth is being Love Now.

Truth is always true to itself. The Soul's truth is experienced as bliss. Lack of truthfulness is experienced as emotional pain. Truthfulness is always consistent in its feelings, as feelings are the true language of the Soul. Bliss or pain, Truth or lie—these are your choices.

TRUTH—To Reach Unto The Heavens

The Eternal Truth is being Love Now the truth will set you free! Free from what? From the illusions of your mind-created reality. Free from the ego-based perspectives, perceptions, thoughts, emotions, hopes, fears, dreams, and beliefs that drive your behavior and shape your experience of the reality in which you live, which is ultimately an illusion.

Truth, which comes from God, can only be experienced in the Now, in God's Space, as this is the only place God can be found. The mind cannot be in the Now, as the Now is accessed via the gap between your thoughts—the "no-mind." The mind's conditioned thinking is based on past experiences, accumulated information and knowledge, and emotional baggage, which is all projected into fantasizing and creating likely future scenarios.

The truth is that You are not your body, mind, or Ego. You are a Soul, a Part of God. Your body is a temporary entity housing an eternal Soul. If your search for the truth is a search to justify your current belief system and reality, to prove that you are right and God is on your side, then you may pass on from the Earth Plane with "your truth" intact only to discover your folly in the light of the "real truth" when You pass into the Spirit World.

The downside of that is perhaps coming back to the Earth Plane once more as an eternal Soul in another body and going through it all again, until you learn to live on the basis of "real truth." The "real truth" is that You are an eternal Soul, a Part of God, and that God is Love, and so are You.

When you move from Ego to Soul, from fear and hope to being Love unconditionally, then you will know Truth, Freedom, Love, Inner Peace, and Bliss. To do this Now, precede every thought, word, and action with the question: "What would Love do Now?" Then do that to the best of your ability.

> To know the **eternal truth**, simply be Love Now.

So, what is the truth about this Now? What is happening now is what is Now. But the perception of reality, of what is Now, can differ from person to person. (Oh, damn, just as I was beginning to understand this "what is Now" stuff, you've made it more complicated!) Our experiential reality is based on what we perceive to be happening, and on how what we perceive to be happening affects us—what we make of what is happening Now.

For example, a man and a woman in a relationship are sharing and co-creating an experiential reality. This couple has tickets to the ballet. The lady has prepared for days to get ready for the big evening. She has invested money, cosmetics, and emotion in looking her best. When she was a little girl, she took ballet lessons and wanted to be a prima ballerina. Now she can vicariously live out that dream from her seat tonight.

The man is not exactly excited about going to the ballet and he's torn because the "big game" is on television tonight! Going to the ballet is what is happening to both of them, but their thoughts, perspectives, and feelings about what is happening Now are completely different, and so are their experiential realities.

Your experience of what is happening Now is largely dependent upon how you perceive it. As Oscar Wilde said, "Two men looked out of prison bars—one saw mud, the other saw stars." Your experience, based in your perception of what is Now, is your own truth. Someone else may perceive what is Now differently, and so discover their own truth. But all human truths are created from perceptions about what is Now. Now you know why there are so many theories, misunderstandings, lawyers, divorces, murders, wars, and so on.

Life makes more sense when we understand that what people believe and do is based on their truth as they perceive it. Understanding and empathy for people whose truths are different than yours will lessen your need to defend your truth or criticize someone else's, and allow you to come from Love rather than from ego-based fear. The three faces of Truth | When you and another have had an egobased disagreement, argument, fight, breakup, or court case, isn't it amazing how different the reality is from each person's point of view? When someone hears both sides' versions of the truth, being the reality each party has created from their perceptions of their experience, one may wonder if both parties were involved in the same dispute! In such disputes, too much Ego is invested on both sides as their different versions of "the truth" become entrenched. For each party, the truth now has three aspects:

"What I did; what they said I did; and what actually happened."

Of course, the third aspect, being objective reality, is perhaps only witnessed by Unseen Powers, who do not control, manipulate, or judge anything or anyone.

What each person experiences in any conflict depends on which emotional wounds their Egos are protecting from past hurts inflicted on them—real or imaginary. The subconscious mind cannot distinguish time; it only operates in the Now. If a parent negatively affected a child thirty years ago, and that grown-up child feels a similar feeling in a present dispute, their subconscious mind tells them that all these old unhealed hurts are happening now. Their Ego reacts, and often overreacts to the current dispute, which is counterproductive. Such reactions aggravate rather than heal the old wound and, with repetition, this becomes an entrenched pattern. And a story is often spun out of the wound that becomes perceived as "the truth." Often family, friends, colleagues, and even strangers are told "this truth," and a band of supporters is created to bolster the defense of "this truth." Now there is very little chance of this "truth" ever being sincerely investigated, understood, and healed.

Only by coming from Love, understanding, empathy, compassion, and forgiveness can such a dispute be truly resolved so that both parties can resume their previous relationship based on trust. Very few people are so honest with self and others that they can set aside their ego-based truths and come from Soul, with Love, to resolve such disputes. For those who can and do, inner peace and Love is their reward Now.

Now that's true bliss!

To thine own self be true | Honesty with yourself and integrity lead to sincerity. You cannot elect to be sincere in your spiritual search for living in the Now, while in your day-to-day life you are being insincere, dishonest, disloyal, controlling, manipulative, and judgmental. To be sincere is to be aware and watchful of the Ego's deception, which separates you from unity with Oneness.

If you are genuine in your desire to live in the Now; if you are authentic in all your thoughts, words, and actions; if you desire to be honest with yourself and with God, and to be Love in your relations with yourself and others, then you will awaken to who You really are. In some moment of Now you will recognize that You have always been "there," and that your searching "out there" for the answer in a book, a lecture, a CD, a DVD, a teacher, an enlightened person, or a guru was a postponement of your awakening. The highway, or "high way," you sought is always found within yourself, as your own Soul nature.

Honesty with yourself, integrity, sincerity, genuineness, authenticity, and courage are your "high" ways of inner discovery; they are who You really are—a Soul, a Part of God Who is Love, as You are in your Essence. This honesty, this being authentic or true to yourself, is the path to freedom.

Shakespeare knew this when he wrote, over four hundred years ago, "To thine own self be true."

**Do not seek the truth** You want to know the truth? Truth changes, depending on your perspective and position, so there are many truths. Gravity is a truth—until you go into space where there is zero gravity. "The sun rises in the east and sets in the west" is a truth, until you are in outer space where there is no sunrise or sunset. Left side and right side change

when you turn and face the opposite direction. Simply changing your position often changes your perception of the truth.

The truth is only true until it is proven untrue. There are no paths to the truth. There is only moment-to-moment awareness. Instead of seeking the truth, live in the Now and let the truth that serves you where you are emerge—for Now.

What is the truth Now? Is the truth a belief or an opinion? Countless millions have died in the name of "Truth". Many died for beliefs and opinions they imagined were the truth. Each religion, philosophy, "ism," and school of thought believes it is the truth or has found the truth. Parents, teachers, friends, even enemies, may tell us things about ourselves we come to believe are the truth. But the closest to truth you will come is when You experience what is happening right Now.

Your mind does not know the truth; only your Soul can know truth by experiencing the Now. And the truth is that You are a Part of God, that God is Love, and you are Love Now.

**Experiencing Truth** If you choose not to acknowledge the "truth" that You are a Soul, a Part of God, and Love is your nature, there will never be sufficient evidence to convince you. Hope, belief, and faith require you to suspend your need for conventional evidentiary proof in spiritual matters and simply keep your mind and heart open until truth is revealed experientially to your Soul. Spiritual truth is not discerned from conventional evidentiary proof.

True feelings are the language of your Soul. To experience your true nature, practice unconditional Love for a meaningful period of time. Notice how others respond. Notice how all this makes you feel. If you feel blissful, peaceful, loving, or happy, you are experiencing Love, God, your own Soul. Do you need any more evidentiary proof than this blissful experience of God and your own Soul Now?

**Defending Truth** "There are none so blind as those who will not see" is a familiar saying. Prejudice, bigotry, fear, hatred, and myopia are the willful blindness that make your truth "the truth."

By rigidly defending your truth with a closed mind and heart, and, perhaps, with clenched fists, you are not open to receive the flow of Universal Intelligence and Love.

Using attacks to defend your "truth" does not make it true; it only alienates and separates you further from Oneness. Do you really think that "the truth" or God need defending? Why would God need an army? God is Love and peace. Why would Love and peace use war to spread themselves?

Love and peace reward those who follow "this truth."

Now, ain't that the truth?!

Seeing the Truth What you are looking at right here, right Now, is a Part of Oneness, Part of God. Can you see the Oneness inherent in what is before you Now? If you do not see it, then what else are you looking for instead? And why would you choose to judge the part of the universe you see before you now as not a Part of Oneness?

Your judgments, your *not* seeing Oneness Now, only reveal where you are Now on your spiritual journey of awakening to consciousness. They are signs of your failure to recognize Oneness, rather than evidence of anything not being part of Oneness.

When the truth hurts, only your Ego feels pain. You are not your Ego; You are your Soul, which is incapable of being damaged. See the truth Now for what it is—You are a Part of God, Part of Oneness, and Love is your nature, Now and eternally.

You go first | Everyone wants to tell the truth, but most are scared of rejection if they do. How peculiar is that? If I like you and want to take you out on a date, but I am scared to tell you how I feel about you in case you

How To Live In The Now

reject me, with the result that I don't tell you and we don't go out on a date, have I not allowed my own fear to reject me and you?

Everyone wants to tell the truth, but most are afraid to be vulnerable, to open up and go first. Telling the truth takes courage, especially in love. So it has been said, "A faint heart never won a fair lady."

Courage means "heart" in French. Not surprising that French is considered the language of love and the French are perceived as romantics!

Live the truth, and tell the truth Now, and in your integrity you open up a space, God's Space, for other truths to flow through you Now. Like the truth that you are Love.

Truth in practice | Live your truth, rather than speak it.

Let others witness your truth through what you do and how you do it.

Let your truth in action be your **tongue** and your action be your **character reference**.

Be your truth Now.

# Being chapter 4

## Presence

Bless you

To bless someone or something is to acknowledge God's Presence in you and in them. When you bless, you move into the Now, into God's Space, where God's Presence is felt. If your blessing comes from Love, from Soul, then you call on other sacred Souls, as well as God, to shower their Love on the person, people, or things you are blessing. Your blessings open the ethereal door and allow Unseen Others to participate in this blessing. The holiness of your blessing acknowledges the Part of God that is within that which You are blessing. Your blessing connects your Soul with the other person's Soul, and the heavens rejoice.

Do not give your blessing perfunctorily, without serious, sacred intent. Know that the blessing from your Soul to the other person's Soul is witnessed and participated in by many other sacred Souls. By moving into the Now by your blessing of another, you are welcomed and blessed by many, many Sacred Souls in God's Space.

Bless someone Now.

BLESS—Being Love Evokes Sacred Souls

What's my present? Most people, when they pray to God, ask for presents. "Please God, give me good health, wealth, happiness ..." and so on with their shopping lists. If you believe God is omnipotent, omniscient, and omnipresent, then God must know what you need for the welfare of your body and the growth of your Soul. And He/She probably doesn't need to know what you want. Would you rather God gave you what you need or what you want? (Not that you have a choice in the matter!) If you ask God for presents, and He/She gives you His/Her Presence, has there been some misunderstanding or mistake?

What more could you need or want Now than God's Presence?

**Conscious presence** | When you interact with one or more people, can you simply be present with them? Can you simply be with them as the Presence of your Soul, as Love, instead of engaging in your usual "doing" and fulfilling practical roles, jobs, or functions?

Can you be consciously aware of the presence that You are? If it helps you to see this more clearly, imagine a benevolent, loving figure standing silently with one or more people, simply showering them with the Love of Oneness.

Can you be that benevolent, loving figure Now?

## Silence and stillness

The home of silence and stillness | Silence is a permanent, everpresent, eternal non-sound. Silence is the space in which sound arises. Silence is always present, pre-existing; it cannot be created, produced, or engineered. Silence, like air, is omnipresent; it is everywhere at once.

Silence, like awareness, witnesses all that occurs Now. Silence, like awareness, is formless and omnipresent, as God is formless and omnipresent. Silence, Awareness, God, Now—the Omnipotent Quartet.

In the silence you can feel the stillness. In the stillness you can feel the Breath of God. Silence, stillness, awareness, consciousness, God's Space, Now. In this space all of life unfolds, moment by moment. In this space, Unseen Beings may be felt. In this space everything and anything is possible Now.

Enter God's Space in the Now, where silence and stillness are found.

**Stillness is preferable to silence** Silence is more than the absence of sound, and more than the absence of non-sound. Non-sound could be louder than sound itself. The continual churning thoughts in your head, as your ego-controlled mind plays you like a drum, can be deafening—even if no sound is heard.

It is not silence that is golden and highly desirable—it is stillness, stillness as the absence of sound and thought. The stillness you can only experience when you are present Now. In this stillness you become aware of a Watcher. This Watcher is your Soul, a Part of God. This Watcher is your own sacred space. This sacred space is You in awareness, in consciousness, with God in God's Space.

You are this Watcher, not your ego-self. You are your Soul.

Become the stillness of your Soul, your Watcher.

**Be still Now** | Be still Now. Simply see. Everything you need is right here.

Let go and let it be.

There is nothing required to be done Now. There is nothing to be understood or achieved Now. Simply be present and watch Universal Intelligence unfold.

God is in this moment Now. You are a Part of God. You are in this moment Now.

Be still Now.

The sounds of silence | Listen to the silence but don't judge it in any way. So, you don't hear silence—instead you hear some noise? Then listen to the noise intently. Is there a gap, a space, within the noise? Is there a space when the noise starts and stops and starts again? Can you sense the silence behind the noise? Are you aware that you are still, Now? This stillness is your Being.

Be still Now and hear the silence. Be One with All There Is Now.

**Rock of ages (with apologies to the hymnal!)** A rock is a rock—not a tortoise moving slowly. A rock is still. A rock, picked up and thrown, is no longer a still rock, but a flying rock, a missile hurtling through space.

A rock knows how to be still like a rock. Do you know how to be still, how to be, and how to find out who You really are? Find a rock, a small rock which you can hold in your hand. Holding it, can you sense its stillness, its quietness, its depth?

This rock is part of the earth; it is millions of years old. It has stood the test of eons of time, baking in the sun, getting cold at night. If this rock could talk, it would have some stories to tell! In its stillness and its depth, it invites you to be at peace with it and with yourself.

## Can you begin to sense your own depth in the stillness of your Soul Now?

**Be a rock** In the midst of a crisis, a panic attack, or anxiety, how do you get into the Now? First, stop. Breathe slowly, calmly. Then take longer, deeper in-breaths and out-breaths to slow down your breathing.

Now, while breathing slowly, deeply, in and out, see yourself as a rock dropped into a river. The rock will find the fastest way to the riverbed as it sends out ripples in ever-widening circles.

See yourself as that rock resting on the riverbed, silent and still, while the river flows swiftly past with a rushing sound on the surface. Be silent and still, your awareness feeling what it feels like Now—to be that calm, immovable rock at the river bottom.

Keep breathing slowly, deeply, and feel the silence and stillness Now.

## Hearing the silence |

Imagine a small pebble falling into a still pond.

Plop!

Then no other noise is heard.

But something is happening in this stillness.

Concentric circles are spreading out silently on the pond.

Wider and wider the silent ripples go.

Can you hear the silence Now?

Can you see the spaciousness of the ripples Now?

Can you feel the silence Now?

Everything arises from this stillness Now.

This moment is perfect Now.

## Silence is God

Silence is golden.

When you have the opportunity to be alone, be silent; do not speak or listen to anything that is not silent.

Silence will enable you to be in the Now.

God is waiting for you in the Now, in the silence.

Enter the silence within, and be in God's Space Now.

**Trigger your awakening** | You must pull the trigger of a gun to fire the bullet. You also need a trigger to fire the awakening of your consciousness. A trigger reminds you that you are not your body, not your mind, but a Soul, a Part of God, Being, or Essence, or whatever "label" resonates with you. This trigger will stir a feeling inside of you and awaken your consciousness. The feeling is one of stillness, of Oneness.

Whenever you need to make a decision, if possible, close your eyes momentarily and activate your awareness, your consciousness, your Being, to guide you in that decision Now. When you are frustrated with something or someone, pull the awakening trigger and become aware that this moment is a blessing. Use these moments to breathe deeply and make contact with your Being.

When some "negative" thing, person, or event annoys or irritates you, smile and relax; this will trigger your awareness and remind you of your Being, found in the stillness of this moment.

Make it a personal creative challenge to find triggers that awaken you in different circumstances—use them Now as the opportunities arise. Things you formerly viewed only as problems then become opportunities to trigger the awakening of your consciousness, to enter the stillness of the Now.

Still silence | Want to be a success at parties? When someone walks up to you and starts to talk, give that person your fullest attention. Use this opportunity to practice being present as "presence." When you are truly present, you create a seemingly magnetic field of awareness. In this space you are not doing anything but being a listener in stillness, in silence. You are a Being listening to a Being who is talking. Whatever is being said is no longer important Now.

In this moment you create a space for your Soul to connect to the speaker's Soul. And if the speaker is present too, that person will sense the Soul connection! Your stillness, your silence, your presence, will bring you, and possibly the speaker, into the Now, into God's Space.

If this happens, you will both experience a "knowing," a feeling of mutual recognition that might even prompt one or both of you to say, "I'm sure we have met before."

You have met at Soul level, where Oneness reigns Now-eternally!

**Being honest** You need integrity to be in the present moment. When talking to someone or thinking about someone or something, you need the strength, the honesty, and the integrity to keep your full attention and presence with that person, on what he or she is saying or doing, or on your thoughts about whatever you may be contemplating Now.

Integrity, honesty with yourself, is the requirement for staying in the Now. Only in the present moment can you experience your true self, God, the stillness of the Now. Only in this stillness can the Part of God inside you, your Soul, connect to the Part of God inside the other you are talking to and being with. Only in this stillness can Being contact Being in the eternal moment of Now.

NAMASTE—May the God within me greet the God within you, Now.

How To Live In The Now

**Non-action of a loving silence** "For everything there is a season," the book of Ecclesiastes teaches us. Timing is key, as every dancer, singer, musician, athlete, lover, or negotiator will tell you. When is it time for action and when is it time for non-action? How many times in your life have you reacted quickly and then regretted it later?

Have you ever decided not to react, to simply do nothing and wait? How did that work out for you? Sometimes doing nothing allows all the pieces to fall to the ground, the dust to settle, and things to clear up naturally.

Conscious non-action harmonizes your energy vibrations with what is now and allows the time for potentially regrettable ego-reactions to pass. It allows calmness to enter where friction seemed inevitable.

By choosing the non-action of presence, stillness, or loving silence, you bring peace and tranquility into the Now.

## Doing and being

Simply being is your highest achievement | Are you a Human doing or a Human Being? Doing is the Ego's servant; it is how Ego strives against what is, pushes the limits, achieves or fails, and repeats in endless cycles. And what is Ego's doing and striving for? To be one of a kind, admired, appreciated, respected, honored, revered, or even feared.

Then what? What if you make it to the top? They say it's pretty lonely there. Not too many people can relate to you at your exalted level. A bit like the Mona Lisa in the Louvre—admired but untouchable. After all that striving and doing, you may not have outrun your fears of not being good enough.

Notice we didn't say "not *doing* well enough," but "not *being* good enough." If only you truly knew that all your doing and striving have nothing to do with you *being* good enough. Doing and being exist in different realms.

Doing is what you do; being is who You are.

You are a Part of God, part of Being, part of Perfection in the making. You simply didn't notice that You were part of Being Now because you were so busy doing in order to achieve in the future. You never acknowledged being in the Now because you never noticed being in the Now—because you never noticed being in the Now—because you never noticed being at all. Your Ego told you to stay busy doing, so that you could become all that you could be on your own terms and conditions.

Had you been in touch with your Soul, you would have heard it say, "You are already magnificent, already all You can be, as a Part of God Now." Simply be present in this moment of Now. Experience it with all your senses. In this moment, have no ambition for anything else. Notice your awareness Now of the stillness, peace, joy, and bliss. With no thought of "me," just be aware, conscious, and alive to the beauty and magnificence of this moment. One moment of the beauty of the Now is greater than a lifetime of Ego's doing.

Given a choice, would you choose a moment of "beingness" or "doingness" Now?

### Be

Be still and know that I am God. (*Psalm 46:10*) Be still and know that I am Stillness. Be still and know My stillness. Be still and know Me. Be still and know. Be still in Me Now. Be still. Be. **55**  No need to think – just be So, you are really trying to be spiritual now. But trying is lying! Don't try, just be. Don't try to be spiritual. Be spiritual. Don't try to feel your Soul. Be your Soul.

You can measure your spiritual progress by the amount of time you are not absorbed in thoughts whirring in your mind, by the time you are in the Now with no thoughts. In the Now you realize you don't have to think now. You still have the ability to think but you don't have to think or need to think. You don't have or need to control your thoughts.

You simply allow Universal Intelligence to flow through you.

When there is no thought, only being, you enter sacred space where Universal Intelligence reveals the perfection of each moment.

Let it be | In deciding to let go of something, you make a conscious, deliberate effort to forgive, forget, and not let it bother you anymore. Being in the Now should be effortless, spontaneous, joyful, full of Love. So, instead of letting go, with a conscious, deliberate effort follow the Beatles' advice and simply "let it be." Let everything just be—don't let it go, let it be.

When you let it be, there is no resistance to what is Now. Acceptance of what is Now is to let it be Now. If someone is no longer compatible with you, or a situation no longer serves you, let it be. When you simply let it be, the energy-vibration frequencies between you and the other person, or between you and the situation, will reveal the incompatibility. Then you or the person will move on, or the situation will change in accordance with your spiritual growth.

So, let it be Now.

### Be a boomerang

It's time to be a boomerang Now. Give your smile away to another. Send your compliments to a friend.

Laugh with a stranger in the street.

Give your Love to your beloved.

Hug your children.

Then wait and watch and see and feel, as all the Love you gave returns to you in unexpected ways.

Who's a boomerang now, mate?

**Be noble Now** Nobility is not superiority over others. Nobility comes from the integrity of being the best you can be. Nobility doesn't compare itself with others. The only comparison it makes is between the way it was and the way it is Now, and between the way it is Now and the way it aspires to be.

So, do not measure your self-worth against others; only measure it against yourself in the past. Then simply be the best you can be Now.

## A gentle reminder

Knock, knock.

Who's there?

No body.

No body who?

No body here.

Well, what are you doing there?

I'm not doing anything; I'm Being.

Being what?

Just Being here Now.

Well, why did you knock on my door?

To remind you.

Remind me of what?

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To remind You to be.

To be what?

To be who You really are in this moment of Now.

## Listen

Listen to this moment | Let each moment of time speak for itself. Your mission (should you choose to accept it) is simply to be attentive, alert, and aware of what each moment of time is saying to you.

Each moment is unique. If you were fully present, you would see that moments do not blur into each other. You would see each unique moment as no longer ordinary, but as fresh, bright, and alive with possibilities. You would listen to what each moment has to say, as if it were God speaking to you personally. Listen Now, in this moment, to this moment.

### Listen Now.

Listen!

Listen to the silence in the space | To appreciate the Now even more, start looking at the space around things. It's not the musical notes alone that make music, but also the space between the notes. We put space between words on a page to make them comprehensible and reveal their meaning.

See the space around things Now, and sense the silence within the spaces. The atomic structure of anything is made up mostly of space. The universe of created things is made mostly of space. So, there is a lot more space than there is "stuff."

The sounds of silence resonate in that space. Listen for the silence in the spaces that surround you Now.

### Listen Now.

Listen!

Whole-body listening | Having two ears and one mouth, we should all listen to others twice as much as we speak.

Do you know of any good listeners? Don't they make great friends?! Would you like to be considered a great friend? Then all you have to do is listen. But don't just listen with your ears—listen with your whole being.

Don't use your hands while listening. Don't look anywhere but at the person talking to you. Don't tap your feet or move your legs. Don't wait for him or her to pause or take a breath so that you can interrupt. Listen with your whole body. Give your fullest attention.

If you listen in this way, your Soul can "hear" that person's Soul. And why not? That person has the same Source. Such listening is the highest form of respect. In reality, the Source is listening attentively to Itself.

Now listening and respect take on a whole new meaning.

RESPECT—Recognizing Each Soul Politely Ensuring Correct Tribute

# Age

How old are you? Have you missed most of your life until now? Say you are forty years old today; then you have lived for 1,261 million seconds. How many of these seconds have been lived in the Now, with you consciously aware of the present moment? How many of these seconds have you spent in thoughts of the past or the future, not really present Now? How To Live In The Now

Enjoyment of the present moment is about the quality of life, not the quantity of moments that you are alive. Most forty-year-olds have probably only really lived a few months, at best, in accumulated present moments of Now.

You can only have enjoyment by being present Now. Remembering the past or projecting a future robs you of the opportunity to experience the joy of this present moment. How many present moments of Now have you truly lived?

Be grateful for this moment of Now. In such a moment of gratitude, you are really living!

How to age gracefully | As you grow older, the time and energy you have left to live diminishes. As many ego-driven people age, they spend this valuable diminishing time and energy attempting to look younger than they are. But they cannot beat gravity or the ageing process.

Realize that it is who you really are that makes people truly want to be with you or not want to be with you. Then be the best person you can be. Use the time you have left to fulfill your real purpose in life, which is being Love. Use the time you would otherwise spend in the beauty parlor, in front of the mirror, or in plastic surgery to serve others, to share your knowledge, your skills, your kindness, to learn something new, to develop your humanity, to grow into your wrinkling skin with dignity, pride, and wisdom.

Smile at everyone and everything, and let your inner beauty shine through. Embrace the moments you have left with your family, friends, and even strangers who may become momentary friends in the Now. Say yes to every moment of life and know the profound secret of **AGE**.

AGE—Always Growing and Evolving

# Breathing

### Breathe

### Quality breathing |

Productivity is one of our measures of success and self-worth. Work, produce, feed your family; sleep, work, produce, feed your family; sleep. ... To work smarter (rather than harder) and produce more, feed your family better, and sleep more peacefully, make some time each day to do nothing!

Try waking up thirty minutes earlier each morning to look out your window and see the stars or the sunrise. Then sit or lie down, relax, and observe your breathing. Sit in stillness and do nothing. Just be as you are Now, consciously.

Each breath allows you to be conscious of each present moment. Each moment arrives and passes with each breath. Moment by moment, breath by breath. Smile as you consciously experience each moment of Now. When you arise from doing nothing in this way, you will be calmer than before. You will be better able to be in the present moment. And this will make your life more effortless. It will also open you up to inner guidance. You will become more intuitive, more present and aware. This will enable you to work smarter rather than harder. And your productivity and perhaps your income, your family's happiness, and your sleep will also improve accordingly.

These are just some of the benefits of learning to do nothing in the Now.

**Consciously breathing** | In the midst of a panic attack, when you feel you can't cope at all, when your heart is pounding with fear and anxiety, when your mind is racing out of control. ...

#### STOP!

Go to a place where you can sit quietly—perhaps in your car alone, on a public bench, under a tree, or in a church, temple, or mosque. Now close your eyes and do nothing. Simply notice your breathing. Don't think—just observe your breath coming in and out, effortlessly, all by itself. Don't try to change or do anything – just breathe. Keep your eyes closed, relax, and just breathe.

Relax into this moment, into your body, into your chair, and just breathe. Allow this moment to absorb you. Allow this moment to hold you, cradle you, sustain you. Allow this moment to just be, as you breathe and let go of everything.

Now slowly take a deep breath, open your mouth, and yawn. Exhale, relax ... and yawn again. And again. Open your eyes slowly, breathe deeply, rise from your sitting position, and stretch like a cat waking from sleep. Now, put your attention on this moment. Allow this moment to be as it is. When you have fully accepted this moment, put your best foot forward and allow your inner guidance to tell you where to go and what to do Now.

Conscious, present, and aware, take one step at a time in the Now—and Now, and Now—on the path of your unfolding life.

**Circular breathing** | When things are going a little too fast for you and you feel about to spin out of control, try a simple breathing exercise to slow things down.

Find a safe place where you can sit and relax. Close your eyes. Visualize a clock face. Now breathe in slowly, deeply, and see the second hand move from 12 o'clock to 6 o'clock. (You're not really taking a thirty-second breath; you're just visualizing the second hand moving that distance from the beginning to the end of your inhale. You'll do the same thing when you exhale.) When you complete the inhale, exhale slowly, seeing the second hand move from 6 o'clock back up to 12 o'clock from the beginning to the end of the exhale.

Do this circular breathing for a few minutes. Your thoughts should have stopped spinning as you focused on your deep circular breaths. At this point you should be calm, relaxed, and conscious in the Now.

Now open your eyes and look around. Using all your senses, experience your present environment; even let your sixth sense, your intuition, kick in. You may find that you feel lighter, elevated, serene, and connected to your environment both sensually and spiritually. You may find that your perspective and mood have shifted from agitation or anxiety to gratitude and peace.

> Welcome to the experience of your own Soul in the Now!

**Breathe in the Now** When you've become identified with your body, your problems, your thoughts, fears, and beliefs; then choose to stop, close your eyes, and be your breath. You, as a mind and body, no longer exist. In this moment, you are only your breath. Breathe and say silently:

"I am only my breath. I am breathing in and out. I am breathing in Now. I am breathing out Now. I am shallow. I am deep. I am natural. I am relaxed. There is no self here. Just breathing, in and out."

Notice the full cycle of your breath. Notice when your in-breath turns and becomes an out-breath. Now notice when the out-breath turns and becomes the in-breath. Just let your breath come in and out. Observe your breath. Feel your breath. Be your breath. And breathe in the Now.

**Finding the gap** Stillness is the gap between your thoughts. All meditation seeks to find that gap. But there is another gap you can find. That is the gap between your in-breath and your out-breath, and between your out-breath and your in-breath.

Breathing normally, this gap occurs every two seconds. Consciously observe the cycles of this gap for sixty seconds, and you may see how it opens up into the Now. Can you give sixty seconds for inner peace? Can you give sixty seconds for inner peace once a day, twice a day, or even once an hour? If you do, the quality of your consciousness and your life will measurably improve.

Use the natural breaks life offers you in a day to notice your breath and observe the gaps. When you are stuck at a red light, waiting to be served in a restaurant, standing in a supermarket line, waiting for an elevator, waiting for your computer to boot up or a new page to load, use these mundane breaks to consciously relax, breathe, and enter the Now.

## Gap

**Finding wisdom** | Your mind is like a powerful computer. It stores information, facts, opinions, knowledge, and makes assessments, observations, judgments, evaluations, and decisions. But your mind cannot truly experience anything. It merely observes, contemplates, and registers experience. Only your Soul, your Essence, the Part of God inside you, can truly experience something. The mind witnesses but the Soul feels. The mind has knowledge but the Soul has wisdom, wisdom which is based on experience.

To learn to live in the Now, you must consciously observe your thoughts, your emotions, your reactions, and responses, being aware that You are not your thinking, reacting, responding, ego-based mind.

To be in the Now, do not judge, remember, or project onto what is happening Now. Stay in the Now by finding the gap between your ego-based thoughts. There you will find stillness and, in that stillness, you will experience a Presence so profound, so infused with wisdom, inner peace, and Love, it is beyond the ability of words to describe, beyond the capacity of the mind to grasp—accessible only to your Soul.

**Finding the gap between your thoughts (1)** So, how do you find the gap between thoughts? By identifying each thought you have with a starting and a finishing point.

Start – I must remember to turn on the oven on at 7:00 p.m. – Finish. And so on with the next thought – Start. ... Finish. And so on with the next thought. And so on and on.

By recognizing that it is not the real You, the conscious You, doing the thinking – **it is the thinker you imagine to be you** – you become an observant Watcher or Witness to each thought, to the process of thinking, and to perception itself.

As a Watcher or Witness, merely observe the thought without adding an opinion, judgment, praise, or criticism. Don't energize the thought or give it oxygen to exist by reacting to it. Simply witness it and let it go on its merry way. Ego-based thought changes when it is only watched but not reacted to. Conscious witnessing and non-acknowledgment of thoughts will cause thoughts to diminish and at times cease. As the thoughts diminish, wider and wider gaps open up between them. If you practice long enough, eventually you have large gaps without thoughts.

You will be alert and aware in these gaps without thinking. You will know Love, joy, bliss, and inner peace in the stillness.

# Welcome to **meditation**! You have the right to remain silent!

**Finding the gap between your thoughts (2)** When you do things in order to get what you want, your focus is your end goal. That is how you miss the present: by projecting a future. You put on your clothes in the morning so you can go to work, school, or play. When you are dressing, your ego-based mind is not in the present as you button your shirt; it is in the past or the future.

Doing things to get them over and done with and out of the way so that you can achieve your objective is treating each precious moment between Now and the attainment of your objective, as a waste of time. This attitude and habit of treating each precious moment as a mere means to an end is like wasting precious drops of water in a sun-baked desert.

Be fully in the moment in every action: while dressing in the morning, making breakfast or coffee, driving to work, or any other moment of doing. Cultivate awareness of each moment in its fullness, for its own sake.

Fully present in this moment, your ego-based mind cannot flit to your past or project into your future. Your mind is not always needed; you can fulfill most of your repetitive functions on automatic pilot. But awareness in the present moment imbues the moment with joy, peace, and presence, regardless of its mundane activities. It allows a space or gap to open through which you tap into the Infinite Intelligence present in the stillness beyond your ego-based mind and all its thoughts.

Each moment is a beginning and an end in itself, not a means to an end later in the future. The present moment is not found by your mind's thoughts, but in the gap between them. When you glimpse the gap between your thoughts and tap into Infinite Intelligence, you experience the Source of Creativity.

# Mindfulness

What is mindfulness? | Mindfulness means being totally present and fully absorbed in each moment. Mindfulness is acceptance of "what is Now" with total awareness and non-judgment. In mindfulness, you are present in the Now as the sacred moment it is. In mindfulness, things once viewed as enemies are now welcomed as friends, and things once clung to in fear are now released in Love.

Mindfulness is not the doing; it is the being in the doing, which is consciously experiencing the experience. If some emotional baggage is blocking your path, you ask yourself, "What is not allowing me to be in the present moment of Now?" When you identify it, you embrace it, sincerely forgive yourself and any other parties involved, and are grateful for an experience that has enabled your Soul to grow.

To be mindful, move your attention away from your thoughts to what you are doing and experiencing now. Use all your senses to experience your doing and your being Now. Don't think—be! Experience your being and doing Now, with all your senses. Mindfulness is Oneness with what is Now.

> It is how you move from **egotistic human doing** to **Soulful human being**.

How To Live In The Now

Are you really an angel? Is there someone in your life who just gets up your nostrils, who seems to push all the wrong buttons, who makes you bristle, and sometimes just lose it? Remember, it's the aggravating grain of sand in the oyster's shell that creates the pearl. It's the intensity of the earth's compression that creates diamonds and oil. It's rainstorms and monsoons that nourish the earth and make the plants grow that give us food and oxygen. And it's your annoying person who enables you to identify what your ego is still protecting as an emotional wound.

Your emotional wound is an energy blockage your ego is protecting, and this annoying person is mirroring that wounded place. Bless this person Now and thank them for helping you identify and heal an emotional wound with the power of awareness and Love.

Regardless of their human quirks and flaws, this person is an angel enabling you to ascend to higher energy-vibration frequencies by releasing an energy block. Not all angels have cherub faces and white wings. Some have flaming torches which, when applied to your rear end, can get you moving upwards!

## Mind

Your mind and your thoughts are not to be trusted Your mind is a central processor. It processes thoughts, information, and experience. Some thoughts originate from the stimulation of your five physical senses: sight, hearing, touch, smell, and taste. Some thoughts are intuitive and of the Soul.

Emotions and memory are stored in and emerge from the subconscious and unconscious minds. The conscious, subconscious, and unconscious minds are all parts of your one mind – the central processor.

This central processor can be likened to a ventriloquist and his dummy. The ventriloquist arrives on the stage with a suitcase. In the suitcase is a lifeless dummy made of a pile of clothing and a mask for a face. The ventriloquist opens up the suitcase and removes the dummy, which he then makes appear lifelike with a personality, attitude, and sense of humor. The ventriloquist projects his voice to make it appear as if the dummy can talk, and a lively conversation ensues between them, usually much appreciated by the audience. After the show the dummy goes back into the suitcase to become what it always has been – a pile of clothes with a mask.

Your mind, like the ventriloquist and his dummy, processes and projects your thoughts, which are created by the stimulation of one or more of your five physical senses, your subconscious and unconscious minds, intuition, memory, and emotions, and even by your Soul.

But your mind is not who you are; you are neither the ventriloquist nor his dummy. The mind is the central processor of the show. Many people believe that they are their minds or aspects of themselves their minds perceive – their personalities, their characters, their sense of self or self-image.

### Your mind is not reality.

It is perception based on what you think, consciously, subconsciously and unconsciously. Ask two drivers involved in the same car accident what happened and two different realities emerge. Sometimes you wonder if they were involved in the same accident! Ask a couple going through a divorce to describe their marriage and you will get two different realities and, once again, you may wonder if it was the same marriage.

### Your mind is not reality, nor aware of reality.

Now that we have blown your unreal mind, we will now show you that there is no truthfulness in your thoughts!

A thought is an illusion passing through the mind. A good illusionist can convince you that the seemingly impossible is possible. People and animals on the stage can disappear in front of your eyes and reappear at the back of the theatre. Is the illusion reality? In the same way, like a master illusionist, your thoughts can deceive you into believing the untrue and unreal.

### Do you trust your thoughts now?

It's a hot, sticky summer's day. What you wouldn't give for a cold beer or an iced tea! You see it in "your mind's eye"; you drink it down until you've drained the glass. Are you still thirsty? Of course you are! The thought was not reality.

You may turn the thought into reality by going to get a long, cool drink and actually quenching your thirst. Your sensory experience of heat and thirst provoked a thought that your action turned into reality. So, do your thoughts have any substance? Are they real or imaginary? If your mind is "full of thoughts," is it full of something, full of nothing, full of illusions, full of emptiness?

Is your mind-created sense of self and world real or illusionary? Is your life that your actions have created on the basis of your thoughts real or illusionary? What is real in your life? What is true about your existence?

When you are alive, you appear to be real to other people who are also alive. But when your body is dead, are you no longer real? When your body is dead, where do You go – you who were the life of the body and the consciousness of the mind?

We can't answer that question for you now. All we can tell you is that You are a Soul, a Part of God, inhabiting a body, with a mind as a central processor, on this visit to the Earth Plane of existence.

The real question isn't where do you go when your body dies, but how do you find and live as the real You while on Earth? You are found in the space between your thoughts, in the stillness within your mind, in the present moment of Now. In this space, when your mind is silent Now, the real You can be found. In the Now you will find You, Being, Reality, Truth, and God. In the Now everything flows effortlessly in the rhythm of the Universe. To access the Now you have to see through your processor mind and its illusionary thoughts. To access the Now, trust God to give you what you need when you need it for the highest growth of your Soul. To access the Now, welcome everything and everyone—become Oneness. Meet without judgment, trusting that whatever enters your space Now can serve your ultimate growth and good.

So let go and let God in, and discover the God Who is always with you Now.

These are not my Soul's thoughts Now Sometimes your ego-controlled mind separates you from the Now by taking you back into your past or forward to your future, or bombarding you with negative, unproductive thoughts about yourself or your life. Instead of believing and accepting such thoughts as if they are true, see them for what they are: illusionary products of the mind superimposed on the Now.

Remind yourself, "These thoughts are not of my Soul, but of my egobased mind, and I reject them Now!" Then simply let them go and rest in the space between thoughts, in the Now, where God always is.

Where are your thoughts Now? How do you not live in the Now? By allowing your mind to distract you with its endless thoughts. How do you live more in the Now? Analyze how your mind distracts you. Notice when thoughts arise, the kind of thoughts that arise, and rest in the spaces between them. Be conscious of how and when your mind is distracting you, and then shift your focus to your breath, your body, your actions, and your Being in the Now. See yourself stepping out of your mind into the Now, cleansed and naked of thoughts, the way you step naked out of the bath or shower.

Don't pollute or desecrate the sacred moment of Now with negative thoughts and feelings of what is not Now—with fantasies, memories of the past, and future projections. If someone said to you, "Here is a wonderful Belgian chocolate. Savor it now," would you say, "No thanks—now I would prefer to remember a bitter fruit I spat out yesterday, or worry about the future of the world economy?" Probably not. So, why exchange any moment of Now for useless memories and worries about the future? Learn to let go of the past, trust the future, and savor what is Now.

**Never mind** | Mindfulness is awareness perceiving through the mind. But the mind has limitations as it operates through your brain. Striving for no mind means emptying or quieting the mind, which means changing your brain waves to reach a state of "never mind."

> If you never mind, you will find the stillness in your Soul, where the silence whispers "Peace."

So remember, when anything happens:

Never mind Stillness Silence Peace

Left, right, left, right, left | So, the million dollar question is: How can you stop ego-based thoughts and feelings from disrupting your awareness Now? How can you stop the voice of Ego in your head? How do you silence the continual chatterbox of thoughts, conversations, doubts, fears, hopes, and dreams within?

Well, there are only two voices in your head. There is the **Ego**, which only deals with thoughts or fantasies about the past or the future; and there is the **Soul**, which only deals with the Now. You want to keep the Soul's Now thoughts and get rid of the Ego's thoughts? Play a game with yourself.

Every time you have an ego-based thought, touch your right thigh with your right hand.

Every time you have a Soul-based thought, a Love-based thought, touch your left thigh with your left hand. By being conscious of your thoughts and becoming the **Observer** or **Watcher** of your thoughts, you immediately come into the Now. Conscious awareness of your ego-based thoughts allows you to nip them in the bud before they develop. Gradually, with persistence, your ego-based thoughts will start to diminish.

**Bring an empty mind with you!** The Now is a place of silence, peace, and contentment. This silence, peace, and contentment can be found on a busy, noisy street or alone in a forest. If you could be devoid of any thought for a moment, you would know the silence, peace, and contentment that are always present, regardless of your present location.

The present moment is always silent and peaceful, full of God's Presence, full of Love.

It always invites you into God's Space Now. If you enter this present moment with a mind empty of thoughts and feelings and projections, you will experience the fullness of God's Presence, peace, and Love.

When you silently experience what is Now, unconditionally, without egobased thoughts or feelings, you are truly present in the Now. If you bring ego-based thoughts and feelings into the present moment, you will experience the quality and content of those thoughts and feelings rather than the peace and stillness of the Now.

So, give yourself permission to leave your mind with all its thoughts and feelings behind, and enter the Now. Say "Goodbye, mind and thoughts. Don't worry; I'm not going forever, I'm only going for Now!" Then be in the Now.

**Out of my mind – back in twenty minutes** | Just as there is only one emotion – Love—there is only one state: no mind. But hang on a moment—there is also fear as an emotion. Fear arises when the mind thinks something you Love is about to be lost. So it's the fear of losing something or someone (including yourself) you Love that creates fear – but it stems from Love, the only true emotion there is.

Well, then, I have a mind, so how can no mind be the only state? No mind is Now. There is only Now, no past Now, no future Now, only Now. When you engage your mind through your ego-based thoughts, then you are not here Now; you are lost in illusions of the remembered past or the projected future.

No mind is the gap or space between thoughts.

This gap or space is where consciousness is, Now, in God's Space. The more you visit this God's Space, the more present you will be, and the more out of your mind (or "never mind") you will be.

Carry a mental sign that says, "Out of my mind – back in twenty minutes!"

# Healing

The healing presence of Now Some people judge other people only from their outsides, not knowing what is going on in their insides. But you cannot rightly judge from appearances. Have you ever been churning with anxiety, fear, or frustration, while you managed to keep up a pleasant outer appearance? So, it's useless to judge other people's outsides. In fact, it's useless to judge anyone at all.

If you're present to yourself, your insides will tell you how you are really feeling about something or someone. Are you experiencing a tightening sensation or a queasy, uneasy feeling in your solar plexus? Are you feeling a thrill of joy in your heart or pleasant butterfly sensations in your tummy? By investigating your insides, you are taking responsibility for your sacred inner space.

Are you accepting or rejecting what is Now? Are your thoughts in this present moment friendly or unfriendly to your inner well-being or to the person or circumstances in front of you? Are you harboring anger, resentment, hatred, fear, jealousy, greed, animosity, or any other unfriendly sentiment? Where would you like that poison to go – to your heart, your breasts, your prostrate, liver, lungs? Or would you like to release it into the stillness of the Now to harmlessly dissipate? Choose quickly or the choice will be made by default.

If these negative thoughts and feelings are very deeply rooted in the fear of loss, it may take you awhile to get to acceptance, where the healing presence of the Now can halt and undo the damage. The damage your negative thoughts and emotions do to your body and mind is not what you would choose if you were conscious and present in the Now.

So, learn to accept what is before you Now; say yes to it and embrace its transforming and healing potential as you grow spiritually in the Now. Then your peaceful outsides will mirror your blissful insides.

The blessings of enemies | Do you have an enemy in your space? Someone who seems intent on disturbing your peace or doing you harm, as if his or her sole purpose in life is to deprive you of happiness? When such people appear, your Ego wants them removed, preferably permanently; it may even fantasize painful and unpleasant forms that removal might take.

But consider the person and situation from your Soul's perspective. These seemingly hateful, harmful people and circumstances may be a kind of mirror reflecting how you think, feel, speak, or act toward yourself and/or others in your life. This may, in fact, be an opportunity to move from Ego to Soul, from Fear to Love, in the areas you now identify where you can be more accepting and loving. How To Live In The Now

Now thank your enemy, either vocally or silently, for bringing this hidden darkness within you into the light to be healed and transformed. Once that job is done, with your attitude changed from anger, resentment, or hatred to understanding, acceptance, or Love, that person is likely to either change as well, or move out of your space and on with his or her life.

From the perspective of karma, past lives, and reincarnation, you and your current enemy may very well have a Soul Contract, which is being played out now. Perhaps your enemy has agreed, at Soul level, to be this difficult person in your life now so that you can find and heal the hidden darkness within you, or perhaps experience that which you were to others in a previous lifetime. From this perspective, you can also thank your enemy, either vocally or silently, for serving the growth of your Soul.

By understanding and forgiving this person's current actions toward you, you heal your own past Karma and present darkness.

Extending forgiveness to your enemy, by thinking or saying, "Thank you for giving me the opportunity to commence my healing process; I now release you in Love," you turn Fear and Anger into Love and move from Ego to Soul Now. When you can thank your enemy, pray for your enemy, and release your enemy in Love, that person will probably either change, move out of your space, or even become a friend.

#### What a blessing an enemy can be!

### Pain and suffering

Pain is physical; suffering is emotional.

And much suffering occurs when Ego chooses to be a victim of circumstances. When you experience emotional pain, know it is not happening to you, but it is happening *for* You to realize that Love is missing now. PAIN— Past Anger's Illusions Now VICTIM— Verify I Call Trouble Into Manifestation

Pain is often a subconscious expression of an absence of Love. Each part of the body that is painfully affected tells its own story of Love withheld. At the root of much of our pain and its accompanying suffering is our **emotional resistance** to what is Now.

Our resistance to what we judge and find unacceptable, in ourselves and in others, is often internalized and repressed until it becomes a festering emotional and often physical wound or malady in our physical body. Then our Ego does its best to cover up the wound to protect us from further pain and discomfort. At a certain point we must ask ourselves if we want mere relief from our pain or an actual cure. Relief is a temporary respite from suffering in our physical or emotional being; a true cure is a transformation of our physical or emotional being by the Power of Spirit.

If you are determined to cure yourself, then God is waiting to help you in the Now.

Holding onto illness to give your life meaning | Do you know people whom use their illness or injuries to give their life meaning? Are you one of them? Generally speaking, as people get older, their increasing aches, pains, and frailty dominate their thoughts, words, and actions, and justify increasing inactivity of mind, body, and soul.

Your energetic state of beingness and your awareness of Oneness, or lack thereof, reflect your physical, mental, and emotional status of health or unhealthiness. To be blunt, if you were in the consciousness of pure Oneness, your physical, mental, and emotional states would be resolved in the bliss of Oneness, and nothing could hurt or injure you in any way, even if your body died. How To Live In The Now

Your desire to remain separate from God, from Oneness, maintains your energy-vibration frequency at a lower level where all the dramas of the body and world affect you. When you desire and seek to know God in Oneness, you may very well encounter physical and emotional health problems as unresolved issues create blockages in your energy-vibrationfrequency field. These unresolved, often deep-seated issues are invariably rooted in fear of loss and lack of Love. Your authenticity and integrity are essential as you identify fears from your past and fears about your future at the root of these blockages.

Love, forgiveness, compassion, understanding, and the need to feel and release these fears are required for your healing now. Identifying and fully feeling these fears begin to release these blockages. These fears and the feelings which they generate are emotionally charged thoughts often attached to an imaginary story with no ultimate reality. In the imaginary story it seems that there must be a winner and a loser, a villain and a victim. But these roles, like the stories themselves, are also illusions.

Simply accept what is in your life Now and release all attachment to outcomes. Simply love what is in your life Now, with no regrets, apologies, or excuses.

Good health will be yours in the Now!

# Our breath plays a very important role in our life. The breath is the connecting link between the inner world of the mind and outer world of the body and environment.

Sri Ravi Shankar 1956 AD

Source: 5000YearsofWisdom.com

# You are one of the forces of nature.

Jules Michelet 1798-1874 AD

Source: 5000YearsofWisdom.com

# chapter 6 Awareness

# Becoming aware

### Be in awareness Now

Awareness is to be sought beyond mindfulness in learning to live in the Now. Mindfulness is a brain/mind function that implies limitations. Awareness is a Soul/Consciousness function that implies no brain/mind limitations. Awareness is the consciousness You already are, always in God's Sacred Space Now, always connected to God's Presence, always One with God already. This awareness is who and where You were all the time, even before you remembered to be here Now.

So, to be in awareness Now is to be who You always are in every moment of Now. The awareness that you are in the Now is joy, bliss, inner peace, and unconditional Love.

Is there anywhere else you would rather be?

How To Live In The Now

**Feeling awareness** Shhh! Hush.... Be still now. Don't think ... just feel. Can you feel a vibration in your body, in your being? What you feel is your energy-vibration frequency. Now ... just be aware of your awareness. Be aware of what is showing up in your life right now. Don't judge, label, interpret, react to, or form opinions about anything. Just notice what is real and true about this present moment. By consciously noticing and feeling your present experience, without mental chatter, you may realize you are Awareness or Consciousness. Noticing that you are Awareness, you can let everything you are aware of just be whatever it is, without judging, reacting, or forming opinions out of thoughts.

Just be aware of all the multiple parts or aspects of this moment. Be aware with all your senses, your feelings, your extrasensory perceptions. Such awareness opens you up to insight, intuition, and inspiration. Such awareness allows Essence/Soul/God to inform your thoughts, words, deeds, and disposition. Through such awareness, Essence/Soul/God speaks to you directly in the stillness of your Being.

Awareness in being The content that you are experiencing now has already vanished into the immediate past. Your ego-controlled mind can only function by reflecting on the past and projecting into the future. Your Being, your Soul, the Part of God inside you, only operates in the Now, in God's Space.

Awareness is the vehicle through which your Being enters the Now. Awareness is reading these words now. Awareness is present in every moment of Now, in the only place awareness can ever be. Awareness is without a need to think about or understand content.

### Awareness Is **Being**.

Awareness is timeless, in the here and Now, eternally. Awareness is consciousness being itself Now. Awareness lives in God's Presence. There is nothing for you to do now. Be the knowing of this moment, the Awareness, the consciousness of Now. Be still and know that I am God. Be still and know the Awareness You are.

Be still and notice:

Only Awareness is present Now.

Be Awareness Now.

**Breathing in Awareness** | Gratitude is achieved by counting your blessings now. Awareness is partially achieved by counting your breaths now.

Breathe in and count one. Breathe out and count one. Breathe in and count two. Breathe out and count two. And so on up to ten. Then start again at one. And so on.

If you lose count by losing your awareness of this moment, then start again at one. When your Awareness stabilizes, there's no need to count anymore; simply focus on your breathing. If awareness fades, return to Awareness by following the length of your in-breath and the length of your out-breath.

Another Awareness Breathing practice is to measure the length of each in-breath and each out-breath by counting one, two, three, etc. When you are lying down, sitting, driving your car, waiting in line, walking—wherever possible, measure the length of each in-and out-breath. Whenever possible look to expand it by an extra count, providing there is no exertion involved.

If you prefer to substitute using a sentence rather than counting, then treat each word as a count of one.

For example, a count of four could be "Love is all around," a count of five could be "Love is all around me," and a count of six could be "Love is all around me Now," etc.

Breathing in awareness will keep you focused in the Now.

**Become the Watcher** You don't have to feel good or feel happy or feel anything in particular. Simply feel the way you are feeling now. You don't have to still your mind or empty your mind or do anything to your mind now. However you are feeling now, however your mind is now, let it all be as it is now.

Your awareness of how you are feeling now and how your mind is now is what makes the difference between consciousness and unconsciousness. The content may be identical in both cases, but in each you are in a different position relative to it.

By consciously observing how and where you are Now—the content of the moment—you are less likely to become unconscious or lost in it. Simply observe yourself and what is arising in you Now.

Become the Watcher Now.

Acknowledging awareness Acknowledge the presence of a thought or a feeling as it arises in you. Be the Watcher, the observer of your thoughts and feelings as they arise now. Silently express to yourself what you are experiencing.

"I've just had a thought about my beloved and how much I am looking forward to tonight."

"I've just had a thought about preparing tonight for my presentation tomorrow."

"I'm feeling sad about having to tell my beloved that our plans for tonight have to be postponed."

"I'm feeling happy about being selected to make the presentation tomorrow."

Recognize all feelings and thoughts as they arise. At times when no feelings or thoughts arise, simply observe this with awareness. Gradually your mind will come under the control of your awareness or consciousness (rather than the other way around), making you "mindful" of each present moment of Now as they occur.

Acknowledging each thought and feeling that arise without dwelling on them makes your Awareness of Now more conscious and acute. Observing and acknowledging what is now keeps you in Awareness of the Now.

**Conscious awareness** | To center your Awareness and be conscious Now, pick a spot on your body and "see" your Awareness there. Start with your heart.

Imagine your heart pumping away and see it filled with awareness. Focus, without thoughts, on your heart right now. Close your eyes and "see" your heart infused with Awareness. You may notice a feeling of Peace that comes. The longer you can do this, the more at peace you will be.

Awesome or "awesum"? | There is awesomeness in Awareness. When you look at any object in God's Creation, behold with awe this miracle of creation. Do not judge it, criticize, or praise its component parts. Simply be struck by its beauty, its uniqueness, its Essence.

Behold its awesomeness.

Whatever you look at is a Part of God's Creation, a Part of God, and a part of You who are—Part of God and God's Creation. Behold yourself in the Awareness of who You are as Part of God and God's Creation. Now be in awe of who and what You really are—an Awesome Being, a Part of God, and a Part of Oneness which is the sum of All Now.

### AWESUM!

Awareness is seeing | Awareness is seeing the deeper reality behind the surface of things. Mother Theresa saw the face of Jesus in every beggar

she tended to. Perhaps it's time to see God in your spouse, in your children, in your family, in your friends, and even in your enemies now.

Awareness is this seeing. But you may have to **believe it** before you see it manifest in God's time.

A space for awareness | Ever watch serious bird-watchers at work? Cataloging birds is serious stuff, you know. Sometimes it's almost grim. The most serious bird-watchers are too busy watching and cataloging to marvel, too busy to smile and be happy or joyful. They are like the "tickbirds" which sit on rhinos determinedly taking off ticks; similarly, these bird-watchers tick off the 400 birds they have seen, oblivious to the beauty of the birds and their surroundings, as they stick to their task of listing the species they have seen.

Imagine if birds watched people and made lists. That would make them people-watchers. Imagine if the birds being watched were watching the people watching them, cataloging all the different kinds of bird-watchers they saw! Imagine if these people-watching birds were too serious to chirp and tweet and be happy and joyful!

To fully appreciate birds or anything worthy of looking at, do not name or "catalog" any object your eyes behold. Don't judge or analyze it in any way. Be the space within which the object exists. Be Awareness with no mind and no thought. Allow the object's uniqueness to fill the space of Awareness that you are, without any defining, naming, categorizing, or commenting. Let it simply be in its Beingness in the space where it exists. Don't think but just be absorbed in your Awareness and appreciation of its Beingness. Sense an alert Presence awakening Now in your stillness. Feel the beauty of each object merge with your beauty Now. **Surf's up!** When the ocean is relatively calm, a wave comes out of seeming nothingness, builds in momentum, reaches the apex of its form, and subsides back into the ocean without a trace.

### Each moment in time is like that.

If you are an experienced surfer, you will know precisely how to time and ride a wave for maximum enjoyment. If you are aware in the Now, you will know precisely how to time and ride the moments of life for maximum meaning and enjoyment. So be present and aware in the Now. Pay attention, stay focused and balanced, and ride each moment of life to the fullest.

**No longer bored** | Ever been trapped in a conversation with a longwinded bore? Your impatience grows as the seconds feel like minutes. You can't escape; you are stuck! Will the long droning story never end?

Now is a good time to practice Presence.

Really look at the person talking to you. Study the person's face, expression, eyes, hairstyle, clothes, and body language. Feel where your impatience and annoyance register in your body. Feel the tension in your body, your face, your jaw. Relax your body and your face, and allow your jaw to drop open slightly.

Notice and accept the Ego who is talking to you, but relate to the Soul behind the Ego. See the person before you as if for the first time. (You can never be bored if you stay in the present moment of Now. Boredom is just a state of unconsciousness.) Who cares whether the story the person is telling is boring or even true? Make the point of this encounter a meeting between two Souls.

Gratitude | You can also experience awareness as gratitude and joy. When you recognize the abundance of goodness and blessings in your life, you experience that awareness as gratitude and joy in God's Presence. The awareness of life's goodness and blessings connects you to God's Presence Now. And that awareness—full of joy, peace, and Love—is everpresent within you, knocking on the door of your Soul, inviting you in.

**Make this moment special** | This is it. This is the moment you have desired. And this moment. And this moment.

Where, what, how, and who you are Now and have been have all conspired to bring you to this moment, this occasion, right here, right now. Now you must decide how to be in this moment, with this moment. Will it be a special moment or a regrettable moment?

> If you come from **Love**, it will be special. If you come from **Fear**, it may well be regrettable.

How do you make each moment special? Be fully present and aware Now, with all your senses: when you are talking to someone, when you are driving your car, when you are cooking, cleaning, relaxing, exercising, arguing, working, making Love. When you are with children, look them in the eye and really listen to what they are saying.

You have called this special moment into Being. So be Love in this moment.

Being Love Now will make this moment special, no matter what it contains.

### Consciousness

### Consciousness awakening Now

Knock, knock.

Who's there?

Nobody!

Nobody who?

No body, just a Soul.

Well, what do you want at my door?

I want you to experience Emptiness.

What is Emptiness?

It is a space without boundaries and limitations.

But doesn't that include everything everywhere?

Exactly! Emptiness is all-encompassing. It contains and fills everything that is.

Then it contains you and me right now.

Precisely. We are all arising in emptiness, filled with emptiness, One in emptiness.

So everything and everybody is made of emptiness?

Yes. You might say that everyone is no body, and I'm knocking at my own door Now!

I think I'm getting it! We are all no bodies Now in our Oneness!

Yes, you've got it!

Well, then, come in!

**Space consciousness** Can you see space? Outer space and inner space? Can you see the space within, in the darkness, when your eyes are closed? Can you see the space between you and the sky? Can you see the space between your eyes and the page of this book you are reading Now?

Become conscious of this space which is everywhere you look, whether your eyes are open or closed. Everything in creation exists within this space Now. Relax and be aware of the space that always surrounds you Now, in which you exist Now.

It's that simple to be conscious of Now.

**Choose consciousness** | Do you remember the last time you felt fully present, alert, and alive? When all your senses were heightened? When you experienced something that took you out of the awareness of time, into the timelessness of the present moment? When being present in the Now made this moment so full of meaning that the past that formed you and the future that concerned you did not exist? When all that existed was this moment, as time stood still?

MEANING—Me Experiencing Aliveness Now IN God

In such moments you are in God's Space, which is only found in the Now. In such moments—conscious, aware, and alive in the Now—you vibrate to the higher frequency of your Soul.

> Choose to be conscious **Now** in God's Space, and come alive in the higher energy-vibration frequency of your Soul.

Image consciousness | Who are you? Are you your ego, the image you portray to the world, or are you a Divine Soul "made in the image of God," the Part of God within you made visible Now? What is this Divine "image" that is your Soul? Think of it as "I'M—AGE." What is AGE?

AGE—Always Growing and Evolving

With this definition, to "act your age" means to be always growing and evolving. If the image you portray to the world is based in this reality of your Soul, how much more will you be admired, respected, and loved than if you are merely acting like your Ego? In the end, all we are trying to get from one another is Love. When your defining image is your Ego, the things you do to be loved are either superficial actions or actions driven by superficial motives.

For example, choosing plastic surgery or wearing the latest highfashion clothes and accessories, or buying an expensive luxury car and a big house on the hill are ways the Ego tries to create the perfect face, body, appearance, and status in order to be loved.

But does it work? Not really. Only other Egos will love your Ego for such superficial reasons. And it won't be real Love, because no Ego is capable of genuine Love. Only the Soul is worthy of and can give and receive Love.

So, save yourself a fortune and years of struggle, effort, loneliness, and pain in a futile search for Love on Ego's terms. Live as your Soul, **Always Growing and Evolving in God**.

Don't let superficial externals drive your search for Love. The latch on the gate of self-improvement, of growth and evolution, is within you. That's why it is said that spiritual growth is an inside job. When you live as your Soul, **Always Growing and Evolving in God**, the Part of God you are within becomes visible to others from the outside.

So, if you really want to be loved, begin to live as your Soul rather than your Ego. And remember to ask before you think, speak, and act, "What would Love do now?"

Be "brainwashed" with Love-filled water Research into the power of water by Dr. Masaru Emoto, initially published in *The Hidden Messages* of Water, a New York Times bestseller, is literally life-affirming knowledge. All things in the universe, from the largest planets and stars to the subatomic particles of which all matter is formed, have their own intrinsic energyvibrations or frequencies.

You are made of matter and spirit, and you also have your own energyvibration or frequency. So does everyone else. Some people are "on the same wavelength" as you (or vibrate at the same frequency), and others are not. Your body, including your brain, is composed of more than seventy percent water. Dr. Emoto's research shows that water is sensitive to a subtle form of energy he calls "Hado," translated initially as "wave fluctuations," but that he now calls "subtle energy in the universe."

Dr. Emoto's research pictorially shows how water crystals "blossom" when words such as "thank you," "peace," and "Love" are typed on a label and affixed to the vial of water to be tested. Conversely, the words "you fool" put onto another vial showed a deformed water crystal, far less symmetrical and beautiful than the water crystal that received a "thank you." Both water crystals were collected simultaneously from a mountain stream in a container holding a liter of water.

It's really no surprise when you think about it. You know how you feel when you are praised and, conversely, when you are criticized. You know how you feel when you are loved and when you are hated. With seventy percent of your body and brain composed of water, no wonder you are affected positively or negatively by the verbal and nonverbal messages you send to yourself and to others, or that others send to you. Our brains are literally being washed in the messages we send and receive daily. In the end, our choice of words and "messages" is a choice of vibrations we send, vibrations of peace and Love or hate and fear.

So, be conscious of the messages and vibrations you send to yourself and to others, for they are registered in the water of our beings. Fill yourself and others with Love-filled water by being Love Now.

# Watching

Watch out! Observe like the Watcher, and live like a Participant. Stand in the stillness of the Now where you always are and observe all that is going on around you. And live as Love in all your actions. Observe how people communicate and interact with each other. Notice how each person contains both light and shadow. Notice how flowers seek the light source. Listen to the sounds of traffic, to the hum of conversation at a party, to the birds chirping outside your window. Smell what's cooking in the kitchen, the perfume worn by the woman next to you on the elevator, or the musty odor of decaying leaves in an autumn forest. Witness the symphony of sights, sounds, and silences, of odors and textures, surrounding you. You witness this moment as you would a movie. Observe the world like a Watcher and witness the ever-unfolding moment of Now. And live in the world like the Soul, the Part of God that you are, and do whatever Love would do Now.

### Sensory

### Sensuality of your six senses

**Sensuous:** *adj.* – providing or characterized by gratification of the senses, appealing strongly to the senses.

Penguin Reference Concise English Dictionary

#### Now that we've got your attention - let's commence!

To be sensual, be conscious of this breath you are taking Now. Breathe in and breathe out, feeling it all the way in, and all the way out. Feel and be one with each breath.

Try that again Now, with this breath – be one with it; be sensual. And again. Now you've got it. Now just listen—listen and feel. Listen and feel all that you hear. Do not judge, evaluate, react to, label, or name what you hear. Just listen to it all. Listen, feel, and be at One with what you are hearing. Envision that you, the sounds, and the silence are all one big ball – and be at One with it all.

Now look at something, anything, and really see and feel what you are looking at. Look as if your sight has been miraculously restored. Closely observe its coloring, its texture, its patterning, its shape. If it is man-made, imagine all the effort, activity, people, things, and entities that contributed to the creation of it. If it is nature-made, imagine all the processes, substances, forces, and entities that were involved in the creation of it.

Can you visualize how all these things combined to create the one thing you are looking at Now?

Now be at One with this object you are contemplating so deeply. Imagine it looking back at you. Go up and touch it. When you touch it, really feel it. Feel its shape, its texture, its temperature, its perfections, its imperfections, its uniqueness. If possible, rub it between your thumb and forefinger, or gently rub it with your palm and fingers, allowing it to merge with you as if you were One. Can you feel it feeling you?

Now taste something—really taste it. Let your taste buds sense the subtleties and qualities within the overall flavor. Let the taste fill your mouth and senses. Now imagine the adventure of how it got from wherever it originally came from into your mouth. Imagine where the individual ingredients were grown, who picked them, who processed them or packaged them, and how many people were involved in getting these flavors into your mouth.

Can you sense the taste, the flavor, also tasting you, invading your senses Now? Notice how the taste is now part of you, and you part of it. Can you be at One with this taste now?

Now smell something—really smell it. Inhale the smell into your nostrils and feel its effect upon your senses. Don't judge, evaluate, react to, label, or name what you smell. Simply distinguish the subtleties or qualities within the smell. Whatever you are smelling has traveled a long path in its creation and development to be here Now with you. As the smell enters your nostrils and your body, can you distinguish what is you and what is the smell Now? Have you and the smell become One Now?

Now let's look at your sixth sense: the collection of all thought, data, information, knowledge, wisdom, experiences, behavior, beliefs,

perceptions, and realities accessed directly through your intuition. Whether you are standing, sitting, or lying down now, you are you. But, through your intuition, you are also your parents, your grandparents, their parents and their grandparents, and the entire collective of all the people who have ever lived.

If you consider the possibility of past lives and the reincarnation of your Soul into different bodies in many, many lifetimes on earth and other planes of existence, then you may in fact be a composite of countless people and entities. This is certainly more than you thought you were a few minutes ago!

The truth—and there are very few real truths—is that you are a Soul, which Soul is a Part of God, Being, Essence, Universal Intelligence, Spirit, or any other name that resonates as truth within you.

With your consent, we will use God as the name for ease of reference. As a Soul you come from God and when you pass away from this earth's plane of existence, your Soul will merge, once again, with God. Your Soul has a Soul Contract on this visit to the Earth Plane of existence to experience certain events, issues, emotions, and the like, with other Souls from your **Soul Group**. These experiences are required by God so that God can be God and know every experience through the beings He/She has created.

Your Soul is on a path of growth back to God, and it needs a body/mind as its vehicle to have these physical, emotional, and psychological experiences. While your Soul's agenda is growth in God, your ego's agenda is preservation of itself and the body/mind it inhabits. In the context of these writings, this Ego is referred to as the opposite of Soul. Here **EGO** means **Edging God Out**. Your primary spiritual task in this lifetime is to move from Ego to Soul.

Your sixth sense, your intuition, grants you access to all you have experienced so far in this lifetime: your childhood conditioning from your parents, your culture, your ancestors, your past lives' experiences (if you so believe), and, most importantly, your Soul and all that it knows, from all its lifetimes and all its life spaces in Spirit. The highest purpose of your intuition is to know God directly, to know and remember who You are, a Part of God or Love, and then to act according to your True Nature.

You are One with God, Who is One with everything.

How do you use your sixth sense, your intuition, your inside knowledge? In every thought, word, deed, and action, you ask, "What would God/Love do Now?" and then do it. If you do this over time, you will move increasingly from Ego to Soul, from Fear to Love, from being alone to All One.

What a sensuous experience that will be!

**Sensory triggers** | Some sensory triggers can help you stay in the Now. The Now is the only time you can experience your five senses. If you feel your attention drifting into the past or the future, then it's time for sensory perception reminders.

Touch something and feel its texture. Observe it closely and really notice its features and how this affects you.

Or hear something and the sounds and silence around it, and notice how it makes you feel.

Or smell something, noticing the subtle or varied aspects of the aroma and how that feels.

Or taste something, *really* taste it, noting the subtlety of its flavors and how that feels.

Use one or more of these sensual triggers the next time you feel stress, unease, anger, or fear. The feeling of fear comes from anticipating the future from the experience of the past. When you feel fear, identify where it first registers in your body. Do you get a crick in your neck or a suckerpunch feeling in your stomach? Do you clench your jaw or tighten your shoulders, chest, or back? Do you get a tension headache? Does your heartbeat race? Do your hands perspire?

When fear strikes, immediately apply one of the above sensory perception reminders of touch, sight, hearing, smell, or taste. This will bring you out of the fear of the future or anger or regret for the past by bringing you into the Now of sensory perceptions.

**Consciously sensory** Can you become intensely aware and conscious in this present moment? Can you hear every sound, including your own breathing, see intently what you are looking at now, smell what's in the air around you, feel the textures and pressures of your clothes, your chair, whatever you might be holding, the weight of gravity? If you are eating or drinking now, can you taste the nuances of flavor and aftertaste on your taste buds?

Can you use your five senses now, without labeling, naming or judging anything you are experiencing? Can you simply be One with these sensual impressions, delighting in them without thought, just being at One with them all Now?

Can you be alert, aware, conscious of this moment, and delight in the conscious presence of your own life and being Now?

Sensory eating | The next time you go out to eat, try something different. Ask the waiter for the tastiest dish on the menu. Order it and really savor it: every bite, every aspect of its aroma, flavor, and texture, as if it were your last meal.

First, savor its appearance on your plate; notice its design, its shapes and forms, its colors, and how the light shines on them. Then, if it is freshly cooked, inhale its fragrant aroma, rising off the plate in steamy heat. Then cut your first morsel, feeling the textures and resistance against your knife and fork. As you put it into your mouth, close your eyes and give it your fullest attention. Taste its subtle, or perhaps not so subtle, flavors. Feel its texture as you grind it between your teeth, as you savor it with your tongue and your palate, as you swallow it and it slips down your throat into your stomach.

Be fully present to all these experiences, allow them to be "digested" by all your senses, and only then take your second bite – and do it all over again. It may be the tastiest meal you've ever had.

Are you really conversing with someone? When you are talking with someone, are you really present? Are all your senses awake and a part of your interaction with that person? Are you looking at him or her? Are you really seeing that person, the quality of the eyes, the shape of the features, the texture of the skin? Are you really listening to, really hearing, really feeling, what that person is saying? Are you visually distracted, fidgeting or restless, only paying half attention, your mind busy with your own thoughts and perhaps preparing for what you're going to say next, or even thinking about something entirely unrelated to this conversation, this person, this moment? Do people ever get lonely when they talk to you because you are not really there?

Give the next person you talk to your undivided attention and presence Now, and see what happens.

**Come to your senses Now** Multitasking is a no-no when learning how to live in the Now. By its nature, multitasking means shared or divided concentration and actions. You may be proud of your multitasking level of efficiency and achievement, but your multitasking skills will not bring you into the Now, nor grant you access to the bliss of Being you can only find there.

To live in the Now means single-tasking with total presence, concentration, and awareness, and, if possible, using all six senses in your experience in the Now. Let your Awareness focus and flow through all your senses as you experience the Now.

Get out of your divided mind and come into all your senses Now. This is the multitasking of the Soul in its Oneness Now.

# Focus

Focus in awareness | Can you really focus? Can you focus on something with such intent that you become absorbed in your perceptions, so that the world around you seems to disappear? Try an experiment. Every day choose a different object to focus on in this way as a meditation. Perhaps a leaf, a flower, a weed, a tree, a rock, a pet, a person, a puddle or lake or drop of dew – anything will do.

Focus so intently with all your five physical senses that you see it as if for the first time.

With your fullest attention, see it, smell it, feel it, hear it (if it is an inanimate object, hear its silence); if appropriate, taste it.

Do not judge it in any way – simply notice its varied qualities and nuances in the minutest detail, as if your eyes were magnifying glasses. Appreciate its perfection, perhaps made up of its varied imperfections. If it is part of Nature, fully appreciate the miracle of how it evolved and grew to become just so.

If your focus is so intent, your sixth sense, intuition, may sense its nonphysical essence, its energy-frequency vibration; you may even see the Hand of God in its creation. Perhaps you will experience your Oneness with it and, through this, your Oneness with Life.

This deeper focus that heightens our present experience and at times imbues it with feelings of Freedom, Peace, and Love happens in the Now, in God's Space. FOCUS—Full Objective Consciousness Unifies the Senses

**Single-task focusing** Learning to focus on the one thing you are doing Now is learning to live in the Now. If you are brushing your teeth, focus your awareness on brushing your teeth. Do this when you are walking, talking, eating, thinking, or performing any of the countless mundane tasks of daily living.

> Each moment of being, or of doing, invites your full attention and presence to "be here Now."

**Remain focused Now** | We all tend to get ahead of ourselves, to not be present Now when we are doing something in order to obtain something else later. When the focus of our current action is on the expectation of future results, we are not in the Now.

But if we focus on being and doing the best we can in this moment, and remain detached from the results, we are not only likely to be victorious when the final tally is made but we are also more likely to be living in the Now, where the effects of our being and doing are magnified by Spirit.

The Now is so fresh, spontaneous, joyful, and real, so full of Love, life, and possibility in God. Why would you want to be anywhere other than this present moment?

**Practice instinct** When you drive in a nail with a hammer, you need to focus your attention, aim correctly, and hit the nail hard enough to complete the task. If you're thinking of anything else in that moment, you are likely to hammer your fingers instead of the nail. The same principle applies in some form to all your thoughts, words, and actions in life.

Practice makes perfect, providing that you stay focused in the Now while you practice. It pays to think through your actions in the Now before you perform the act.

For example, see yourself lining up the hammer with the nail, pulling the hammer back straight, bringing it down again, striking the nail head and driving it in, just before you perform these actions.

Train your mind to be present to each thought, feeling, and action for periods of time, and your ability to stay in the Now will improve. This training takes hours and years to perfect before you can perform it effectively and repeatedly under pressure. The more you do it, the better you get. By learning to function "in the zone," as athletes call it, you begin to realize that with every moment you only get one shot; everything, every moment, only happens once – then it's gone forever and the next moment, which is always this moment, takes its place. But there are countless moments in which you can train yourself to be in the Now in single movements and action, as with hammering in a nail. Such practice develops your focus and your ability to be in the Now with its unlimited potential.

Your **subconscious mind** houses your intuition, your instinct, and your memory.

So do not merely think what to do; trust your instincts and intuition to inform and guide you. Hours of training in being present in the Now increases our access to this subconscious process and makes these actions automatic. Do not merely think; reflect and act with single-pointed attention, with subconscious instinct and intuition in your total experience. Release all attachment to results and simply execute action with trusted instinct and intuition in the Now.

Your instincts and intuition always know what to do. And to trust them now is really **just You trusting You**. Just do this without concern for consequences or results, present in the Awareness of the Now.

Do it Now—and Now, and Now.

Want a surprise? | Take out your camera, camcorder, or cell/mobile phone camera, and look through the lens to get a detached view of wherever you are. Whatever you had ignored, tuned out, or failed to notice moments ago now comes into more detailed focus. As you turn the camera left or right, new sights come into focus.

When you live in the Now, you no longer react to what appears in front of you with judgments and fears, thinking in limited terms of "Is this good or bad?" and failing to notice the deeper meanings, qualities, and components of your present experience. When you live in the Now, you notice the simple, marvelous things that suddenly emerge into view with a kind of innocence. You greet the unexpected with open arms, simply accepting what is Now and growing from the experience of life's continual surprises.

**Being in the Zone** | Do you know any people who seem unusually present, connected, and living in the Now? If you do, spend more time with them, if possible. Observe them, connect with them, notice how they relate and respond in the moment to their experience and to you. This will deepen your own awareness of the Now.

It is similar to other areas of life. If you play golf, tennis, basketball, or any sport, it helps to watch, study, and play with players who are better than you. If you are an artist or singer or dancer, it helps to watch, study, and work with those who are more advanced than you in your chosen field.

So, if you want to learn how to live in the Now, observe, study, and learn from those who are further along that path than you are, those who are living "in the zone" of the Now.

In the Zone How do you know you are in the moment? You will know because you are alive! Truly, effortlessly alive! You will be aware and engaged, but calm and peaceful. You will be fully alert, but relaxed. You will be focused in this moment without straining to be present. You will have no negative thoughts.

You will be filled with feeling, but without ego or egotistic emotions. You will have a deep and instinctive faith in your abilities and in life. You will use your intellect and knowledge wisely, but you will rely on instinct and intuition that come from the Soul.

You will be in the Zone. You will execute your thoughts, words, and deeds flawlessly in the moment, without self-consciousness or strategic artifice. You will be and act according to the needs of the moment, without concern for the outcome or the consequences.

You will simply be alive Now!

# Attention

**Magnify your attention** At any moment there is more going on in your life than you can possibly be aware of. Your Ego is afraid and tries to control you with thoughts and feelings of both hope and fear based in past experiences and projections. Your **True Essence**, who You really are, also sends signals to you in every moment of Now. These signals register in you through **True Feelings**, which are the language of the Soul. These may include feelings of Love, peace, happiness, bliss, forgiveness, contentment, gratitude, and awe. Such true feelings signal that you are Now residing in your Soul, not your Ego.

Your choice is, as always, choosing between responding to and being your Soul or your Ego; choosing between the real You and the false you. This choice is made when you either focus your attention on signals from your Soul or from your Ego.

Your senses of sight, hearing, taste, touch, and smell give you clues as to what is happening Now. But they don't give you a complete picture of what is happening Now.

You are also being communicated with continually by Being, Essence, Life, Universe, God, or whatever name resonates with you. These communications

occur beyond your five senses, and are experienced by you through insight, intuition, inspiration, creativity, wisdom, intelligence, and higher understanding or gnosis.

You cannot control what is happening now. You can choose where and on what you focus your attention, which affects how you experience this moment. If your attention is on your ego-generated thoughts and feelings, your experience now will be far less than optimum. If your attention is on your Soul-signals and True Feelings, you will experience peace, clarity, and even true happiness Now.

To help you remember where and on what to focus your attention in any moment, buy an inexpensive magnifying glass and leave it in a visible place at home or at work, wherever you spend most of your time. The magnifying glass is to remind you that you magnify whatever you put your attention on. It is to remind you to simply be present with full attention to whatever you are being and doing, to let Soul/Essence/God—who You really are—be magnified in You Now.

Through your awareness and attention, may you magnify your Soul in every moment of Now and experience the true happiness of your own Being.

Attenshun! There is a bumper sticker that reads "I'm so broke I can't even pay attention!" Paradoxically, not paying attention to wealth creation may leave you broke. Attention is like a magnifying glass; it concentrates your attention upon whatever you focus the glass. When you fully focus your attention on something or someone, your awareness and perceptions of that person or thing are **magnified**, their minutiae and details are revealed, and they can be known, appreciated, and enjoyed more fully.

By paying full attention, you come out of your ego-Mind into the Now, where God is, and Love is. So, paying full attention, or being fully present, is being Love in whatever you are doing Now and is loving what is Now, without judging what is as either good or bad. By paying full attention or being fully present, your Love flows into each experience in the Now, and you experience Love of God's Space in the Now.

# chapter 7 Flow

### Flowing

#### Go with the flow

Go with the flow – it's so easy to say, but sometimes hard to do. If you know where you would like to arrive and, most importantly, why you hope to arrive there, then going with the flow is recommended.

A stream that begins with melting ice dripping out of mountain rocks will still end up in the sea. Water follows gravity, finds the lowest points, flows forward and around immovable objects, and traverses great distances and varied terrain on its way to the sea. It reaches far and wide, even doubling back on itself if it must, to continue moving forward again and eventually reach its goal.

So it is with your journey toward the sea of **Oneness** that is the Soul's destination. Stay in the Now, experience all you can along the way – the scenery, the people, the events – it's all part of your journey to Oneness. Sometimes on your journey in this life, as you gather new information and understanding along the way, your perspective changes and your intended destination no longer appears to be your most desirable place. Don't allow your Ego to guide you when it has left you "high and dry" – rather, trust your Intuition, the voice of your Soul, to guide you in the flow toward greater Love.

Sometimes your desired destination may not be where you should go. If your flow seems to have "run aground," it may be time to stop and reassess your direction and your journey. It's alright to change your original destination for the new one that better suits who you are becoming as a Soul, rather than who you have been as an ego.

> The clarity and flexibility of re-evaluating your journey and your destination point in the flow comes from your awakening intuition, your **sixth sense**.

This intuition, or **inside knowledge**, allows you to read the "signs" along the way. By going with the flow you are fully alive in each moment, present to the opportunities, challenges, and threats, and to the river of experience and information that are a part of every journey. In the midst of all this, your intuition enables you to process and navigate this river in the Now and remain at the forefront of the Flow.

In this flow, on this journey, what your ego perceives as failures are only the learning and testing experiences along the way through which your Soul evolves and awakens. Knowing and trusting that Divine Love is always guiding and taking care of you gives you the flexibility of faith it takes to live in the Now and go with the flow, even when you are experiencing turbulence and you can't see around the next bend.

If faith can move mountains, it can surely enable you to live in the Now, in the peace and presence of God, as you follow your flow in this life wherever it leads you. A leaf in the stream | Imagine yourself as a leaf falling into a gentle mountain stream, near to the melting ice that is the stream's source. You are a leaf virtually the width of this rivulet, this trickling stream, catching on the edges of its tiny banks while it slowly carries you down the mountain.

Soon your momentum starts to pick up as the volume of water increases, the melting ice along the way turning the stream from a rivulet to a creek and finally to a river. Water, gravity, volume, and momentum continually increase, sweeping you ever downstream toward your destination.

Even if you wanted to, little leaf, you could not turn around and float upstream against the current, against gravity, against sanity, against destiny. You must go with the flow, whether you struggle against it or surrender to it, in every moment of Now.

Which will you choose?

Accept the momentum of the flow | If you are not being loving Now, then you are like a salmon swimming against the flow of the stream, battered against the rocks of what is Now. Do you really want to use all your energy pushing against the weight of the Universe by resisting what is?

Why not go with the flow of Universal Intelligence in the river of life Now? Observe and meet what is happening now with total acceptance and faith. Do not resist, judge, control, manipulate, or evaluate. Simply accept what is Now and go with the flow in this moment, this situation, this location. Embody the true intelligence of your Soul and tap into the ultimate flow of the Universe.

**Unleashing Universal Intelligence** | It is what it is. No judgment, no opinion, no resistance will turn what is into what is not. Simple acceptance of what is Now is the essence of Universal Intelligence.

Try this experiment for one day: Whatever you notice at any moment, just shrug your metaphorical shoulders in acceptance and say, "It is what it is."

Trust that Universal Intelligence, operating through everything, knows what it is doing. Accept and surrender to what is Now; allow it to flow past you, or through you, with no resistance. Don't judge it, analyze it, label it, or name it. Simply trust that what is Now is what is supposed to be Now, being a manifestation of Universal Intelligence.

Feel free to respond appropriately as Universal Intelligence, operating through you, inspires you. In order to act in relationship (as opposed to resistance) to what is Now, you must be aligned with your own being, centered in awareness in this present moment. When you act in alignment with Universal Intelligence, your actions and their fruits are infused with the Love and intelligence of the Universe.

What will be, will be | When you can accept what happens to you and be with what is in every unfolding moment, you will know trust, you will know inner peace, you will know unconditional Love, and you will know God. When you make peace with uncertainty and embrace what is Now, the apparent limitations in your life are revealed as unlimited opportunities. When you surrender in any moment, you cooperate with the Universal flow of life. When you are fully present in the Now, you live in the life-throb of the moment. Then the higher energy-vibration frequency of Love will flow through you, and you will know the bliss each moment contains.

When you learn to let go into this flow and accept what is Now, you discover that life as it is in reality is better than life as you might prefer it to be. When you accept life as it is Now, even when it makes you uncomfortable or unhappy, you discover that what is Now always ultimately serves your growth and highest good. When you accept rather than resist what is Now, you let go and let God into your life. Then your pain and struggle diminish, and you realize that God always gives you what you need when you need it for the highest growth of your Soul. This deeper reality of the Now is in harmony with the flow of the Universe. When you can live in this reality—Love, healing, and grace will be your constant companions as you dwell in inner peace and gracefully grow to become the Soul you are Eternally, in each moment of Now.

**Falling to grace** "Where there's a will, there's a way. Determination, struggle, toil, sweat; compete, push harder, make it burn, never give up; no pain, no gain; no guts, no glory, winning is everything, the spoils go to the victor, shoulder to the wheel, nose to the grindstone; success is ninety-nine percent perspiration and one percent inspiration; bop till you drop; the one who dies with the most toys wins."

These clichés of ego-based self-will, perseverance, and determination are the stuff of which legends are made. Personal will is admired, respected, and idolized as the apex of character virtues. But it is one of the lesser virtues.

Darwin's theory of evolution tells of the survival of the fittest. But that doesn't mean the strongest or the most physically fit. "Fittest" in the evolutionary sense implies adaptability and capacity to survive. The survival of the fittest means the survival of the most adaptable or capable. It means fitting into the current circumstances of Now. So, the weaker but more intelligent Cro-Magnon man defeated the physically stronger Neanderthal man. So, the dinosaur is extinct but the cockroach is still with us. So, the pen is mightier than the sword.

Strength of personal will is generally ego-based. Ego focuses on surviving, winning, and being the best. Ego desires and thrives on recognition, admiration, and adulation. But when you give your personal will, strength, and abilities all the credit for your success, you forget or deny all the varied factors – chance, luck, help, inspiration, and Divine help – without which most success would never happen.

The Greeks called this "hubris," saying, "Those whom the gods would destroy, they first make mad." And in Proverbs it is written, "Pride goeth before

How To Live In The Now

destruction, and a haughty spirit before a fall." The more you rely solely on ego-driven self-will, the more "mad" you become, and the harder you fall.

Ever wonder where yesterday's triumphant egos are now? Many of them peaked at the time of their victories and were lost when the spotlight shone elsewhere. Many live in their memories of past glory and fail to find true joy and meaning in the Now. Yesterday's victors are today's nowhere people. Egos in self-will, value competition above cooperation and generally lead lonelier lives.

When ego-based Will falters and fails, the Ego is often shattered. But this is for the best if it allows disillusionment to set in and Soul-based recovery to begin. Only when you have let go of all your illusions can you start living in reality. This "fall from grace" is in reality a "fall to grace" that allows the true journey, the great adventure to begin, moving beyond the attainments of ego-based will, and awakening from Ego to Soul and from Fear to Love.

> GRACE—Grateful Reverence Allows Conscious Evolution

# Simplify

#### Simplify your life |

Your Ego wants more and more and more.

Your **Soul** wants only to become more and more One with God.

Your Ego wants you to do more, to get more, and have more.

Your **Soul** wants you to do less so that you can experience being more Godlike.

"Multiply!" cries the ego, as you spread yourself thin.

"Simplify," whispers your **Soul**, as you expand into Oneness.

When awareness is clear, **quality** outshines **quantity**, and **less is more**.

So choose less and be more Now. Simplify, and **fly simply Now**.

# Find out how much God has given you and from it take what you need; the remainder is needed by others.

# St. Augustine 354-430 AD

Source: 5000YearsofWisdom.com

# Giving Giving

#### Give

#### Giving a gift

Your parent's sexual union gave you life. Now that you are older and can appreciate the invaluable gift your life is, have you ever really thanked your parents? If one or both of your parents are still living, perhaps it's time to truly thank them for their gift of life to you. If your parents have passed on into Spirit, you can still thank them in Spirit and trust they will receive it.

Perhaps you have given the gift of life to your own children. If so, your gratitude for the gift of life your parents gave to you may help your children realize your gift of life to them as their most treasured possession.

During your lifetime you will receive many gifts, many of which you may not recognize or fully appreciate at the time. Uncertainty regarding your material welfare can make you cautious about sharing the material wealth you do possess. But, in the fullness of time, all your acquisitions will be passed onto others, one way or another, as "you can't take it with you."

Yet there is so much you can give to others that is more precious than material things. You can give encouragement, praise, admiration, knowledge, understanding, wisdom, compassion, Love, respect, a smile, laughter. You can give by being an inspiring moral, ethical, or spiritual example for others to emulate. You can start by giving all these nonmaterial gifts to yourself. Then see each moment, each encounter, as an opportunity to give these gifts to yourself and to others.

> Your giving potential is as endless as the moments of which your life is made. In each moment of Now, give a gift of yourself to life and you will **fulfill the purpose** of your life.

> > GIVE—Generates Inspires Victory Easily

**Selfishly selfless** | In the *Ethics of the Fathers*, Hillel, a learned rabbi, once asked: "If I am not for myself, who is for me? If I am only for myself, what am I? If not now, when?"

First, serve yourself to ensure your own ability, health, and strength. Then all your strengths can be used to serve your family, your friends, your community – in that order. In this way you become like a ripple on the water moving in ever-widening concentric circles.

Some people neglect themselves to serve others. This weakens them and undermines their capacity to serve in a healthy way. Some people ignore their families and prefer to serve strangers. This causes resentment and weakness at home, and undermines the nurturing foundation a home is meant to provide. Once you have reached a point of equilibrium, balance, and harmony within yourself through tending appropriately to your own needs, then you can serve others in an effective and healthy way. Once you have reached a point of equilibrium, balance, and harmony within your family, then you can serve strangers without undermining your home and family life.

Tolstoy asked three questions in "The Emperor's Three Questions":

- What is the best time to do each thing?
- Who are the most important people to work with?
- What is the most important thing to do at all times?

We will paraphrase the three answers in the terms presented in this book:

#### What is the best time to do each thing or anything?

There is only Now; Now is always the best time as it's the only time over which you have any control.

#### Who are the most important people to work with?

The people in your space Now.

#### What is the most important thing to do at all times?

It is to ensure happiness for yourself and the person in your space Now—providing that happiness is accomplished with Love, creating no Fear, and doing no harm to anyone Now or in the future—by thinking, saying, and doing "What would Love do Now."

**Kind and generous** | In this moment can you be generous to someone? Is there something you have now that you can share with someone else? Your gift can be food, loose change, a kind word, a smile, a laugh, a kiss, a hug, a hand on a shoulder, loving attention, beneficial knowledge, or even the simple gift of your Presence?

In this moment can you be generous to yourself? Can you be kind to yourself Now by cutting yourself some slack, not being so demanding, relaxing for a moment, appreciating yourself as you are, eating a healthy meal or How To Live In The Now

a tasty treat, or viewing yourself with compassion? Can you offer your hand to yourself in genuine Love and friendship? Can you smile at yourself in the mirror, pat yourself on your own back, hug yourself, be happy to be you Now?

In this moment, can you be open to what is Now? Can you accept and appreciate this moment exactly as it is, with all your senses? Can you say yes to what is before you, smile at it, feel the richness of it, and behold the beauty of life in all the forms that surround you Now? Can you be generous, kind, open, loving, and grateful in this moment Now?

Can you feel God in you Now? Can you feel in this moment the Unlimited and Eternal? In this moment, can you feel the **Wow** of the Now?

WOW-Wonder Of Wonders!

**Give out what you want Now** Do you seek to change others in order to get what you want? Well, good luck on that doomed mission! That ship will never make it out of the harbor. The only person you can change is yourself. And you can't do that properly until you become your own best friend.

If you want life and others to be kinder to you, be kind to yourself first and then be kind to them. Even if others do not respond immediately by being kinder to you, you will find that your being kinder makes you happier, and gradually your world becomes a kinder place.

Give what you want Now, and in every successive moment of Now, and you will receive what you want, both Now and later. Like attracts like due to compatible energy-vibration frequencies. Because opposites cannot occupy the same space at the same time, darkness cannot occupy your consciousness when you are "enlightened" in the Now. So, give what you wish to receive and be more enlightened Now. **Give in to this moment** | In our material world we are always trying to gain something, whether it be a possession, an advantage, money, Love, sex, status, etc. We use our thoughts, actions, words, and knowledge to try to acquire something we need or desire.

In this moment, simply give without asking or wanting anything in return. Give palms upwards and outstretched, with no thought of gain, in gratitude for all you have and have to give.

Now this may surprise you, but when you give in this way, it is not you giving. It is life giving to life; you are merely the instrument through which life gives to itself Now. It is Love giving to Life, and Love does not come from you—it comes through you.

So, give freely in this moment, and let Life and Love give through you, and to you, Now.

**Giving victoriously** | To ensure a good future, give all that you are to life Now. If you live and give fully Now, without holding back, you give the greatest gift you have to life—yourself. When you give yourself fully to others Now, you receive the fullness of their gift to you, and You experience the joyous truth that giving and receiving are one.

GIVE—Generates Inspires Victory Easily

**Be careful when giving** Give someone a crutch and you encourage him to limp. Tell someone the answer and you rob her of the adventure of learning and growing. Each person has his or her own journey, and each one deserves to learn how to walk and grow through his or her own efforts, rather than to "limp and believe" through your own well-intentioned interference.

Learn to give support, encouragement, approval, and Love without interference, without creating dependence, without depriving others of the lessons and challenges life has given them to grow. This will allow you and them to grow and blossom into who you both really are.

# Gratitude

**The see-saw** Your life is like a seesaw in a children's playground. On one seat, **Judgment** is written and, on the other seat, **Gratitude**. When you choose to sit in Judgment, Gratitude is out of reach. When you choose to sit in Gratitude, Judgment loses its power.

An "attitude of gratitude" opens the door to God's Space Now.

Practice gratitude by saying, "Thank you, God," for whatever you experience in each moment of Now, trusting that God will always give you what you need, when you need it, for the growth of your Soul. Take gratitude to the next level by looking for opportunities for your Soul's growth in all your experience, without judging any experience as good, bad, or meaningless.

If you can, be present Now without judgment and ask yourself, "How can I grow spiritually here?", then all your experiences will truly be an opportunity to grow Now.

And you will live in gratitude and appreciation for the gift your life is in every moment.

Abundance Do you feel abundance in your life Now? If not, what do you think is missing Now? Are you lacking wealth, health, Love, a relationship, a better job, a bigger home, a fancier car, high-end jewelry, or anything else? Is your current state of health less than desirable? Are you overweight, out of shape, lacking energy, or indulging in bad habits?

Write it all down. Write down all the things you want or think you need to have in order to feel abundance in your life in the areas of wealth and health. And next to each thing in your list, write down what you are prepared to do to make it happen. How badly do you want these things? Badly enough to really put in the effort required to make it happen? Are you willing to work harder, sacrifice more, sleep less, push beyond your comfort zone, and take greater risks to achieve your financial goals? How would your life change if you did these things? Would you be happier than you are now? And what about your health? Are you willing to exercise regularly, eat healthy food, get enough sleep, and reduce your consumption of alcohol, sugar, and processed foods? How would that change your quality of life? Would you be happier than you are Now?

Let's take another look and make a new list, a **gratitude list**. Here you're going to write down all the things you have Now that you are grateful for. Do you have a relationship with your Higher Power? Then write that down on your list. Do you have a job that allows you to earn a living? Put that on your list. Do you have a home or apartment with comfortable furniture; a refrigerator with food; clean and drinkable hot and cold running water; clothes to wear in every season; a car that takes you where you need to go; and stores nearby where you can buy everything you need to live comfortably? Put those on your list. Consider that these things on your list put you in the top ten percent of the people who live on this planet. Consider that even if your current status in each of these areas were to diminish, you might still have enough to live a happy, comfortable, and meaningful life. In considering this list, do you feel a sense of abundance that you may not have felt when you were focusing on your list of needs and wants? At this point, most people do.

Now consider your list of wealth and health wishes and wants in the light of your gratitude list. Are you really willing to do whatever it takes to achieve your financial goals? Some people are and some people are not. It's really a personal choice. Some people find that pursuing their financial goals by every means necessary will upset the balance of their lives which they have come to enjoy and appreciate. Other people are willing to make such sacrifices for the sake of future rewards. The same is true for health and fitness goals. The bottom line is: Are you willing to live in peace with whatever choices you make, and with the life you have Now? Are you able to recognize and feel gratitude to the Universe and God for the abundance in your life Now? If you are, then you are fortunate, very fortunate, indeed.

If the Universe truly magnifies what you focus on, then your gratitude for the abundance the Universe has bestowed on you, is more fruitful than restless desire for the things you wish you had. The choice is yours.

Perhaps this is why the Psalmist wrote "My cup runneth over," instead of "Hey, I want a bigger cup!"

**Continual happiness** Pssst! Yeah, you! Do you want to be continually happy? Come on, don't you want to hear the secret of continual happiness Now? Well, listen closely: If you're focused in your desires, as in "I want/I need," you will always be wanting and needy, because the Universe magnifies what you focus on. When "I want this, I need that" is your focus, want and need define your state of consciousness and your experience of life. Even when you get what you want or need, a new desire will appear to take the place of the old one. When want and need become your primary focus, you become **insatiable**.

But if you shift your focus from desire to gratitude, you will appreciate what you have and know that life is good Now. You will also trust that what you don't have Now is not needed for the highest growth of your Soul. Loving what you have Now is more powerful and healing than wanting or regretting what you don't have. Loving what you have Now, and who you are Now, is the secret of continual happiness.

Focus on the things in your life Now that give you joy, and trust that the Universe will always give you what you need, when you really need it, for the growth of your Soul. Appreciate to celebrate How do you change your negative thoughts in any moment? By being grateful for what you have Now. By trusting life when you don't get what you want, or when you get what you don't want. By trusting that in life you always get exactly what you need Now for the highest growth of your Soul.

When you truly appreciate what you have Now, your negative thoughts are already gone, because gratitude and misery cannot occupy the same consciousness at the same time. So, make a written list of what you have Now that you are grateful for.

To appreciate is to celebrate!

Want more energy? Do you feel tired, listless, enervated, fatigued, simply "blah"? Do you wish you had more energy? Well, the truth is that all you are is energy, and energy is all there is. There is no lack of energy in the Universe. Is something blocking your access to the Infinite Energy that is available? Or is something you are doing draining you of the energy that is always pouring through you Now?

If you live in regrets of the past and fear of the future, if you are resisting what is in your life Now, you are draining yourself of life-giving energy. To recharge your internal battery and free up your energy, list your regrets of the past, your fears for the future, and the things in your life that you haven't accepted Now. Then burn these lists in a pot and wash the ashes down the sink.

Now sit down and write a list of what you are grateful for in your past, what you are grateful for right Now in your life, and your positive vision of your future. Put up this list on your bathroom mirror and read it daily. Add to this list whenever you think of new things that you are grateful for or hopeful about.

Continue this simple practice of identifying and releasing regrets over the past, fears for the future, and present resistance to what is in your life Now.

Stay focused on what you are grateful for in life and you will find all the energy you need to live Now.

I trust my Guide | What is trust? To rely on God to guide you in the Now. To know when you are alone that you are not alone at all, but All One Now. To know that you are always All One Now, and that God is always guiding you Now.

> ALL ONE—All Light and Love, Only Nirvana Everywhere

What's for dinner? | What's for dinner? Appreciation and gratitude. What? How does that work?

First, we take our places at the table. Now let's look at each other, smiling, eyes meeting, appreciating each other, happy to share this meal together. Now let's look at the food, being conscious and grateful for Life that gives life to feed us in animal or vegetable forms. Looking at our plates full of food, we think about those without food today and realize that we are blessed. And we savor the food as we chew it, savoring the company at the table as well.

When we speak, let us honor the space we share together, and honor each other. Let our words be encouraging, supportive, uplifting, joyful, meaningful, and happy. Let us praise and affirm the life, people, and the world we share together. Let the meal consist not only of food, but also of the nourishment of friendship and Love. And when the meal is over, instead of disappearing to our respective rooms or homes, let us sit together for a while and savor the delights of good company and conversation in the Now.

This approach turns dinner from a mere material meal to a sacred occasion, a communion of spirits sharing the "bread of life" together in the Now. What is right Now? I In the tents of prosperity, it is easy to appreciate what you have. But when the tide seems to turn against you and life seems difficult, fear of loss can seem more reasonable than gratitude for what is Now, and focusing on what's missing or wrong can seem more "realistic" than focusing on what is here and right. A fearful focus on what is missing or "wrong" that ignores what is good and "right" Now is neither realistic nor helpful. It is a one-sided, imbalanced view that makes things seem worse than they actually are.

#### When life seems difficult, try the gratitude approach:

Look to see what you have that is good, what is going right, and pause to feel your appreciation. In the midst of loss or pain, don't surrender to despair; make a list of all the good things in your life that you can be grateful for. The list may include your health, your family, your home, your friends, your work, your skills, your hobbies, and so on.

You can **choose to dispel despair** with gratitude Now. You can **choose to focus on the good things** in your life even when bad things happen. You can **choose to accept** rather than resist what life brings you Now. You can **choose to let go** of the past and the future, embrace the present, and do the best you can for Now. You can **choose to trust and accept** that what is in your life Now will ultimately serve your growth and awakening, even when it doesn't feel good.

From this moment on, instead of looking for what's wrong in your life or in others, make it your mission to look for what's right and good in your life and in others Now. Notice how people respond to you when you choose to see the good in life and the good in them. Notice how people respond when you express your gratitude and appreciation for who they are Now. Notice how your focusing on the good in others allows Love and friendship to blossom in your life Now.

When you focus on what's right Now, you begin to notice that God is right Now with you. And you **GAIN—God And I Now**—right Now! How To Live In The Now

Gratitude is the way your soul counts | When your neighbor buys a new car, are you happy for him or her or jealous? When your co-worker attracts more attention than you or is promoted above you, are you happy for your co-worker or jealous? Are you grateful for all you have or unhappy with what you have and wanting more? Are you truly thankful for all your blessings or resentful that life hasn't given you what you deserve?

Comparisons and complaints are the Ego's way of keeping you unaware and unhappy with the blessings you have Now. The ego spends this moment wanting something else, something better than what is here Now. The Ego ignores present blessings and focuses on what it thinks is missing, what it wishes it had instead of what is here Now. When you are grateful for all that life has given you, and all you are blessed with, you will know joy and freedom Now, with things exactly as they are. Gratitude is the Soul's "realistic" perspective—its healthy recognition that all your experience is part of your journey in God and serves your spiritual growth and ultimate good.

So, when your Ego compares and complains, remember your Soul and count your blessings. Learn to enjoy this moment, to be in joy in this moment, to rejoice in this moment exactly as it is. Cultivate an "attitude of gratitude" Now for all the gifts and blessings you receive daily from a loving God.

## Miracle

The miracle of Now | Do not squander the present moment pursuing future experiences, future higher consciousness, future God. Live fully in this moment. Recognize the miracle of this present moment and experience higher consciousness, your Soul, and the Presence of God Now. Present in this moment of Eternity with God, is there any miracle greater than your own existence Now?

MIRACLE— Mysterious Intervention Reorganizing and Awakening Conscious Loving Evolution Seeing miracles before your eyes A miracle is an uncanny experience that cannot be logically explained or rationally understood. Experiencing a miracle doesn't make it any less mysterious. A blind man whose sight has been miraculously restored is still blind to the process by which the miracle occurred.

We all walk sightless amongst miracles. The existence of the universe of created things is a miracle, a miraculous fact. We know it exists, but we don't know how or why. Because we're used to it, because we see it every day, we tend to take it for granted. We tend to take most things for granted. We lose the sense of the miraculousness of each moment.

Do you remember the awe and amazement that you felt as a child witnessing simple things, everyday miracles – grass, trees, clouds, insects, flowers, animals – all the things we learn to take for granted? But we can learn to look at life again with fresh eyes, and see the miracle of God manifest everywhere in Creation.

> MIRACLE— May I Recognise A Conscious Light Evolving

When you start to recognize the Light that is God appearing in everything, including you, you no longer walk sightless among the miracles. Learn to see the Divine in everything and enter God's Space Now.

Where are the miracles in your space Now - can you see them?

Miracles surrounding you | If the sun rose and set only once every hundred years, would you be sure to watch it when it happened? If the sun rose and set once a day, would you take it for granted? Well, do you?

Can you make an appointment with your Co-Creator, God, to witness the daily beauty of light coming into the world each morning, and leaving it each night? Can you make time to witness, in the stillness of dawn and dusk, in the beauty of sunrise and sunset, the miracle of life? Can you take time, in moments of prayer and gratitude, to witness the miracle of God rising and setting each day in your own consciousness?

In moments of stillness, listen and observe the Presence of God in your life, in your world. In time you will learn to trust God enough to say, "Thank you, God, for providing everything I need for my Soul to grow toward You."

# chapter 9 Harmony

## Balance

#### A graceful balance

To be in balance is to be centered in the Now. How do you get into such balance? When you first tried to stand up as a baby, you immediately fell down. Then you stood and fell countless times before finding the balance that enabled you to stand.

When you first tried to walk, you fell over many times, until you finally found your balance, your center, which allowed you to walk. The same thing happened when you learned to ride a bicycle.

Balance is the mastery of the tension between two opposites.

You cannot find your balance through intellectual understanding; it is only found experientially through trial and error, trying and falling, until you "get the feel of it." How To Live In The Now

The same is true for finding your balance in life. We find a balance between work and play, action and rest, speaking and listening, seriousness and humor, piety and irreverence.

> If we live too much in the past, **we lose our** balance and go backwards. If we live too much in the future, **we lose our balance** and fall forward. Our balance point is found here in the Now.

When you find your balance in the Now, you live in the grace of God.

GRACE—Grateful Reverence Allows Conscious Evolution

**Balance through Awareness** Being in balance is being consciously aware here, Now, in this moment.

If you are feeling out of balance, in disharmony, ill at ease, or diseased, then acknowledge the feeling of disharmony as what is happening Now.

Being conscious of disharmony makes you the Watcher of the experience, rather than a prisoner of it. Being a conscious Watcher of experience, rather than a prisoner of it, could bring you back from the brink of personal damage.

Your **Awareness of disharmony** is greater than disharmony. Let your Awareness be the cradle where disharmony comes to rest. Let your Awareness soothe your Ego's ruffled feathers. Let your Awareness be a safe haven for all the parts of your Being and your life.

Be in Awareness and find your balance Now.

The harmony of this moment | All you are is energy vibrating at a certain frequency. Your vibrations are seeking balance and harmony, like

all of Nature of which you are a part. Look at Nature to see the perfect balance that exists Now.

Nature is flowing, grass is growing, leaves rustle in the wind. Nature is alive in the chirping of birds, in the pollen-seeking bee, in the dance of the dragonfly, in the scurrying of ants. Nature is alive in the hustle and bustle of busy humans, in the movements of a clock, a child swinging, a symphony orchestra playing, or a metronome on a slow beat.

In every moment, everything is unfolding as it should – dynamically, effortlessly. And you are a part of that unfolding, that ultimate harmony that includes your heartbeat, your breathing, your smile, your tears.

Feel the harmony of this moment as your own Being.

#### How to stop spiraling out of control

When things are going from bad to worse and your life seems to be spiraling out of control, stop and find a quiet place where you can be completely alone. Then just relax, breathe, and do nothing. Find a place deep inside where there is calm, peace, and stillness. Feel, focus, and surrender your all into this deep, peaceful, sacred space within you.

You can learn to shift your consciousness from a downward spiral into the consciousness of peace, and enter this sacred space whenever you need to do so. In this sacred space you can use your **power of intention** and faith to alter your experience of reality and to create new conditions in your reality.

You can learn to shift your consciousness at will to be at peace in every moment of Now.

The key is remembering that all you are is energy vibrating at frequencies that correspond to your state of consciousness in any moment.

How To Live In The Now

Understanding that your consciousness generates your energy-vibration frequencies is the key to living in peace in the Now. When you think, speak, or act from the consciousness of Peace and Love, your energy-vibration frequency resonates with the Now in God's Space. When you think, speak, or act from a consciousness that is unloving, fearful, angry, or negative, your energy-vibration frequency resonates with the Ego, which is anything but peaceful and loving.

What shows up in your life tends to mirror or reflect your state of consciousness as you project it through your thoughts, feelings, words, and actions.

So, if you want to live in peace in the Now, remember, before you think, speak, or act, to ask your Soul, "What would Love do Now?" And then do that to the best of your ability.

## Vibrations

**Can you feel the vibe?** All of life, the seen and the unseen, the material and the ethereal, is energy vibrating at different frequencies. The range of energy-vibration frequencies in the universe is staggering. But these vibrations are as real as matter itself. People who talk about "feeling vibes" are not crazy.

Spend time with a cold, unfriendly person and then with a warm, loving person, and you will clearly feel the difference in their "vibes." Most human communication is nonverbal. Nonverbal communication includes body language which reflects emotion and the "energy-vibrations" projected by each individual. The most refined vibrations are communicated by what we call "true feelings," which are the language of the Soul.

All sentient beings – animals, plants, and even minerals – emanate, sense, feel, and respond to these vibrations. Scientific research shows that animals, plants, and even water crystals are positively and negatively affected by the thoughts, words, feelings, and gestures of humans. Your house pets sense your moods—i.e., your "vibrations"—and respond. Animals in the wild operate and survive with the help of their energy-vibration sensitivities.

The Law of Attraction says that our state of consciousness and corresponding energy-vibration frequencies attract certain types of people and experiences into our lives. Are you conscious of the energy-vibration frequencies you create with your thoughts, words, feelings, and actions? Can you see the connection between your energy-vibration frequencies and what is showing up in your life?

Smiles, laughter, happiness, Love, trust, gratitude, and compassion generate and attract the energy-vibration frequencies of the Soul. Conversely, misery, mistrust, resentment, anger, spite, and greed generate and attract the energy-vibration frequencies of the Ego. Depending on your state of consciousness and your energy-vibration frequencies, guess who will be coming for dinner?

The choice is yours, in every moment, of who You will be Now. Your choice in the present can reset, for better or worse, the patterns formed by past behaviors. So, use your energy vibrations in the present to attract and create the reality you desire.

**Returning to Nature** | We all know that being in or communing with Nature—walking on the beach or through a forest, sitting in a garden, smelling a flower, hugging a tree, lying on your back in the grass looking up at the sky—harmonizes our vibrations. Nature, if left alone by man, maintains its own environment and its delicate balance where all things serve a purpose, nothing is wasted, and everything ultimately serves the Whole.

Your own nature, your Soul, the Essence that is you, that is Part of God, that is pure Love (because God is Love) is also a part of the Whole of Nature. So, whenever you need to return to Nature to harmonize your vibrations, go within and commune with your Soul, your true nature, which is Love. Because your true nature is Love, and you are Part of God Who is Love, you have access to a reservoir of Love within to share with others.

So be Love Now, and return to your true nature.

Love—Let Our Vibrations Evolve

**Build up your energy's bank balance** | If you earn and save more than you spend, your bank balance grows. If your bank balance grows over time, you will have a reserve to fall back on if some unforeseen major expense occurs.

The spiritual equivalent of this credit balance occurs in your consciousness when you live in the Now over time. When your consciousness vibrates at higher frequencies, the power of your energy field, of your Presence, is magnified, and you have a reserve available when unforeseen events and challenges occur. Whether disaster strikes or good fortune comes, you are able to respond with the power of your Soul, rather than react from your ego.

> The ability to meet triumph or disaster with the power and perspective of your Soul only comes when you are present in this moment of Now.

**It's only a vibration** | To live truly in the Now is to experience the vibrancy or energy-vibration frequencies of what is present Now. The vibrancy of anything is the very throb of life's heartbeat in everything. But you can only experience this vibrancy, this heartbeat, in the Now. It is not found in your thoughts about your experience or about this vibrancy.

The vibrancy or energy-vibration frequency of any thing or experience is different than your thoughts and beliefs about any thing or experience, just as actually licking and tasting an ice cream cone is different than the mere thought or belief that "I like chocolate ice cream."

Live in the vibrancy of the Now by experiencing it, not by thinking about it.

Don't just think about it—do it! And when you do it, don't think! Then you will find the vibrancy of this moment alive with the richness of pure experience. Feel the vibrancy alive in the Now!

**Music lifts the vibration** | Singing, playing and listening to music can bring you into the Present Moment. The vibrations of music resonate with the vibrations of our bodies, beings, and consciousness. Music resonating with higher vibrations can alter our vibrations and our consciousness, uplifting us physically, emotionally, and spiritually. That is why music, since its very beginnings, has been considered a sacred art.

Music can open you up to the Now. It can draw your mind beyond the whirring ego thoughts that fill your head. It can stir the depths of your Soul and fill you with Love, Joy, and Gratitude.

Find music that uplifts your vibrations and stirs your Soul, that brings you into the present moment in Love. This is what music is for.

Aloneness to All Oneness Addicts in recovery know that the company of active addicts weakens their desire to be free of their addiction and stimulates cravings for the addictive substance. It's all a function of magnetic energy-vibration frequencies or like attracting like.

In striving to raise our vibrations, we must sometimes draw boundaries with people operating at unhealthy lower frequencies, while seeking the company of people operating at higher, healthier frequencies.

As we raise our vibrations above those of former lower companions and bad company, we may enter a temporary "no-man's" land, a place of solitude and aloneness, where old "friends" are left behind and new friends have yet to appear. This aloneness serves a spiritual purpose; it allows us to go within and find the Oneness we have always been seeking that lives in the Soul. In this aloneness, seeking Oneness, we can begin letting go of unhealthy attachments, superficial distractions, and obsession with material possessions. We can begin to simplify and find a harmonious balance in life. We can begin to practice **TRUST**:

TRUST—To Release Unto Spirit Totally and then To Rely Upon Spirit Totally

Such trust brings our vibrations into harmony with the vibrations and flow of the Universe. Such trust is a matter of "let go and let God in," accepting that God always knows and provides exactly what we need for the growth of our Souls.

As our trust deepens, our ego patterns and fears drop away. We become aware that we are co-creating our life with God, Who is always here – so, what is there to fear? In this state of trust, we allow everything to just be, without judgment, control, or manipulation. We learn not to react in Ego and respond instead from Soul, while accepting what is Now, surrendering to God, and going with the flow of the Universe.

We've all heard warnings against Ego's resistance and reaction to life. Every Ego action "produces an equal and opposite reaction" in life that reinforces Ego-Consciousness. "You bind yourself to (or give power to) what you oppose." "What you resist persists." What our Ego refuses to accept and release becomes a blinding obsession.

**Wisdom** counsels us to resist nothing, but instead to seek growth in Awareness and Love, until our eyes become open to Eternity, and we realize our Oneness with God in the Now.

#### Peace

For peace's sake! Peace can only come from Love. War can never bring peace, can never produce Love. Peace and Love reinforce connection and the sense of others as brothers in Oneness. War reinforces fear and hatred, and the sense of others as enemies, separate, different, and even less human than we are.

Ego can never create peace, can never produce Love. Ego creates fear, hatred, and separation. Ego can and does create war. Devastating, killing, and defeating the enemy is ego's object in war. "Take no prisoners!" "Leave them in ruins!" "Bomb them back to the Stone Age!" These are ego battle cries.

Peace and Love only come from the Soul. The Soul creates peace by giving Love Now. Because Peace, Love, and Oneness are the Soul's nature, the Soul does not perceive or create enemies or manufacture wars.

Ego spends money and makes money fighting wars. But money could be spent and made much more effectively by making friends instead of creating enemies, by sharing resources, skills, knowledge, training, technology, and more, allowing all nations to develop and prosper economically. Such a bountiful peace is an enlightened alternative to war. But ego is not enlightened, and the world, in one place or another, has been at war continually for thousands of years.

As long as war is an option, we will see the rise and fall of nations; we will see victors become the vanquished; we will see terrible slaughter increasing in magnitude as the technology of war evolves.

For your children and grandchildren's sake, for your Soul's sake, for the world's sake, choose peace Now. You can only make peace outside by finding peace inside of you Now. To find peace within, and create peace around you, ask, "What would Love/Peace do Now?" Do that to the best of your ability, and know peace Now.

**Be at peace** You can have what you want and still not have peace. You can have peace and not have what you want. So, peace does not depend on having or not having what you want. When you know this, you begin to understand peace.

Eventually, you realize that peace is not something to have. You can only "have" peace by "**Being Peace**".

Peace dwells in the silence of your being, of your Soul. Peace blossoms with a smile of inner knowing, with the Awareness that who You really are is a Part of God, Who is Love.

**Peace through Oneness** | You cannot have peace in the past. What you have is a memory of a time when you knew peace. You cannot have peace in the future. That is only a projection of what you imagine Peace will feel like if x, y, or z happens.

You can only know peace Now by Being Peace Now. And you can do that in any moment by making peace with what is Now.

By making peace with what is Now, You become One with Peace Now, One with Life Now, and One with God Now. Such Oneness is true Love and true Peace, Now.

## Inner Guidance

#### Inner peace

#### Knowing is not knowledge

When you choose to fulfill your Soul contract, you choose to re-enter the physical world as a Soul, initially in the body of an infant. The infant may be new but your Soul may be old. Your Soul knows, with an innate gnosis, its Oneness with All That Is. For simplicity's sake, let us call this innate gnosis **Infinite Intelligence – the Mind of God**. This Infinite Intelligence, though innate to your Soul, is only accessible to you under certain conditions. You can only access this Infinite Intelligence in the present moment of Now.

As you can only pick up your favorite radio station on a specific frequency and channel—say FM 101.1— so Infinite Intelligence can only be "picked up" on the Soul frequency, on the channel called the Now.

To access this Soul frequency, you must admit and accept your ultimate

ignorance. This allows you to go beyond ego, which pretends to know a great deal rather than admit or accept its ignorance. In ancient Greece the Oracle of Delphi declared Socrates to be the wisest of men. Socrates pondered how this could be, saying, "I only know that I know nothing." And then he realized that the fact that he knew and accepted his ultimate ignorance was his wisdom.

Having accepted your ultimate ignorance and shifted beyond Ego, you can ask the Infinite Intelligence, God, or Higher Power that dwells in your Soul to grant you intuitive access to, or gnosis of, the knowledge that you seek or need. The ultimate knowing or gnosis is remembering who You are, a Soul, a Part of God. This knowing is of the Soul, and is greater than all acquired earthly knowledge, which is of the Ego.

Generally, the more earthly knowledge you acquire, as information based on other people's experiences in the past, the more difficult it is for you to admit to not knowing and to access the Now, tapping into Infinite Intelligence.

True gnosis, like Love, can only be experienced at a Soul frequency. Intellectual knowledge of other people's knowledge is of the ego, and is not the same as gnosis, just as stories of other people's Love is not the same as being in Love. Mark Twain said, "The difference between the right word, and almost the right word, is the difference between lightning and a lightning bug." The same can be said for the difference between gnosis and earthly knowledge or the difference between falling in Love and reading about someone else falling in Love.

Open yourself up to Infinite Intelligence by admitting and accepting your ultimate ignorance Now. Trust your Soul, the Part of God within you, to give you the "knowing" that you need when you need it for your highest growth and your greatest good.

Your inner guidance system | Time does not fly – birds fly. Time does not heal – Life heals. Time waits for no man – the time is always Now.

Enjoy this moment. Smile, breathe in and out, let go, and relax. Behold with wonder the miracles that surround you. Look within and behold the miracle of your Soul, One with Life, Part of God.

Realize Now—You are what you seek!

You have always looked outside of yourself for answers. You have imagined that the priest, the reverend, the minister, the imam, the rabbi, the monk, or the guru can give you the knowledge that dwells within your Soul. You forgot that all answers, all wisdom, and all gnosis reside within you. You forgot that God dwells in you as your very Soul, as your inner guidance system.

So, next time you need an answer, go within and ask, "God/Soul/Love, what would You do Now?"

**Imagine what Love would do Now** | Imagine that you truly knew that you would be given exactly what you need (not want) when you need it. Imagine the peace of mind you would achieve if you truly believed it. Imagine if you lived on the basis of this faith, such that it came to pass, moment by moment.

Imagine if your every thought was based in Love. Imagine if all your thoughts, words, actions, and creations were answers to the question, "What would Love do Now?" Imagine if you consciously lived your life in the Now. Imagine what your life would be like Now?

#### Imagine....

**Go within to never go without** | When you know how to go within, you will never go without. Everything you need is inside you. Your heart knows how to beat even when you are asleep. The trillions of cells inside you know what to do, when and where, to maintain your life and well-being.

You came to this physical plane with the ability to access Infinite Intelligence. No one can tell you or show you God, the truth, or enlightenment. At best they can inspire and guide you to seek them within you, as your true nature. At best they can help you to discover them, already existing within you, as your true nature.

The best teacher is one who comes from Love, who has no ego-investment in his teaching or in your seeking. Such a teacher can assist you in clearing away the debris of too much accumulated knowledge and of other people's past experiences, so you can experience true gnosis by remembering your true nature.

A good teacher, like a good parent, does not try to mold you, but only unfold you to facilitate your remembering/knowing that you are a Soul, a Part of God Now, that everything you need is inside you, and that everything in your life works for your ultimate growth and good.

#### This "Aha!" moment of understanding is bliss.

**Infinite Intelligence is waiting for you** When you are engrossed in something – an adventure or unfolding situation, a movie or play, a sports match, etc., your mind is absorbed and your "to-do" list of problems, issues, and concerns is forgotten in the moment.

In that state of absorption, **Being** has replaced thinking. Your thinking mind or Ego is not interfering with your Being, with who You are, with your Essence. You are a Soul, a Part of God, not an Ego. Instead of identifying with your Ego and its thoughts, recognize your Ego, the thinker, as an unreal entity, not your real self. Be a conscious Soul witnessing the thinker and its thoughts.

Once you can differentiate who You really are from the thinker your Ego believes you are, you are free to tap into the Infinite Creative Intelligence that creates galaxies and universes, that directs trillions of cells in your body operating at maximum speed with millisecond timing, and that designed and operates through your DNA. When you are being who You are, you experience, in the gap between thoughts, true feelings of Unconditional Love, joy, bliss, and inner peace. That gap between thoughts is the "space" where the Infinite Creative Intelligence dwells. That is why most creative thoughts and ideas occur spontaneously in that gap in moments of being when "you" are not thinking.

So, identify the thinker and recognize that it is not who You are. Seek and find your real self, your Soul, in the Now, in the gap between thoughts, in the space of being beyond thought, where Infinite Intelligence waits.

VICTIM— Verify I Call Trouble Into Manifestation

Your growth is waiting for you Now Are things happening in your life right now that you wish were not happening? Do you feel like someone, or the Universe, is out to get you, or that you are a victim of others, or of circumstances?

From your Soul's perspective, all the circumstances in your life Now serve your ultimate growth. At Soul level, You and other Souls agreed to meet in certain circumstances, in Soul Contracts, prior to your arrival on the Earth's Plane. And these contracts have been, are being, or will be played out in this life. At a Soul level You have agreed to and co-created your experience in this reality for the sake of karmic balancing and the growth of your Soul and other Souls in your Soul Group.

It may be difficult to believe, especially when you are in the grip of fear, that everything happens for the best in terms of your Soul's growth. It may help to understand that your Soul's intention to grow threatens your Ego's attachments. Challenging situations that test your Soul's commitment to grow are experienced by your Ego as the threat of loss of things of great importance and value. But what is perceived by the Ego as important and valuable is often what the Soul must surrender to grow beyond Ego and find its way back to God in the Now. How To Live In The Now

If you allow Ego to "win" this round by not suffering the loss of something valuable to it, know that your Soul, in its infinite patience and commitment, will create another circumstance for You to grow. The next time the perceived loss may be even greater to Ego, requiring a deeper commitment and choice for your Soul's growth over your Ego's comfort zone.

Faith and trust that God gives you what you need for your Soul's growth allows you to go beyond ego's comfort zone and enter God's Space in the Now, knowing that there is nothing to fear as this or any Soul contract is played out. Faith and trust in God allow God to guide your Soul on its journey Now.

So, practice faith and trust in God Now, knowing that there is nothing to fear, that only God's Love is real, and everything less than Love is illusionary.

**Turning-points in your life** | When you look back at the "turning points" of your life—the times when you were going in a known direction and then "something" happened and your life flowed in a new direction—do you recognize a pattern? What appeared to be an accident, a chance meeting, or a gut-wrenching incident was actually an opportunity, even a gift, that served your spiritual growth, and perhaps served others also.

Before you can be filled with Spirit, you must be emptied of Ego. This is usually not a pleasant experience, to say the least! When you suffer the pain or loss of someone or something you hold dear, you may feel like crying out in your anguish, "Why me, God? Why now?" But your Soul can choose to accept as necessary for its growth what your Ego resists and suffers in confusion.

There will come a time, after you have been painfully emptied of Ego and Spirit fills you, that you will say, "Thank you, God, for the miracles of growth you brought to me through that difficult time."

#### MIRACLE— May I Recognize A Conscious Light Evolving

May your daily prayer be "Not my will, but Thy will be done."

May you be open to God's inspiration and Love in all the moments of your life. May this flow of Love from Spirit accompany You always, in **all ways**, as you stay in the Now. May you allow this flow to direct your course through all the "accidents" and events of your life.

> Let go and let God into your life and recognize that you are always in God's Space Now.

**Finding inner peace** | Everything happening Now is for the best, but that only becomes apparent over time.

Let things be as they are Now—good and bad, bliss and misery, fortune and misfortune, gain and loss. By accepting what is Now, by not judging, by surrendering, by not resisting what is, by forgiving, by allowing things to be as they are, you find Peace and stillness Now.

By doing nothing, by just being present as Love, all negativity within you and your projections of negativity onto what is will dissolve. The presence of Unconditional Love, which is who You are Now, is more powerful than any negativity, any projection.

When inner peace ripples out from you effortlessly, others will be drawn to bask in it with You.

Attaining inner peace Now | Defending your point of view is pure Ego talking. Try coming from Soul instead. While Ego says, in so many words, "I'm right, and you're wrong," the Soul says, "I appreciate your viewpoint,

and I thank you for expanding my perspective." While Ego clings to its original narrow perspective in order to be one hundred percent right, the Soul incorporates its new, expanded perspective in future reflections and discussions in order to be wiser and grow.

Whenever you find yourself in an argument, recognize that you have slipped into Ego to do battle with another ego. Remember that Ego wants to argue—not to understand and grow, but rather to be right and win. Then you can come from your Soul, whose disposition states, "Thank you. I see your point, but I prefer to have inner peace Now."

The Soul's disposition can stop an impending argument in its tracks! It gives the Ego no traction! The Soul's choice for inner peace Now can be applied to any and every circumstance.

"Dad, sorry I crashed the car."

I choose inner peace Now; "I'm just glad you're OK."

"You've won the lottery."

I choose inner peace Now; "Well, isn't life surprising!"

"Sir, you were going forty miles an hour in a thirty-mile-an-hour zone. I'm going to have to give you a ticket for speeding."

*I choose inner peace Now;* "You're right, officer. I'll be more careful from Now on."

"Thank you. I choose inner peace Now" is how the Soul remains serenely in the Now when "what is" would drive Ego crazy. So, next time when, "what is", is driving your Ego crazy, choose inner peace Now.

**Experience inner peace** What would happen if, for one day in your life, you simply allowed everything and everyone to just be, as it is or as they are? What if you simply allowed whatever occurred in your space to be what it is, with no judgments, no control, no manipulation, no requirements, no demands, no expectations? What if you practiced simple acceptance, surrender, non-judgment, and forgiveness with whatever occurred?

You would discover that much more of your energy, your Life force, is now available. You would realize that in most situations, there really is nothing you need to do but smile in acceptance, bend your knee in surrender, practice non-judgment and forgiveness, and use your tongue and voice to express appreciation and Love.

At first, this "doing nothing" may make your Ego extremely uncomfortable by threatening its sense of purpose and identity. If this happens, simply continue "doing nothing." Accept the Ego's feelings, struggles, and its gradual demise without judgment, with compassion and forgiveness.

For it senses its end is nigh. Simply surrender to the end of ego.

If you continue "doing nothing" in this way, you will find that you have much more energy available to use. You will find that the less you do, the more You can simply be in the stillness and Peace that live within you. You will discover that by "doing nothing" in this way, You share the joy and bliss of your own being Now wherever you go.

Lost or found? Where are you Now, in this moment? Consult your Spiritual Global Positioning System (SGPS). You are where you always are in every moment, at a crossroad, an intersection at the corner of Here and Now.

Let this present moment sink into all your senses. Close your eyes and use your inner guidance system to fully experience where you are Now. What do you feel, touch, taste, smell, and hear within and around you Now? Can you feel the stillness and silence within you Now?

In the stillness and silence within you, this moment is full of richness, full of beauty, full of bliss, full of God. "Godfulness" is always your true experience, your true location, Now.

**Feeling down and out?** Are you tired? Are you tired of, or tired from? Are you tired of whatever or whomever? Whether you are tired of, or from, whatever or whomever, how is it going to change? Who's going to change it?

If you are bored in a relationship, in your work, in your life; if you are bored from a lack of meaning, purpose, ambition, desire; if you feel sluggish, lethargic, indifferent and, well, bored ... how is it going to change?

The difference between any rut you are in and a grave is about five and a half feet. Take heart that you're only six inches under and not six feet under. You can climb out of a six-inch rut. But when you're six feet under, it's permanent.

What do you really desire? What stimulates or excites you? What do you feel passionate about? Desire, energy, and passion always resides deep within you. But when you are bored and in a rut, they are suppressed by some blockage or limitation, some belief or resignation that you have unwittingly placed on top of them. Perhaps some experience or person in your past told you that you were unworthy, and you believed it, so you suppressed all that desire, stimulation, and passion.

If you can identify the cause of your feeling of unworthiness and see it for the lie it is now, You can begin to heal that emotional wound. Being a Part of God, how can You not be worthy of anything you desire? **The past is a story that is not true Now**. Now is all that matters. And You can decide and know what is true Now.

Know Now that You are worthy, that You are a Part of God. Know that God considers You worthy to be a Part of God, regardless of what any man or woman thinks. Know that You are a Co-Creator with God of your life, both on Earth and through Eternity. Know that You can find the desire, hope, and passion within You that will inspire You Now. Know that You are worthy right Now and in every moment of Now. Know that You are Love, and You are worthy of Love Now, always, and **all ways**.

**Detachment from outcomes** Can You be at peace, at One with success, failure, loss, gain, first place, tenth place? Can You fully participate in life and also be detached from the outcome? Can You be truly committed and have no expectations or demands about what, how, who, when, where, and if something or someone comes through or not?

Can You live today with the long-term view? When you consider anything, ask yourself, "Will this really matter in ten years? Then how important is it really Now?" If it feels like it really matters now, there is an ego attachment. If you feel at peace, at One, with what is Now and whatever will be, then you are in a Soul Relationship with life. Detachment from outcomes Now results in inner peace.

Think about it ... who won the men's 100 meters at the 1996 Olympic Games? How important is it Now? The chances are that almost no one cares Now. But millions of people did in 1996!

## All our reasoning ends in surrender to feelings.

Blaise Pascal 1623-1662 AD

Source: 5000YearsofWisdom.com

# Feelings

Emotional feelings

#### Am I in the Now?

How can you tell if you're in the Now? You can feel it. True feelings are the language of your Soul. Your Soul, the part of You that is Part of God, is where true feelings occur. And the Now is always when they occur.

God and true feelings are only found in the present moment of Now because Now is all there ever is. When you are present in the Now, your Soul will feel connected to God.

You may feel bliss, peace, contentment, joy, or **connection**, without any apparent reason.

If you are not feeling connected right now, then you are not in the present moment of Now. If you are in the Now, your true feelings will let you know. Are you prepared to be "self-honest" Now? We have been saying that "true feelings are the language of the Soul." So, what are true feelings? They are Soul Feelings, feelings based in peace, acceptance, gratitude, compassion, and Love.

Then what about all the other feelings you have? Where do they come from? They come from your Ego, and they are, at best, partially true, which is another way of saying that they are not true, but false.

Consider: Something happens. Someone lives or dies. Someone wins or loses. Someone is hired or fired. A relationship begins or ends. The permutations are endless. As these events occur, the Ego generates feelings based on its attachment to people, things, and outcomes. And thereafter it creates a story about what happened that continues to generate Ego feelings.

Your Ego feelings now are related to these stories, based in memories of the past, that you are reliving in the present. These stories are like shadows from the past blocking your sunlight in the present, leaving you in the darkness of Ego.

#### Ego feelings are not true feelings.

They are the result of the loss of something you were attached to. And your Ego responds to the experience of loss with sadness, anger, resentment, fear, resistance, judgment, etc., based in a story it creates to protect the emotional wound.

In reality, events only occur Now, and only occur once. Events that seem to reoccur are in reality new events, also occurring Now. Whatever happens, happens. Whatever is, is. When you accept what is Now, there is no need for Ego thoughts, Ego emotions, Ego stories, and Ego dramas.

Ego thoughts create Ego emotions. We cannot change what happened in the past. But we can choose to change our thoughts about events or people from our past, and let them go completely. When our thoughts change, our emotions also change. When we accept and let go of the past, we no longer recreate it as a story in the present with all the negative feelings.

Think of a story from the past you have been telling in the present for some time now. If it's negative or disturbing, your Ego is recreating; trace it back to see the emotional wound your Ego is protecting or what painful 'secret' about yourself your Ego is denying.

By being truthful with yourself and forgiving yourself, you give yourself the opportunity to be here Now instead of living in a story about the past. If you can forgive yourself, you can then forgive others, or ask forgiveness from others who may have been involved. In true forgiveness, the story your Ego created out of what happened is seen in a different light, and changes in your mind to really reflect what happened. When your story changes in this way, your experience of the memory, and the emotions and feelings associated with the memory, also change. It might appear that the past has changed, but it is actually you who have changed Now.

In this process, your new feelings related to the past are **true feelings** that come from your Soul, which is Now rightly related to what has been, what is Now, and whatever will be.

There are feelings and then there are "Fearlings"! Feelings are the language of your Soul, but not all feelings come from your Soul. The feelings that come from your Ego are not true feelings. They are reactive emotions emanating from our conditioning through past experiences, often projected by our egos into future desires or fears.

Your Soul's "true feeling," in Essence, is pure Love, as it is Part of God, Who is Love. Your Soul's true feelings all emanate from this root of pure Love. These feelings may include bliss, peace, compassion, contentment, empathy, joy, goodness, and gratitude. All these feelings, rooted in Love, are communications of the Soul. So we call them "true feelings" and say they are "the language of the Soul."

All feelings not rooted in Love are of the Ego and are expressions of a root fear. When you can identify and analyze these feelings, you discover their underlying belief structure, which always creates Fear.

Once you have understood the beliefs behind the thoughts that create all Ego emotions, you can see through those beliefs with the clarity of the Soul's vision. Those beliefs, now seen to be erroneous, can be rejected and released. New "true beliefs" that awaken the true feelings of the Soul can Now take their place.

### To heal you have to **feel** an understanding acceptance of what is Now.

This healing weakens your Ego's grip on your mind, your thoughts, and your Soul. It enables you to dig deep and discover the Part of God and the Love of God within you, which are the real You Now.

Choose to feel and experience this moment, without thought, in an understanding acceptance of what is Now. Relinquish thought, and experience this moment of Now as Love.

**Don't think, feel** | How do you free your mind of thought? By being present to what is Now. Your thoughts are rarely about what is happening Now. And when they are, it means you are still not present to what is happening Now. You are thinking instead of feeling and being.

Most of your thoughts are about something that has already happened that you cannot change, or about something you hope or fear or imagine which may happen in the future, over which you have limited influence and little or no control. Analyzing your thoughts will not get rid of them, but simply entrench them further. You cannot think your way out of thought; you can only abandon thought by being present to what is Now. Shift your attention from your thoughts to simple awareness of where you are, what you are doing or feeling, and what is before you Now. How and what are you feeling right Now? Are you comfortable? Are you tense or relaxed, warm or cool? Are you calm or restless, focused or distracted? Can you feel your breathing? Is it shallow or deep, in the chest or the belly?

Notice what you are seeing, paying close attention to details. Be fully present and aware of your environment. Feel and witness this moment, seen and unseen, as a sacred space.

Now feel your own state. Are you more peaceful Now than when your thoughts were running rampant? Which do you prefer: the turmoil of your thoughts or the peace of awareness Now?

Choose to exchange the habit of thought for the peace of feeling with awareness Now.

**Soul speak** | True feelings are the language of the Soul. But don't suppress your Ego's reactive feelings and emotions. Feel them as they arise and express them in conscious and nonreactive ways. Fully experience the range of ego's feelings as they pass through you – with all the highs and lows, all the thrills, discomfort, and disturbance ego provides. Feel all the way through your Ego to your Soul, which is eternal and can never be damaged by consciously experiencing ego in its fullness.

Your Soul came to Earth to fully experience life with all its emotions and grow through and beyond them. The physicality of this world makes it a unique experience for Souls, which are Ethereal in nature. They learn by experiencing the passion of emotions that Ego generates. And gradually they are able to discern between reactive feelings that "feel true" in the moment, but are ultimately delusional, and true feelings that express Love, which is the essential nature and reality of the Soul.

Your Ego lives in its thoughts and reactive feelings. Your Soul lives in the Now, in true feelings that are expressions of God's Love. If you remember

that you are your Soul, and that your Soul is Part of God, and express your Soul's true feelings, you will always feel better Now.

**Feeling negative?** You can't have a negative feeling now and also be Love Now. How do you deal with negative feelings? If you ignore them, will they just go away? Not likely!

First, acknowledge and recognize any negative feeling you are having Now. It may be fear, anger, jealousy, hatred, or despair. Simply allow that feeling to be present and greet it by name. For example: "Welcome, Fear. How are you today?"

Now be aware of yourself as a Soul and of your fear as an expression of ego. Every negative feeling has its own quality or character. Now treat it like a person and keep it company. For example, see your feeling of fear as a crying baby that needs attention and wants to be comforted. Comfort the fear as you would a crying baby, soothing it with soft, kind words, rocking it in your arms: "There, dear little Fear, it will be alright." When you calm the fear down, and it is sleeping like a baby, smile at it and release it in Love. Now that the feeling of fear is gone, you can give the underlying causes your attention.

All negative feelings are created at a fundamental level out of thoughts, ideas, beliefs, prejudices, judgments, and perceptions. As long as those fundamental creative forces operate without Awareness, these negative feelings will continue to be created and to grow menacingly. If you have the courage, integrity, and willingness, you can dig deep down into your psyche and painfully unearth the causes of these feelings.

Brought up from the murky depths of the psyche into the clear light of Awareness, the thoughts, beliefs, judgments, etc., that fuel these negative feelings are seen to be false and distorted, and their continual creations appear to be a kind of cancer in the mind. When the thoughts, beliefs, judgments, etc., that cause these feelings are recognized as false and released in Love, they are replaced by the true feelings of your Soul. In this way You transform negative Ego feelings through positive action that produces growth.

So, do not ignore or bury your negative feelings. Instead, unearth them, feel and face them, understand them, and release them in Love Now. And, in the process, develop Love and Compassion for yourself.

You have to feel before you can heal | If you live in Awareness Now, you can discern and untie the knots of thought and feeling that Ego is creating now. By being aware of your perceptions, judgments, and feelings Now, you are already untying the knots, even as they are forming. So be alert and aware, and consciously feel and acknowledge what you are feeling Now.

This is how feeling becomes healing and freedom Now.

**Don't personalize your emotional feelings** When you experience an emotion, allow yourself to feel it fully. Don't resist it, judge it, personalize it, analyze it, or dramatize it. Just feel it fully Now, adding nothing at all. If you are feeling sadness, then really feel how sadness feels. If you feel angry, then really feel how anger feels. Let the fullness of your feeling be the expression of that feeling now. And when the feeling subsides and it's over, feel the sense of peace and newness that remain, like the freshness in the air after a cleansing summer storm.

Let them go | Feelings and emotions are passing phenomena, like weather or like waves rolling over the surface of the ocean. When you experience them fully, your Co-Creator, God within you, also experiences them through you. In this way, God lives and learns through your life experiences.

When you feel emotions, let them be as they are, let them run their course, without resisting them or being attached to them. They are only feelings,

pleasant or unpleasant, comfortable or uncomfortable, whose passage through you is meant to be short-lived. But if you resist them or become attached to them, you allow them to become part of who you are in a way that does not serve your growth. There is no need to hold onto any feeling, just as there is no need to hold on to any thought. Let them pass through you.

You are Love, so why would you want to hold onto any feeling that is less than Love? When you change your focus, you change your feelings. So, the next time you feel a feeling passing through you, shift your focus from this feeling to the Being who is Love Now.

From good to great | Therapy offers no magical solutions to life's problems. A therapist cannot wave a magic wand and "poof"- problems are gone! Therapy is ideally a safe space where deep and difficult truths can emerge, painful realities can be explored, and uncomfortable feelings can be felt and expressed so that a process of true healing can occur.

These difficult truths, painful realities, and uncomfortable feelings may be unpleasant, scary, shameful, and humiliating. They may also be what you signed up for in your Soul Contracts in order to grow spiritually through these experiences.

These uncomfortable feelings, which belong to your Ego, "I," are different from the true feelings of your Soul, which is who You really are. Yet, for some reason, You have to feel and allow yourself to fully experience all the **painful feelings of Ego** in order to become who You truly are in this life, a conscious Soul who is Part of God.

> To become your true self, a conscious Soul, the "I" of the Beholder, let go and let God in Now!

### chapter 12 Choice

#### Right to choose

#### The only choice You have Now

We've said that to be in the Now requires the ability to have no thought, and that the gateway to the Now is the space between thoughts. This doesn't mean you cannot have a thought in the Now but just that you must be able to exclude ego-based thoughts that take you out of the Now. There is a kind of thought that precedes ego-based thought. This thought, which is of the Soul and is based in true feeling, is compatible with the Now and, in fact, only occurs in the Now.

The **Cosmic Entity** we call God/Essence/ Universal Intelligence/Spirit is infinite and contains everything, including an Infinite Void, the primal nothingness beyond human comprehension that was prior to Creation. "In the beginning," before Creation, this Cosmic Entity thought and filled the Void with Light. This Light comprises countless Light Beings, of whom You are One. How To Live In The Now

These Light Beings have existed for countless ages and, long before their creation, like Creation itself, they existed as prior thoughts in the Mind of God. And You, a Light Being and Eternal Soul long before You were a mortal human being, have had countless past lives, and will have countless future lives, in countless places of which You cannot Now conceive.

You are not here Now by accident. You and your Soul Group are here now to fulfill your Soul Contracts, which are intertwined together. The Entity we call God desires to experience everything through all of You to learn and grow through You, and be God in all experiences.

The Earth Plane is a wonderland of physical, emotional, psychological, sensual, and even spiritual experiences. Souls choosing to incarnate in bodies on Earth are very courageous. In the process of struggling, learning, and growing as mortal humans, they have so many remarkable experiences unique to this Earth Plane.

How does all of this relate to the **Creator's Thought** that filled the Void with Creation, with Light, and with Light Beings? The Power of Thought Creation undertaken by the Cosmic Entity we call God is the Ultimate Power in the Universe.

> Imagine if you had the Power of Thought Creation. You don't need to imagine it you do!

You have the power to think and imagine and create your life as it unfolds. In fact, you are doing this in every moment. At a deep level, you choose the kind of thoughts you think, and You choose how to respond to those thoughts. Your power in every moment to choose the kind of thoughts you think, and whether to respond with Love or with fear to what is Now, creates the life you are living Now.

This is Power!

#### POWER—Present Only When Ego Removed

Choosing to respond from your Soul **with Love**, which is the Essence of God, with every thought, word, and deed, is how you can create a life of Love, ease, and happiness Now, in every moment.

Choosing to respond from your Ego **with Fear** makes every thought, word, and deed a force of fear—and this creates a life of fear, disease, and unhappiness Now.

It's that simple! You can choose to respond to what is Now with Love or Fear. That's it! There is no more to know or to learn, no greater power to achieve, and no more important choice to make. That is always the fundamental choice you face Now.

So, Now that you know You have the power to create your life with the thoughts of Love or the thoughts of Fear in every moment, what do you choose Now?

#### Thought so!

**The power of Thought Creation** You learn to live in the Now by learning to accept what is Now. What "is" in any moment, as you experience it, is a complex mosaic of the thoughts, words, actions, things, people, and the world, all intertwined in the present and affecting you Now.

What your Ego perceives as accidents and coincidences, your Soul recognizes as meaningful events and possibilities. While you and the members of your Soul Group have **free-will choice** in every moment, you have contracted to experience certain things and learn certain lessons together. You are not always responsible, or even co-responsible, for what is happening in any moment. You are responsible for how you interpret what happens, as this determines how it affects You. How you interpret what happens is a matter of choice – call it the **Power of Choice**. The Power of Thought Creation and the Power of Choice emanate from you each time You choose an interpretation of what is happening Now.

> POWER—Present Only When Ego Removed

Using the Powers of Thought and Choice, you create your experience of reality, and co-create much of what goes on around you. Your choice in any moment to live from Love or from Fear most powerfully creates your experience of reality Now.

Your life, and the lives of your Soul Group, are unfolding, moment by moment. Your ability and their ability to respond to `what is' with Love or Fear create your collective present experience and your collective future, Now.

Meanwhile, a Supreme Intelligence operates behind it all, and every experience is the "right" experience, whether it seems pleasant or unpleasant to you, who can never know the ultimate meaning of it all Now.

As you move from Ego to Soul, and Fear to Love, you awaken to the consciousness of Oneness. Every experience, in God's experience, is already happening on the path of Oneness. And our experience increasingly coincides with God's experience as we learn to choose and be Love Now.

Your new reality Now This moment, Now, has never occurred before. This moment, Now, is new, pristine, virtuous, perfect. This moment, Now, has nothing written on it – it is yours to write on. This moment, Now, is a new reality, a new experience, if you can see it as it is and let it be so. This moment, Now, can separate you from, or unite You with, the Oneness that always is Now.

Your perception of this moment, whether you view it through the lens of Fear or the lens of Love, will determine your experience of reality Now. What you believe Now, you will perceive Now and experience Now. Believing is perceiving and experiencing Now.

In this present moment, Now, you can perceive and experience this new reality, if you choose Love. This is the meaning of the scripture that says "Love makes all things new."

So choose Love Now, and experience the Reality that is Love.

**Conscious choices** We make choices in life every day. At times we are called upon to make choices that will significantly affect or even change our lives. Consider all the choices we must make over a lifetime. We must choose our educational interests; our spiritual, religious, or philosophical beliefs; our career; our health and lifestyle habits in terms of diet, exercise, and what we put or don't put into our bodies; which country, state, city, and neighborhood to live in; whether to buy or rent; whether to marry or not; whether or not to have kids; and, if we have kids, how many and how to raise them. We also choose every day, in every moment, how to think and behave. Will we practice acceptance, Love, non-judgment, and forgive-ness—or will we practice fear, resistance, judgment, and resentment?

With all the choices we make over a lifetime, it's important to recognize that *how we* choose is as important as *what* we choose. Do we choose with conscious awareness? Do our choices tend to be conservative or spontaneous or habitual? Are our choices often knee-jerk reactions rather than intelligent, thoughtful responses? Do we choose in peace or in fear?

Many people make choices unconsciously, without deep reflection, simply reacting to circumstances as, in the words of Ortega y Gasset: "Life is fired" at them "point-blank." They choose in the moment, without conscious Awareness, and life keeps coming at them, confronting them, forcing them to choose again.

How To Live In The Now

This **nonreflective** way of choosing is how people end up in needless complications and dramas, in dead-end relationships, dead-end jobs, and deadend lives. They allow their ego-based thinking to drive their choices; they choose what is familiar, what is known, what seems easy or comfortable, even when it doesn't serve their best interests, growth, and well-being.

Learn to be conscious and aware Now when making choices. Choose to be the Observer instead of the Reactor. Be present and conscious, and feel God's Presence with You Now, as You consider your options, and as You make your choices. This will help you to make choices that will best serve You and others materially, emotionally, psychologically, and spiritually.

You can always ask yourself, "What would Love choose Now?", and then choose that.

**Karma is your choice Now** Karma is like a bullet fired from a gun. Once you fire the bullet, that action has consequences that are unstoppable. In life, every action has an intended target or result. Once you act, the consequences of that action will be played out in one form or another.

So, it's important to reflect before we act, since our actions inevitably produce consequences. To act without proper reflection can produce painful, even tragic, results.

When you develop a habit of reflection before action, You are able to change your karma, to create new and better karma.

This is a spiritual law. "As you sow, so shall you reap." The "sowing" is the action; the "reaping" is the consequence.

When you consciously reflect in the Now before you act, You are fully present in your choice, and your choice has spiritual power. Such conscious actions create new beginnings and generate positive consequences in your life. So, be fully present in your choices Now and reap the benefits of positive karma in your life.

**Real ambition** | If you want to satisfy your Ego with money, power, wealth, success, good looks, and fame, that's possible but not guaranteed. Ego-driven people in every generation achieve these ambitions, but not all of them. If you want these things badly enough and you're willing to pursue them intensely, chances are that you can achieve them too.

But the cost of ego-driven ambition and success may be high. In the process of achieving them, you may end up with no real Love, no real friends, no real happiness, no happy marriage, no happy family, no happy children. Your ego-driven success may come with greed, envy, enemies, criminals, divorce lawyers, unhappy or troubled children, parasitic fair-weather friends and shallow or faithless lovers, poor health, and no peace of mind. And, even if you achieve great success, there is no guarantee your ego will be satisfied in the way it imagines before success comes.

However, it is possible to achieve these ambitions in a **Soul-driven** way and be happy, peaceful, and fulfilled. But for this to happen, You must learn to be happy, peaceful, and fulfilled before any outward success is achieved. When You discover the inner happiness, peace, and fulfillment of your **Soul nature**, You will not project them onto things like money, fame, good looks, worldly power, and success. Then you can pursue and achieve worldly ambitions in a spiritual way, through creativity, service, integrity, compassion, and loving-kindness. Money, power, wealth, and success will be drawn by your diligent efforts, and by your already happy, peaceful, and fulfilled Spirit.

Once you align your thoughts, words, and actions to your Soul, while serving others justly, with compassion and loving-kindness, your cup will already be overflowing with God's Love. Your Ego's ambitions will seem vacuous compared to the joy, bliss, and Love your Soul feels Now as it fulfils its worldly pursuits in a spiritual way. On this path to success, God is an equal-opportunity co-Creator with your Soul. Everyone can create whatever his or her Soul desires, and there is room for everyone to succeed. So, remember, you can create whatever you desire when your Soul is aligned to God's Love Now.

> When your Soul serves God and man, You are fully satisfied Now, even while you pave the way for future success.

**Freedom Now** | Everyone is free Now. Your freedom is your ability to choose what you give your attention to, what you believe, what you commit to, where you devote your energy, and the kind of person you will be. These freedoms determine your life's quality, direction, and experiences.

Whether you're experiencing pleasure or pain, comfort or discomfort, happiness or sadness, peace or restlessness, health or sickness, you always have the freedom to choose how You will think, believe, and live in the face of your current reality. And you can experience your present reality fully while letting go and going with the flow of the Universe Now.

> The choice to fight against the flow of the Universe is a choice to let Ego define and create your experience of reality Now.

This creates stress, tension, and unhappiness, and can result in depression, anxiety, poor lifestyle choices, and diminished health. So, instead of fighting the flow, go with the flow by practicing acceptance of what is Now. You don't have to like or even enjoy your current circumstances to accept them. Acceptance is just the experience of living in the Now, and experiencing what is Now. And this usually leads to a change in circumstances as You go with the Universal flow, and its energy moves you forward.

Resistance to what is Now blocks the flow of this Universal energy in you, like water in a dam, which builds up tremendous pressure. As long as you resist, the pressure persists and grows until something has to give. Cracks form, the dam leaks, water spills over and, eventually, if the pressure is not released, the dam may collapse in a raging flood. Resistance is never a solution to what is: It is the problem. The solution is choosing to accept and experience what is Now. When you know You are co-creating your life with God, that everything that happens serves your Soul's growth, and that God is in all your experience Now, there is nothing to resist. You can come from Love and Trust instead of Fear and Resistance.

Accept your experience Now, let go, go with the flow, and trust that God will always give you what you need, when you need it, for the highest growth of your Soul. Trust God Now and know true freedom.

**Responding by choice** Right now, simply focus on this present moment. Nothing else exists—only this present moment of awareness and all that you are aware of right Now. If something happens that requires a response from you, respond intuitively in present awareness.

In the past, you may have had knee-jerk reactions to things that needed a response. You may have reacted as if to an urgent ringing bell that had to be answered, when a simple intuitive response in present awareness was all that was needed.

When you know how to simply be in the present moment, you are able to respond intuitively with present awareness instead of reacting with unnecessary urgency and fear. When you can remain centered in the Now, you will understand that whatever arises also passes away—soon, if not Now.

Which rock do you want to be? | Wouldn't it be wonderful if we always only got what we wanted; if we only encountered wonderful people who made us feel joyful, happy, and loved; if we only had positive, wonderful, joyful experiences and moments, and every moment of Now was sheer bliss?

So, what's stopping you from experiencing that Now? If your desire for the bliss of God is strong enough, and you are willing to face and embrace life

with honesty and courage, then you can achieve it. But to achieve bliss, you must accept whatever is in your life Now that is less than bliss, without any **inner resistance**. You must be the rock in the stream that allows water to flow over and around it, not the dam wall that holds the water back.

Accepting what is Now means letting every non-bliss moment flow through and around you. When you are present in the moment and letting go, your body/mind creates no resistance to what is, and therefore creates no stress about what is.

Your resistance to what is creates stress and attracts non-bliss into your life. When you are fully present in the moment with no resistance, you find that you are in bliss whether you get what you want or not, and whether or not what is Now seems blissful. Life becomes like a fruit salad; you simply select the fruit you like and leave the rest untouched.

Happy new Now | Every choice has its own consequence, played out through the Law of Cause and Effect. Whether we know it or not, we each choose the actions we take, how we live, and the kinds of consequences we experience.

Consider New Year's Eve. Is New Year's Eve a time for you to pause and reflect, for seeking clearer thoughts and making resolutions about how you would like your life to be? Is it a time for spiritual renewal, for life's road maps to be reviewed and perhaps re-charted? Or is it a time for imbibing copious amounts of alcohol in social gatherings, befuddling your mind, impairing your judgment, numbing your senses and your spirit, and ending the evening by putting your life and the lives of others at risk on the road?

Every year contains over 31 million seconds, or present moments of Now. In every one of those moments you can choose how to live and who to be. Will you be loving, wise, peaceful, kind, compassionate, healthy, trustworthy, understanding, and forgiving? Or will you be impulsive, shallow, petty, reckless, self-centered, and immature? These are the two poles of human character and potential we choose between in any moment. And our consistent choice over time determines the quality of our characters and our lives.

Our wish for you is that you choose to be present and loving in every moment of Now and that, as a consequence, your inner and outer life be rich in peace, wisdom, health, and abundance, always and in **all ways**.

**Raising children** | How many parents are with their children physically but not present with them emotionally or spiritually? Are you looking at, listening to, watching, and even playing with your children while you are inwardly absorbed elsewhere, lost in your thoughts, multitasking your life, mulling over problems and frustrations, planning future actions? Are you squandering what could be quality time with your children, wishing you were somewhere else? Are you even resentful of this moment Now with your child, thinking of what you could do and who you could be if you weren't tied down by parental obligations and responsibilities?

Don't worry; in a blink of an eye, the years will pass and their childhood will be gone, both for them and for you. If you aren't present to them Now, if you fail to recognize the miracle, the blessing they are Now, they may be strangers to you then. And the lack of recognition, Love, and presence you failed to give them may leave them emptier and make their lives more difficult. It may leave them looking for Love, meaning, and relief in all the wrong places, and lead them down many a dark alley. They may harbor sadness, anger, rage, or despair in their hearts. They may pass onto their own children the emptiness they received from you.

If you don't have time for them Now when they are small, you may find yourself spending a lot of time dealing with their problems when they are older! Or you could give them your full attention Now, and as much Love, understanding, and support as You can, and reap an entirely different set of consequences. Either way, it's your choice. The principle of substitution | If a friend of yours kept telling you negative things about yourself, how good a friend would that person really be, and how long would you want this friendship to last? If the egotistic voice in your head continually feeds you negative thoughts of fear, doubt, criticism, and judgment, is this voice really your friend?

Part of becoming a healthier person is changing the negative, unhelpful thoughts you think on a regular basis. As you become healthier, you may also need to change the kind of people you spend time with. Listening to negative voices isn't good for you, whether they come from inside your head or from so-called friends.

Your Ego controls attention and your life by creating negative or limiting thoughts and beliefs about you, others, and life. Your Ego takes you out of the Now by having you focus on the past or the future, hopes and fears, doubts and regrets, shame and resentment.

**Repeating affirmations**, positive thoughts and beliefs, is a popular method for changing old negative patterns of thought and belief to produce new positive outcomes in your life. Affirmations are based on the **principle of substitution**. The idea is that you can change negative, habitual patterns of thought and belief by substituting new, positive thoughts and beliefs or affirmations for them. The practice of consciously thinking and affirming positive thoughts and beliefs helps you to stay in the present moment of Now. It develops your power to consciously choose and affirm what you desire, what is good for you and good about you, instead of unconsciously choosing and affirming what you fear, what is not good for you or about you.

Positive affirmations do not instantly change your negative thoughts and beliefs. It takes time to change old negative patterns and create new positive ones. So do not despair; be patient. If you diligently and determinedly persist in affirming your new positive beliefs and thoughts, they will gradually replace old negative patterns. And this will increase your positively fed subconscious mind's access to the Universal Intelligence that only operates in the Now.

Is God anonymous Now? | There are no mistakes, no coincidences, no accidents in God's world. God's signature is on everything, although at times God appears anonymous while lessons are being played out and your learning, healing, and growth occur.

When something not to your liking happens, stop, be still and present Now, and know that, at an unseen level, You have chosen this lesson for your spiritual growth. The more unpleasant and difficult the lesson, the more God, the Mighty Archer, is stretching His bowstring so that You, His arrow, will fly further.

Every choice is between two paths: **The Soul's path of trust**, kindness, Love, forgiveness, and awakening or the Ego's path of fear, mistrust, separation, need, and survival. The Ego's path is a **path of illusions**, because ego itself is an illusion; it is not who You really are. The Soul's path is always the right choice Now, regardless of your present circumstances, because your Soul, a Part of God, is always your true identity Now.

**Understanding sadness** | So, tell me if I've got it right. All I have to do is be in the Now, and—presto!—no more fear, sadness, disappointment, failure, or loss?

Sorry, pal, it's a bit more complicated than that. You came into this life with a Soul contract to have certain experiences and learn certain lessons. You chose your parents, your family, and your circumstances knowing that you would encounter obstacles, challenges, and tests and experience loss, pain, and disappointment in order to learn and grow spiritually.

When "bad" things happen to you, you have a choice between the two paths of Ego or Soul. On the path of Ego you resist what happens, experience yourself as a victim of events, allow circumstances to define and control you, and succumb to fear, loss, anger, or sadness. On the path of Soul You realize that what is happening is part of your Soul Contract, your life's plan, and a challenging lesson that can serve your spiritual growth. You embrace difficult events as lessons in faith and say yes to what is Now. How To Live In The Now

This does not mean that the path of Soul is easy. Lessons can be painful, even tragic, and may include the loss of health, wealth, prestige, or a loved-one. Your Soul may grieve and feel sadness while letting go in acceptance, knowing that even the loss of a loved one does not diminish Love, which can never be lost. Love crosses universes unhindered and undiminished, for Love is real, as **God is Love**.

Whether you choose the path of Ego or Soul, life continues to present new things to you in every moment of Now. If you choose the path of Ego, you will be blinded by illusions and miss the spiritual opportunities being presented to you Now. Only the Soul recognizes and utilizes these opportunities. Only the Soul grows in Love and wisdom by serving others, while being loved and served by Unseen Helpers who also serve God.

Are you a victim? Do you have a story about your past? Do you live in the story of your past? Are you a victim in the story of your past? Does your story give you a built-in excuse to fail, complain, or give up when things "go wrong" in your life?

VICTIM—Verily I Cry This Isn't Mine

Your story, whether "positive" or "negative," consistently manifests circumstances via your subconscious mind. Subconsciously, you want things to occur as they do, whether from low self-esteem or lack of self-worth, or perhaps to learn particular lessons. The good news is that whatever the reasons, and however painful the lessons, whatever happens ultimately serves your Soul's growth.

When you eventually stop telling your story at a subconscious level, You will come out of your past and into your Now. You can choose to stop being a victim, to grow beyond your limited sense of identity and potential, when You realize that it is better to take responsibility for your life, and that You are ready to heal and grow beyond that old identity.

When events shock, disturb, or offend you, recognize the pain of a wakeup call that can, suddenly or eventually, bring You into a more pleasant Now that is always there when you choose it.

Victor or victim? Remember when you were young, before you understood how life worked, how much you hated getting lots of homework at school? You would much rather be having fun with your friends than stuck in your room doing homework! Homework was a rude welcome to the real world!

Later you had to learn the same lesson about life: That you can't always do what you want or have what you want, that life requires lots of hard work, and that there are difficult lessons and tests. And, if you don't learn the lessons and pass the tests, there are consequences and you don't move forward!

Have you learned these lessons of life? Not everyone does. You have a choice in life, the way you did in school, whether or not to "do your homework," whether or not to learn your lessons, whether to diligently apply yourself and make real progress, or to just get by with a mediocre effort. How you choose to live life will determine whether you are a victor or a victim.

> VICTOR—Verily I Claim This Opportunity Righteously VICTIM—Verily I Cry This Isn't Mine

Victims resist and complain about the lessons their growth requires. They try to avoid challenges and necessary hard work, hoping to get by and even succeed with mediocre efforts. Victors face challenges and do whatever has to be done, whether it's fun or unpleasant. They diligently apply themselves, knowing that their learning, growth, and progress depend upon hard work and integrity. Adopt the attitude of a victor and embrace the challenges that come, knowing they are necessary for your learning, growth, and evolution. A victor's attitude will serve you in life, love, career, and relationships, and guarantee your Soul's growth through all the challenge that life brings.

> Remember, life evolves through you in every moment. So embrace whatever life brings you Now, and be a Victor.

Who's doing the dishes tonight? | Dishes need to be washed. You can do them in anger and resentment or you can do them in peace with conscious awareness. Either choice will affect your mood thereafter.

In anger and resentment there is no closure. In peace and conscious awareness there is closure. Closure is needed in order to move on.

By choosing closure in every moment of Now, You move forward in life. To choose closure is to accept responsibility for your actions and accept the consequences of your actions. Choosing closure allows You to learn and grow through whatever happens and move forward in life.

Who's doing the dishes tonight?

**Choosing to become Now** Your quality of life Now depends on how you feel in this moment. How you feel in this moment depends on what you think and believe Now. If you feel lonely, sad, angry, scared, unhappy, etc., You might want to check your thoughts and beliefs to find out why you're feeling that way. If you do this, you will see that your thoughts and beliefs are coming from ego.

If you're feeling happy, grateful, loving, peaceful, and alive, you might, just for curiosity's sake, have a look at your underlying thoughts and beliefs. If you do, you will see that your thoughts and beliefs are coming from your Soul. Now is your moment to create, by free-will choice, your quality of life. Now is your moment to choose who you will be: your Ego or your Soul. It is not what you have now, but who you are choosing to be Now, that will determine who you become and what you create in life.

This is not acceptable to me Now! Courage can be defined as going beyond the familiar and entering the unknown for an uncertain outcome. It takes courage to leave what we've grown used to, even when it's no longer good for us. Many people remain in abusive relationships, deadend jobs, and unhealthy environments or circumstances rather than leave familiar territory and enter the unknown. They may make excuses for their lack of courage, saying things like: "I'm doing it for the kid's sake." "A bad job is better than no job." "He's only like that when he's drunk." And so on.

What would happen if he or she said, "If you can't treat me with the respect I deserve, then this relationship is over." Or "Stop this abuse now or I'm calling the police!" Or "If you're not willing to pay me what I'm worth and treat me better, then I'm giving notice now."

The battering spouse, the bullying boss, the unhealthy companions think that you will continue to take their abuse and accept unacceptable behavior and situations. They think you will be afraid, just like them, to leave the familiar and enter the unknown for an uncertain outcome. Surprise them. Enlighten them. **Grow a spine**. Work out an exit strategy. Then pack up, leave, and start a new chapter in your life. In doing this, you will grow and move forward.

Moving forward in life is always moving into the unknown.

When you move forward, do not look back in anger and resentment. Leave the past behind. Look forward to new adventure, new freedom from bondage, new release from emotional slavery, new growth into your true self. Create a new and better life for yourself. In time you can heal your victimhood in the dramas of your past with the power of Love and forgiveness. You can find compassion in your heart for those who mistreated or abused you, understanding that they were emotionally and spiritually crippled, just as you were when you lived as their victim.

One day you may know that "abuser" and "victim" are roles played by people who are unwittingly acting out **karmic scripts** or **Soul Contracts**, and that all the players belong to the same Soul Group. Perhaps then You can hold everyone in a space of Unconditional Love, knowing that all endure hardship in this lifetime in order to learn lessons and achieve freedom together.

One day you may see that there are no villains and no victims in **God's Reality**. There are only Souls learning lessons through shared experiences that God is experiencing with and through all of us Now.

## Intention

Your intentions create your reality | Where your attention goes, your life flows. What you intend Now reflects who you are, where you are heading, and what you are becoming. Intention is not only desire, but also the fierce commitment of your will. The degree of the integrity and commitment of your will determine the degree of its manifestation.

This integrity and commitment of your will focuses your energy and awareness, raising your vibrations to resonate with that which you seek to manifest. Your intention becomes like a laser beam of energy and light through which Universal Intelligence flows, generating the force of manifestation. In this way you co-create your reality with the Universal Intelligence of God.

But Ego can also generate a fierce intention to manifest things that may not be aligned to your Soul, Love, or the Will of God. Linking your intention to manifest with your intention to Be Love Now aligns you with your Soul and the Spirit of God Now. This will help to keep your Ego from misusing or exploiting the manifestation process. So, as you focus your will to manifest your reality, remember to ask, "What would Love do Now?"

**Manifesting Reality** You decide what is important and where to focus your attention and energy. This energizes and manifests specific thoughts, words, and actions. By deciding what is important, by focusing your attention and energy there, and thus energizing and manifesting specific thoughts, words, and actions, you create your experience of reality Now.

You are a creator, co-creating with God, and manifesting your experience of reality. Be careful how you direct your attention and energy because "what you meditate on" you attract or manifest; "what you resist persists"; "you bind yourself to that which you oppose," etc.

Learn to balance your energy and attention by practicing surrender, by releasing and letting go. What you let go of spins out of your orbit.

### When you release, you find Peace.

Surrender everything in Love, release everything in Peace, and let that be the foundation for every reality You create in your life Now.

A need or a want? Your Ego has worldly wants and desires. Your Soul has spiritual needs and desires. Your Ego wants comfort, wealth, sensory pleasures, and the instant gratification of its desires. Your Soul needs to grow and awaken, and desires to know and experience the Presence, Light, and Love of God.

When you want or desire something, first ascertain if it is an ego want or a Soul desire. If it's an Ego want that will bring enjoyment while causing no harm, by all means go ahead and satisfy it. If it's an Ego want that is unhealthy or harmful to you or others, ask your Soul, "What would Love do Now?" Then let it go, and let your Soul guide you to do whatever Love would do Now.

## Purpose

**The real purpose of your life** | We all look for meaning and purpose in our lives. Life has the greatest meaning when we are One with Love and God Now. The only time we can be One with God is Now, because God is always and only present in this moment Now.

The purpose of life is to awaken into God-Consciousness, where there is only Oneness with God Now, and the Awareness that God is everything, everywhere.

Thinking about God is not God-Consciousness. Thinking that you are One with God is not *being* One With God. Don't think—*feel, be.* By feeling and being in God Now, your life's purpose is achieved in this moment.

**Success at last!** | Phew! Yippee! Hallelujah! I thought I would never be successful! But here I am! I've arrived! I made it! I've got it all! I can't believe I believed those people who said I'd never be successful! I wish they could see now what I see Now!

So, what's the secret of my success? You really want to know? A simple change in my perception of what success is. I used to think success was having money, cars, houses, status, good-looking hangers-on, exotic holidays. But that was just my Ego trying to compensate for its insecurity.

Finally, I asked my Soul, "How can I be successful Now?" And my Soul answered, "You are already successful Now. You have health, consciousness, energy, and vitality Now, and you are growing through all your experience. You are Part of God, and One with God Now. God lives inside you and experiences all your experience with you. Your life is an unfolding adventure with God, and it will be so forever. What more could you want than this?"

Now I don't judge my experience as good or bad, enjoyable or not enjoyable. I enjoy the experience of going with the flow of the Universe through all my experiences. When I go with the flow of the Universe, I am present in the Now with God, and I experience peace, happiness, and bliss in all my experiences.

> When I am present in the Now, I'm successful Now.

I'm "here," I've arrived, I've made it—there is nowhere else to go and nothing more to get to be more successful and content than I am Now. And I wouldn't trade my success for a mere car, a house, or a million dollars!

**Purpose creates meaning** | Many people look for the meaning of life. They believe or hope that life has an ultimate meaning, or at least a special meaning, just for them.

What if there is no ultimate meaning to life? Do you just give up on life? Instead of looking outside for a meaning, why not look inside yourself for a purpose? When you have a purpose, your life has a meaning.

So, instead of trying to discover the meaning of life, find a purpose in life that has meaning for you. Many people before you have done this with much success. Some of the wisest people have concluded that the greatest purpose, which gives the greatest meaning and bestows the greatest peace, is Love.

We recommend the same. Let Love be your purpose Now, in all your activities and relations. Whatever you're doing, remember to ask, "What would Love do Now?" If you then do that to the best of your ability, you will experience real meaning in your life Now.

**Be passionate about your purpose** What is your purpose in this life? What are you passionate about, what inspires you, what brings you joy? If you have a passion, something that inspires you and brings you joy, then You have a purpose. If you don't have an inspiring passion Now, some exploration may be required. Do you have talents, skills, and interests that you would be willing to explore and perhaps develop? Are you willing to explore new activities and possibilities to see if something turns you on and lights your fire? If the alternative is staying in the same rut, with no passion, no purpose, and no joy, you might as well give it a shot.

Yet something is arising in you in every moment which, if noticed, nurtured, and attended to, will eventually ignite your passion and bring you joy, peace, happiness, and fulfillment. It is there, lurking within you, whether you are resting, meditating, reading, waiting, talking, listening, walking, working, playing, relaxing, cooking, cleaning, or anything else. It is that which makes you not just a **human doing** but a **human Being** with the potential to be Godlike in the Now.

If you are looking for meaning and purpose in your life, you won't find it outside of yourself. You will find it within yourself by bringing it into life with total commitment, focus, energy, Love, and passion. Then your meaning and purpose will become what and who You are being Now.

The purpose and meaning of your life Now What is the meaning of your life? What is the purpose of your life? Where is the passion in your life? Are they hidden in the daily grind, behind the alarm clock's insistent wake-up call; behind the smell of burnt toast and spilt milk; drowned out by rush-hour traffic, ringing phones, impossible bosses, needy children, a weary or demanding spouse, daily chores, mindless TV shows, and a final exhausted fall into bed? Is this the day-to-day life in which the meaning and purpose of your life is hidden like a needle in a haystack? How do you find this precious needle in this chaotic haystack? Where do you look?

The answer is simple: Look within.

Find a regular time each day simply to sit quietly, to relax and follow your breathing, to let all thoughts pass by, observed and unanswered.

Eventually you will reach a place of quiet stillness, of Presence, of awareness without thought. This awareness aligns you with the flow of the Universe.

Sitting consciously and quietly in this Awareness, you will begin to feel calm, peaceful, present, loving, grateful, and alive. These true feelings, the language of your Soul, are a by-product of this simple practice that opens you up to allow the Universe to communicate directly with You via intuition, insight, inspiration, and true feelings.

Whether you are experiencing your worst nightmare or the fulfillment of your greatest desire, the purpose of your life is to be Love Now. Fulfilling this purpose will give you all the meaning you need in life for Now.

How would you be if you were truly free? Do you want freedom of choice or freedom from choice? Do you want to follow your spirit wherever it leads you or would you rather stay within the safety of the herd? What stops you from taking the risks true freedom requires – fear of failure, fear of success, fear of disapproval, fear of the unknown?

What would happen if you released your fears and desires relative to failure, success, approval, disapproval, and the unknown? How would you live if you were truly free? What would you do, create, or express, if you released your fear and desire to have or gain or lose or fail anything or anyone?

True freedom is to be willing to experience everything life brings. How would you live if you were truly free as a bird in the sky?

**Planning Now** | Before you plan to get what you think you want, make sure you know why you want it, and that you really do want it. Be sure that you are moved by the desire that comes from your Soul and not driven by the fear and insecurity of your Ego.

What is your true purpose in getting and having what you want? Do you have a deeper purpose or plan beyond merely getting and having what you want? Finding a deeper purpose or plan behind any goal allows you

to link your purpose to the power of your Soul, which is aligned with the Will of God. This allows you to fulfill your purpose while You live in the Now.

Any desire or purpose driven by your Ego will keep you out of the Now and, even if you attain or accomplish your goal, it will not bring you fulfillment in the Now. You will always be looking to the future, wishing, wanting, or planning for a certain outcome to occur, and wondering, fearing, or worrying that it may not occur. You will be so busy living in the future that you will fail to realize the peace and joy of the Now.

The most effective and "enlightened" way to plan and achieve your goals is by living in the Now as you take actions to produce the outcomes You would like to have occur in the future. Even if what does occur in the future is not what you wanted, you will have learned how to live powerfully in the Now and be able to accept what is Now as a part of your journey in God Now. You will have learned "**response-ability**"—the ability to respond in the Now to whatever arises. You will have developed these and other qualities that are the true secrets of success.

**Go with the flow** You never know with certainty what will happen in the future. And your ego's pretense at knowing confuses your experience of life as it unfolds from one moment to the next. No one, and certainly no ego, knows what will happen next. Embracing the opportunity, the excitement, of not knowing what will happen next allows you to be present and respond naturally as your life unfolds from moment to moment.

When You accept and embrace not knowing, you can surrender in trust to what is Now and to what comes next. You simply experience this moment with spontaneity, joy, happiness, peace, and Love.

Simply surrendering to the present moment as it unfolds and going with the flow of the Universe puts you in alignment with God and with the purpose and meaning of your life.

Say yes to this moment.

Simply experience it without knowledge or judgment. Open up to it with joy and Love. See how that works out for you Now.

**Nirvana Now** Are you a prisoner of your obligations and responsibilities? Or do your obligations and responsibilities give your life true meaning and purpose? If your obligations and responsibilities were somehow lifted off your shoulders, how would you feel, how would you react, how would you live and what would you do with your life Now?

Let's play a game of imagination and visualization. Imagine you are as free as a bird in the sky. No issues, no problems, no obligations, no responsibilities – nothing. Just you in total freedom, able to do whatever you want, go wherever you want, live however you want – totally free to pursue fun, meaning, passion, bliss, utopia, nirvana – with each day the **perfect holiday**, the **perfect holy day**.

Now consider: Have you made your obligations and responsibilities your justification for not being able to fulfill your dreams? Or are they the means by which you are fulfilling your dreams Now? Are you a conscious co-creator of your life? Or have you made yourself a victim of your circumstances?

If you are a victim, then who are the villains? Your spouse, your children, your employer, your employees, your obligations and responsibilities? Or, maybe, your ego? If, for some reason, you were removed from the picture of your life, how would others cope in your absence? Who would fulfill your obligations and responsibilities?

No doubt life would carry on without you, as it did before you came. Numerous adjustments would be made to fill the vacuum you left behind. That is the nature of life—it continues with or without us.

In the light of this, perhaps you can reassess the importance you place on your obligations and responsibilities. Do not be their prisoner, martyr, or victim. Instead, fulfill them in your freedom.

### Response

**Responding in the moment** | There is a moment when the incoming tide reaches its peak and then starts to go out again.

There is a moment when the soft morning sun intensifies and becomes the harsh noon sun; a moment when the harsh noon sun softens toward the evening sun; a moment when the evening sun begins to disappear over the horizon as dusk approaches; a moment when dusk turns into the darkness of night; and a moment when the darkness of night begins to turn to dawn and a new day.

There is a moment when your in-breath becomes your out-breath. There is a moment when the feeling of appreciation becomes a "thank you" of gratitude. There is a moment between the Awareness of a feeling about a person, situation, or thing, and your emotional response to that person, situation, or thing.

If you are present Now, You can choose your response, and respond more fully to what is Now. If you are not present Now, if you are lost in the past or future, lost in your thoughts and stories, in your resentments, regrets, or fears, you may miss the moment as it occurs. You may respond thoughtlessly, unhelpfully, or inappropriately and be left with feelings of regret or shame for your thoughtless reaction. Words and actions, like moments, or bullets, can never be retracted once spent.

Learn to be present in the moment.

Learn to choose your responses thoughtfully and wisely.

Learn to live in the Now, to come from your Soul in each moment, to be Love, and You will lead a joyful life without regrets. **The Watcher** | Ever stopped and wondered why you reacted the way you did? We all have knee-jerk reactions at times.

"That guy's a real jerk!"

"Oh, God, it's your mother on the phone!"

"Take your muddy shoes off! Do you live in a pigsty?"

"You left the lights on! Do you think money grows on trees?"

"Are you talking to me, asshole?"

Instead of reacting without reflecting, try observing your reactions in order to understand why you react the way you do. Instead of being an automatic reactor, be a **Conscious Watcher** of your thoughts, feelings, and impulses.

By being Conscious of your thoughts and feelings, and entering the Now through the gap between thoughts, you can choose to act and respond consciously in "no mind," instead of reacting automatically in knee-jerk fashion. Eventually You will become a conscious actor in life rather than an unconscious reactor.

**Respond Now to heal yourself** How will I know what I need Now for my Soul's growth? God—or the Universe, if you prefer—always knows and provides what you need Now for your Soul's growth. So, simply trust that God or the Universe will give you what you need when you need it for the highest growth of your Soul.

Be the conscious Watcher. Observe your thoughts, feelings, and circumstances. Start to recognize and accept when you get things you need that you don't particularly want. Start to appreciate the wisdom of the Universe that provides what is truly essential for your spiritual welfare and evolution, even when it forces you out of your comfort zone and creates stress for your Ego.

If you're like most people, you were born a healthy, vital infant. Any aches, pains, or disease you now have are a manifestation of your conscious, subconscious, and even unconscious actions and choices, a reflection of

imbalance and disharmony in your mind that has resulted in imbalance and disharmony in your body.

In ideal conditions, with proper self-care that includes a healthy diet, regular exercise, and meditation, your body/mind would be in harmony and balance Now in every phase of your life. This potential has been demonstrated by countless yogis, martial artists, and athletes who remain fit, limber, vital, and healthy into old age.

Each ache, pain, and disharmony reflected physically in your body has a root cause in your past and present experiences and lifestyle choices. Louise Hay's books, such as *You can heal your Life* can help you identify your particular symptoms and their basic causes. To heal and rejuvenate your body/mind, be restored to balance and fulfill your potential, you must identify and address past and present issues and behaviors that contribute to your present imbalance.

You may need to ask for and give forgiveness, from other people and from yourself. You may need to take corrective action in various life areas. This may include making physical changes, like creating and maintaining a healthy dietary and exercise program, and it may include spiritual components and practices, like contemplation, meditation, prayer, service, forgiveness, etc.

True balance is not just of the body, or the body and mind, but a balance of body, mind, and spirit, which are interdependent aspects of your total self. By being awareness Now you become more sensitized to your physical and emotional feelings, and to any aches, pains, and disharmony you may be experiencing now. You can observe and attend to these symptoms and address any unresolved or underlying issues that may have caused them to manifest in their present form.

By learning to be present as awareness Now in body, mind, and spirit, you can continually address, resolve, and heal issues so they do not fester and

manifest as physical, emotional, or spiritual symptoms of pain, disharmony, and disease.

Developing the Awareness and ability to respond in this way develops your "response-ability" Now.

# Seek not that the things which happen should happen as you wish; but wish the things which happen to be as they are, and you will have a tranquil flow of life.

Epictetus 55-135 AD

Source: 5000YearsofWisdom.com

# chapter 13 Acceptance

Learning Acceptance

Love what is Now

This moment is perfect as it is.

The entire Universe is perfectly in balance Now.

Whatever is occurring Now is happening at the precise moment that it must happen, in a chain of moments and events that have flowed from time immemorial to this moment of Now.

There is no such thing as coincidence. There are no accidents in God's world.

Everything is perfectly balanced in the Universe. There are billions of Souls working out Soul Contracts, learning lessons, having experiences, and growing together Now. If you resist the current flow of this moment in the Universe, you will fail to see the perfection of what is showing up in your space Now. You will pit your energy against the energy of the Universe. You will become exhausted and worn out, but the Universe will continue to flow in perfect balance as always.

So, go with the flow, Love what is Now, and You will experience the perfection of this moment, and join the Universe in its perfect balance.

Say yes to what is Now! Say yes to what is Now. Smile inside and, if possible, smile on the outside also. Smile as you accept what is Now. Smile and embrace what is Now. Know that your Soul has chosen what is Now so that it might bring forth what is Godlike within it.

Your Soul is eternal and your mind and body are temporary in this lifetime.

What your Ego judges as "bad" is good for your Soul's growth in Eternity. So accept what is Now.

Smile and say, "Yes, I choose this moment exactly as it is Now."

Acceptance of what is Now | This moment is exactly as it should be. Do not judge it – simply accept what is Now. This moment is as it is Now because the Universe is as it is Now, and this moment is part of the Universe. This moment is the fulfillment of every previous moment there has ever been in the entire Universe. This is true of every moment that has been or will be.

To be at one with the Universe, be at one with this moment Now.

To be at one with this moment Now, accept whatever this moment contains. Do not struggle or reject what is Now. Trust that all is just as it should be. Trust that the process of the Universe is unfolding as it should. Trust the process that is the Universe at this moment Now. Let go, and let this moment be what it is.

Let go, and let the Universe be what it is.

Let go, and let this moment be a new possibility in the unfolding process of your life Now.

Let go, trust this moment, and find peace, joy, and Love Now.

What is happening is happening Now | Trust that all is as it should be in this moment. Accept whatever this moment contains. Enter the Now through the gap between thoughts, and be conscious in the present instead of unconscious in the illusions of the past or the future.

Instead of living in the Now, your Ego longs for a better past, a different present, and an idealized future. You always are here Now, so why not accept and deal with what *is* to the best of your ability? If you do this, you will live in the Now and your recent past, your present, and your eventual future will likely be much better.

Now is the moment of great opportunity.

Everything depends on how you perceive and relate to what is Now. Your ego sees things as it hopes or fears they are. Your Soul sees things as they actually are. Awareness and acceptance of what is Now is your Soul's effortless relationship to what is Now.

If it is pleasant, be present and aware, but don't hold it too tightly. If it is unpleasant, be present and aware, but don't resist it. Let whatever is be, and go with the flow of the Universe Now.

This moment is Sacred, Omnipotent, and Eternal. This moment is a Divine Expression. This moment is the door to God's Space Now.

Be present and aware Now, and know that God is present with You.

**Being in God's Presence** When you fall in Love, it is sheer bliss. Life is a fragrant bed of rose petals. Your senses are opened, heightening your appreciation of life. You become the sensual, emotional, sensory being you previously were only in potential. Falling in Love is an awakening in Love. If only it were possible to stay awake in Love.

Perhaps there is a way. Try falling in Love with what is Now. Say yes to this moment, exactly as it is. Open wide all your senses, embrace this moment in Love, and enjoy being in God's Presence Now. If you are open to the experience of life in this moment, life will unfold around you in all its beauty and mystery, in the form of whatever you are experiencing Now.

**The gift of Acceptance** | What is choice? Choice implies the power to select between two or more options. When something is occurring that you cannot stop, avoid, or change, do you still have a choice? Yes, you can choose to accept it or resist it.

If you choose to resist what is happening, it will still happen. If you choose to deny or ignore what is happening, it will still happen. Denial only turns what is happening into an unavoidable "elephant in the room."

If you choose to accept what is happening, it will still be happening. But your acceptance will allow you to "go with the flow of the Universe" instead of being stuck and struggling in resistance to what is. You will be transformed through your acceptance of what is.

Resistance and denial are ways of pushing against the flow of the Universe appearing in forms presently judged as "bad" and disliked. Resistance and denial keep you stuck in the most uncomfortable relationship with what is. What you resist persists.

Prejudices, judgments, criticisms, resentments, and conflicts have their origins in the ignorance, beliefs, and fears of the Ego acquired in childhood. Beneath all of these is the Pure Awareness of your Soul. And hidden behind whatever you judge and resist is the gift of Freedom and Awareness that comes with acceptance. In this gift is **spiritual growth** and **transformation**. So, choose acceptance of what is Now and awaken from bondage to your Ego into the freedom of your Soul.

**It's Soul-growth acceleration time** | To the Soul awake in the Now, there are no bad experiences, no good experiences; no high or low experiences; no indifferent, meaningful, or meaningless experiences; there are only experiences Now.

Only in Ego are things and experiences classified good or bad, high or low, indifferent, meaningful, or meaningless. In Ego, one man's garbage is another man's choice meal. Ego is resistance to experience. Ego resists anything that is unfamiliar, anything it cannot control, anything that stops it from getting what it wants.

Ego wants instant gratification, wants to avoid uncertainty and discomfort, wants to feel good all the time. Any experience Ego perceives as not good is resisted, avoided, and rejected. Ego would prefer to be stuck in known suffering rather than to trust and accept an uncomfortable situation while waiting for life to provide an answer or solution.

Practice acceptance in the midst of experience. Practice nonjudgment of what is Now.

Practice acceptance and non-judgment when you like what is Now, and when you don't like what is Now. Be willing to fully experience what is Now whether it feels "good" or not. Be present in acceptance and non-judgment to whatever is happening Now, knowing it is all part of the flow of the Universe in its perfection.

Being in this moment in acceptance and non-judgment is being in the Now and going with the flow of the Universe. By accepting and not resisting what is Now, you fall into harmony with the Universe's wisdom, intelligence, purpose, and plan.

The Universe is a field of infinite possibility where created beings can experience anything, and God can experience everything. Experience generally advances the Soul's growth in proportion to its level of challenge and difficulty. So, when difficult experience comes, be present in acceptance, trusting that God is your Partner in all your experience for the growth and awakening of your Soul.

Learning acceptance | It is not necessary to improve what is happening Now. It's better to trust that where you are Now and what is happening Now is part of the flow of the Universe, which is wiser than you and knows exactly how everything is supposed to be for you Now. You can still respond to things and do what seems right and necessary for you. But the best response comes from a place of trust in the flow of what is unfolding before you Now.

Acceptance and surrender to this moment is reverence for—not resignation to—what is Now. Acceptance and surrender to what is Now awakens inner guidance and allows You to understand and respond appropriately to what is Now. In acceptance and surrender, what appeared to be a frustrating or unfortunate event may be revealed to be a lucky break, a divine intervention, and the best moment of your life.

No matter what may happen next, trust that the Universe is wiser than you in every moment. Trust that every moment is new, full of Love, beauty, goodness, and meaning for you.

**There is no next!** Nothing happens next. Don't hang your hat or your hopes on the future. This is it! Now is all there is! There is no journey. There is no destination. You're already here Now.

There's nowhere else to get to. Nothing depends on what happens next. This is it! Now is all you ever need!

Enjoy life, Now or never!

### This is what I need Now |

Try this practice of acceptance: When difficult moments come, say, "This is what is Now. I accept what is Now. I choose what is Now. I make peace with what is Now."

It is easy to do when times are good. It's much more difficult—but far more fruitful—when times are hard.

Such a statement is really recognition that, *"This is what I need Now,"* based in the understanding that God always gives you what you need when you need it, for the highest growth of your Soul.

# Trust God Now by accepting and making peace with what is Now.

Look out! | How many times do we look back with regret and anger? How many times do we look forward in fear and anxious hope? Where and how should we look instead? Try looking at what is before you Now with awareness and gratitude.

Acceptance, forgiveness, and faith | When a great injustice has been done to you, it is a bitter pill to swallow. However, You are a Co-Creator of your life, with God, and nothing happens by accident. In the ultimate scheme of things, there are no accidents, no coincidences, and no victims. There are only Soul Contracts that ultimately serve the growth and evolution of Souls to become increasingly Godlike.

Accept that at some unseen level, this or any injustice done to you will help you learn about acceptance, forgiveness, and faith, and will serve your spiritual growth. Realize that you cannot forgive what you haven't first accepted. Forgiveness applies not only to the perpetrator; it is how you move from your wounded past into the present moment, the Now, where you are always whole, free, and at peace in God. How To Live In The Now

Acceptance, forgiveness, and faith bring you into the Now, where God always is. Being with God in the Now heals the wounds and troubles of the past. Your acceptance, forgiveness, and faith let God decide how the Law of Cause and Effect will play out in any drama of the past. Your acceptance, forgiveness, and faith are more powerful and healing than bitterness or revenge. As Gandhi said, "An eye for an eye only ends up making the whole world blind."

Acceptance, forgiveness, and faith allow you to fulfill your Soul Contract with any perpetrator by setting you spiritually free of the cause-and-effect cycle of whatever was done to you. When you have reached this place of spiritual freedom through the practice of acceptance, forgiveness, and faith, you can thank your **contractual perpetrator**, at a Soul level, for playing a role that allowed you to grow and achieve greater spiritual freedom and peace.

And this doesn't mean you have to thank that person personally or let him or her into your life. That depends upon the person's degree of Soul awakening and it is your decision to make.

Let it be | You cannot change whatever is in this moment. It's always too late to change what is now. The best you can do is respond to what is now in a way that will positively influence all the unfolding Nows that follow. Acceptance is the basis for such a positive influential response.

Resisting, opposing, or complaining about what is, and attempting to change what is without acceptance into what you think it should be, only increases the likelihood of future unsatisfying Nows.

What you resist persists!

Acceptance, saying yes to what is and allowing it to be what it is, shifts you out of the realm of Ego into the Now, where your Soul lives and acts from inspiration, intuition, and possibility, and co-creates life with God from moment to moment.

So, practice acceptance Now. Say yes to what is Now. Let what it is, be whatever it is Now. Then show up in the next moment in the same way and see what happens Now.

**It's all gone Now** When things go `wrong,' practice acceptance of what is Now. Acceptance of what is includes all thoughts, feelings, and emotions triggered in you by what is. Do not try to control, manipulate, or change yourself, your thoughts and feelings, or what is Now. Do not judge, cling to, resist, push away, or avoid what is Now.

Practice acceptance and be open to experience all these things, exactly as they are Now.

Things ultimately do work out for you in terms of your Soul's growth. To see this you must shift from an Ego to a Soul perspective.

For example, say you break your leg in a so-called accident. It looks like things have gone terribly wrong. Then you meet and fall in love with a medic at the hospital, and you get married. Now are things working out for you? There are countless examples: You lose a job, and end up finding a better job, or a new career, or discovering new talents and creating a new life. A relationship ends and you end up finding a better relationship, or finding your real self, or learning important life lessons that make you wiser, more mature, and happier.

### The principle is trusting life.

And you trust life by **trusting the present moment** exactly as it is. Trust that this moment is exactly as it should be, and you will be blessed Now.

What you resist will persist.

What you judge, you only magnify.

What you oppose, you bind yourself to.

Accept all that is beyond your control, and let it all go. This will reduce its power over you.

Accept and surrender to this moment Now. It is only a moment. It will pass, and change.

There, Now is gone. Now is here. Now is gone. And You are still here. ...

Get out of a bad mood | When you are in a bad mood, you may have allowed regrets or unhappiness over the past or thoughts and fears about the future to dominate your Awareness Now. So, your bad mood is totally illusionary, because neither your remembered past nor your projected future is actually happening Now.

The present moment is neither good nor bad; it simply is.

Judging what is Now will not change what is Now or make you feel better Now. But if you accept what is Now, if you surrender to this moment as it is, if you trust that the process of your life is unfolding as it should, you will find yourself operating as your Soul in a graceful flow with what is Now. This trust, this belief that this present moment is unfolding as it should, is the basis of your Soul's faith in God, Spirit, the Universe, or whatever named Essence you consider to be your Higher Power.

When you lack this trust and faith, your Ego seeks to control and survive through power and manipulation, bad moods, playing a victim, seeking sympathy, and other foolish strategies. To move from Ego to Soul, and from Fear to Faith, simply accept what is Now and surrender, trusting that God will always give you what you need, when you need it, for the highest growth of your Soul.

**Not knowing** | Well, what do you know? Actually, you don't have to know if you can simply accept what is Now. Remember Socrates, called the wisest of men, who said, "All I know is that I know nothing." Wisdom does not come from knowledge, but from acceptance. You know and

understand many things, but can you accept everything as it is Now? That would be a wisdom greater than any knowledge.

Can you simply accept what is, as it is, without knowing all about it first? When you first fell in Love, did you know all about the person with whom you fell in Love? Or was he or she an enchanting mystery to you? When you first trusted in God, did you know all about God first, or was God an enchanting mystery to you? So, you see that acceptance opens you up to experience what you do not know yet, and that experience becomes the basis of knowledge, which confirms the wisdom of acceptance.

By trusting that you will be shown and taught what you need to know when you need to know it, you allow the Universe's flow to carry you forward as you accept what is Now.

### Do not seek always having to know.

Rather say, "I don't know," and be comfortable not knowing, not understanding, simply accepting what is Now.

**Desire and its root cause of fear** You cannot live in the Now and experience the bliss of this moment while also being in the grip of desire. To desire something or someone is to long or hope for a future consummation. When you are in the grip of desire, you are telling the Universe, "Now is not sufficient, not satisfying, not good enough for me. I prefer what I now desire over what is Now." This leads to frustration and impatience, desire's close kin, which negate the experience of being in the Now.

Invariably, desire is only a symptom of a deeper rooted feeling of unhappiness or fear.

For example, desiring wealth can have as its root cause the fear of poverty or a lack of self-worth. Desiring a beautiful or wealthy spouse can have as its root cause a deeper insecurity or a sense of inferiority, with a corresponding need to impress others or to be taken care of—hence, the terms "trophy wife" and "sugar daddy." How To Live In The Now

Investigate the root fears beneath your desires and find out what is driving you and keeping you from being fulfilled Now. Discover the ways your Ego camouflages your weaknesses and vulnerabilities with illusions of strength and invulnerability. Then deal with and heal these deeper issues, instead of chasing objects of desire that will never heal you or make you whole. If you do this, you will become comfortable in your own skin and satisfied with the abundant treasures and blessings the Universe unfolds at your feet, moment by moment.

When you have no desires, fears, or expectations, when you simply accept what is Now, you open yourself to the flow of the Universe, and God, or Universal Intelligence, provides you with what you need Now for the growth of your Soul.

**Time to upgrade your car?** Your desires can help you identify what your Ego perceives as lacking. If you have a decent car which suits your needs, wanting another, better car indicates insecurity or a lack of self-esteem for which the car is expected to compensate. If your car is unreliable or worn out, then your desire for a better car is reasonable and necessary.

Many companies and industries prey upon people's insecurities and create needless desires simply to make a profit. Many people buy or replace their cars, their houses, or even their spouses in an egotistic attempt to assuage their insecurities and upgrade their images.

Discontentment with what is Now fuels ego desires for what is not Now. Desire keeps Ego preoccupied, dissatisfied, and focused on the future, causing unhappiness Now. Desire can motivate one to act and pursue new goals and achievements. But accepting this moment with gratitude fills you with joy and inner peace, and Love infuses your Being Now.

**Ensure no disappointments in your life** | Would you like to live your life without experiencing any disappointment? Would you like only good things to happen to you? Would you like to never be let down by anyone or anything?

Would you like to live your life on the crest of a wave that never dips or crashes? Would you like life to continually unroll a red carpet at your feet with every step you take? Would you like to move through your life as effortlessly as an arrow flying through the air, never encountering any resistance, never striking anything, never landing? Sorry, but that will never happen on this planet.

But it is possible to live a peaceful, happy, relatively stress-free life. It is possible to release the stress of life you do experience and to not create unnecessary stress and conflict. You can do this by practicing acceptance in every moment, by noticing and releasing all judgments and negative thoughts, by opposing nothing and resisting nothing, by trusting life and going with the flow in each moment, remembering that God will always give you what you need for your Soul's growth and your highest good.

When you are able to be present in the moment with this kind of acceptance, you will experience the thrill and peace of life flowing through you Now. You will feel like a helium balloon released by a child, soaring into the sky. You will know the freedom and bliss of the Now.

At times you will still experience disappointment; people and situations may seem to let you down; not-so-good things may occasionally happen. Yet you will know that all such things are temporary, that they will pass, and that they serve your Soul's growth and your highest good. So, practice acceptance of what is Now. Release all your expectations and demands of anything or anyone as soon as you notice them.

True acceptance of what is Now is always free of such expectations and demands.

So, live in the Now by accepting what is Now, and know freedom and peace Now.

How To Live In The Now

Is that so? When someone is telling you a story, or their story, simply answer, "Is that so?" Do not judge them or the people, situations, or events in the story. Simply respond, "Is that so?"

"Is that so?" is acceptance and surrender to what is, including the person telling you the story. If the person is trying to convince you that he or she is the "good guy," simply say, "Is that so?" If the person is trying to convince you that someone else is the "bad guy," simply say, "Is that so?" By practicing non-judgment, acceptance, and surrender, you will not be drawn into anyone's story or drama; You will remain firmly free in the Now.

### Where are you from?

Hello, l'm John.

Hi, I'm Jane. Are you from England or Scotland?

England, actually. So, tell me, Jane, where are you from and what's your story?

I'm from God and I have no story. My story would only be my Ego talking, so I choose to be from here, Now, with no story.

But how can you not have a past, a history, a background? You didn't just land on this spot, did you?

When I'm fully here, present in the Now, alive in this moment, I don't have a past, a history, a story. It is as if I have just landed on this spot Now.

### Then how do you live?

I live in the present, I respond to what is Now, and discover what the Universe has in store for me in every moment.

### But how do you survive and get your needs met?

In the Now, the Universe always gives me what I need, when I need it, for my Soul's growth and my highest good.

### That sounds like a wonderful way to live. Does it really work?

It works for me. I am in joy in this moment. My heart is wide open as I embrace what is Now with no judgments, in total acceptance.

As I surrender my Ego's desires, the Universe provides for my true needs Now.

Can I live in the Now too?

Sure, there's plenty of room! You're welcome to join me, here and Now.

**No matter** Now you can decide how you intend to respond to something even before it happens. You can make up your mind how much happiness, joy, Love, bliss, and inner peace you want, no matter what happens. You can decide that what is Now in the world of matter, in this body, in this lifetime, has no ultimate substance or meaning in the overall scheme of things, especially in the light of the Soul you are in Eternity. In this greater scheme of things, is what is happening Now really so important?

Whatever happens do not judge it as good or bad. Simply say "no matter" and carry on in the Now, choosing to be Love, bliss, inner peace, joy, and happiness Now.

**This too!** Acceptance of what is Now might seem hard to do, especially when what reality is bringing you Now is different than what your Ego would prefer. Resistance to accepting what is Now is always your Ego's resistance to reality Now. Such resistance will only prolong the discomfort, the feeling ill at ease, and possibly the "dis-ease" that is your Ego.

The cure for your Ego is your Soul, which you find through the practice of acceptance. When something shows up uninvited and unwelcome, simply smile in acceptance and say, "This too!" When you smile in acceptance, you defuse what your Ego resists and its power over you. So smile again at what troubles your Ego and ruffles its feathers, and say, "This too shall pass." And when it does pass, which it will, wave goodbye with another smile and move forward into the next Now, lightened by the release of another illusion and another fear.

How To Live In The Now

Continue to practice acceptance and surrender in each moment, knowing full well that "this too shall pass."

**Don't procrastinate Now!** You can accept what is Now or you can deny or reject it by moving away from it temporarily. But your denial or rejection of something Now does not change or extinguish its existence Now. What you deny or reject only creates resistance and conflict in you. What you resist persists!

So don't deny, reject, or resist what is Now. And don't procrastinate now! Accept what is Now, with no judgment, no resistance. This is the royal road that will move you forward on your journey as you awaken in consciousness.

This is **God's plan** for You.

I don't know | I don't know are three powerful words. I know is the mantra of Ego, which always wants to be right. By admitting I don't know you are coming from your Soul, which is Love.

Saying *I don't know* allows someone else to share his or her truth or opinion, to be listened to and heard by you. By doing this you are fostering cooperation and relationship, not competition.

Equally important, by saying *I don't know* you are not No-ing, judging, or resisting anything! By not saying No to anything, you are allowing everything to be what it is without judgment or resistance.

By not knowing and not No-ing anything, you are fully accepting what is Now. You are saying yes to everything as it is Now. You are being Unconditional Love Now. By not knowing or No-ing anything, you are released from Ego's prison of opinion, judgment, resistance, and rejection, and you experience the freedom and peace of your Soul Now.

#### Surrender

Heal first, then surrender | We are all travelling on a path in life, on our journey from Ego to Soul, and from Fear to Love. We've all heard that "life is a journey, not a destination." But that raises the question of "a journey from where to where?"

We suggest that the journey is from Ego to Soul, from Fear to Love, from self-willed control to surrender to God's will. We suggest that we are walking on a path of awakening, a path to greater conscious life, and that each step holds the potential, the possibility, of willing surrender in total trust to God's will. And in any moment we may take that step, make that gesture of surrender, and begin to consciously co-create our life with God Now.

To surrender—let go, and let God into our lives Now—is to drop our attachment to the illusion of our ego-based self, to willingly blend into Oneness as the Souls we always are in reality, Now, and to go with the flow of life in conscious awareness.

There is a caveat operating here: that we don't turn a blind eye to whatever we are avoiding that needs to be accepted and healed within us. This includes that which we pretend is all right when, deep down, we know it's not.

We are often aware of unresolved issues that we don't want to be aware of and don't want to confront. Our Ego wants to protect us from feeling hurt, embarrassment, shame, and other painful or disturbing feelings. But growing beyond Ego and becoming "spiritual" requires us to deal with the most difficult feelings and situations in very practical ways.

We can't cop out and say, "I'll let God handle that difficult situation with my ex-spouse, ex- business partner, creditor, mother, father, sibling, etc." We have to roll up our sleeves and do what is required to the best of our ability. We have to make the difficult call, acknowledge our part, repair the rift, apologize for past behavior, or whatever the situation requires. We are not responsible for the other's response or reaction. Our job is to do all we can do to bring Love, understanding, and healing to these issues and relationships.

And that is something our Egos cannot do. Only the Soul can accomplish this. So, we need to go within, in total sincerity and integrity, and seek out and see through the protective story our Egos have created to make us believe that we are innocent victims or even heroes (but never villains). We must honestly seek to understand and accept the truth of whatever happened, and the part we played in it.

Then, if we have an apology to make, we make it. If we need to ask for forgiveness, we ask. If we need to make amends, we make them. And in doing this, we release those involved in Love. Doing this gives us and the other person an opportunity to heal and grow. If the other person is also "at fault," and that person does not take responsibility for his or her part, so be it. We cannot control him or her, and our healing does not depend on that person doing what we think he or she should do. But if the person is not safe to be married to, to do business with, or to have as a trusted friend, we can take appropriate steps, without judgment, in acceptance and Love, to protect ourselves accordingly.

Once all these issues have been confronted, you have cleared your slate. Now you can let the person, situation, or relationship go, and continue surrendering to God's will for you. Each moment of such surrender is the end of your Ego's journey of separation and fear, and a new start on your Soul's journey into Love and Oneness with God.

Short-term loss or long-term gain All fear is based on the perceived or potential loss of something – money, health, Love, respect, prestige, life. Often fear is based in imagination, on things that have not occurred and never will. As Mark Twain said, "Some of the worst things in my life never even happened." This explains the popular definition of fear:

> FEAR—False Evidence Appearing Real

Fear is ego projecting out of the Now as a premature reaction to what might happen next or in the future. The "what might happen" that ego fears is always some form of loss. Ego fears to lose what it wants and thinks it needs. Ego doesn't trust or understand that "what might happen" next, or in the future, will always serve our Soul's growth and our highest good.

Our Ego suffers when we lose what we have or don't get what we want. A severe loss may cause our Ego to crash into despair and depression. But even this can serve our Soul's growth and awakening. Experiencing hardships, challenges, and loss are an unavoidable and invaluable part of every spiritual journey.

The next time you are feeling upset, sad, annoyed, mad, cross, frustrated, or disappointed about something that has happened, or that didn't happen, remember that the experience is about loss in one form or another, whether real or imaginary. Then try the exercise below:

First, imagine that you are in a tug-of-war with all these emotions. See yourself pulling on one end of a rope, and your emotions pulling on the other end of the rope. As you pull harder and harder, see and feel the strain in your body, your face turning red, and the rope becoming taut as the tension grows. See the intense looks on the faces of your emotions, which are determined to pull you over to their side and win.

Now, simply let go of your end of the rope. See and feel your emotions collapse into a heap on the other end of the rope, with looks of surprise and confusion on their faces. See the humor of the situation. See that they have no power over you.

Now, see that these emotions are not you, and don't belong to you. Understand that you can always let go of them Now, just like this. Accept that you always have a choice Now in how to respond.

So, next time you are struggling with anything or anyone, see them on the opposite side of a tug-of-war rope, and let them go.

Let go and let God When you recognize the insatiable nature of ego's demands, desires, and wants, you can begin to discipline your ego in order to awaken your Soul. You can accept, let go, learn from, and grow through your experiences.

When you recognize perceived failure as ego-based pride, you can accept, let go, learn from, and grow through the experience Now. When you recognize perceived loss as ego-based attachment, you can accept, let go, learn from, and grow through the experience Now.

Accepting and letting go in any difficult experience allows you to return to your true self, your true calling. It allows you to make a needed change of direction, a course correction, to follow your Soul's guidance instead of your Ego's wants.

> Sometimes the most powerful thing you can do when you are suffering is to fall to your knees in surrender.

Let your suffering, even when it is ego-based, call you to look deeper within yourself to find the "answers" that can only be found within your Soul. Let it be a call to find greater freedom by simplifying your life and re-attuning to your Soul.

Start by recognizing how your Ego creates your fear and unhappiness by focusing you on its wants and fears of loss. Then ask God to give you what you need for the growth of your Soul, trust that God always will, and let go and let God.

In time you may discover that your Ego's wants, even if attained, often aren't in your Soul's best interest, and that your Ego's experience of limitation and loss serves your Soul's growth and awakening.

Seeing the bigger picture from a **Soul's Eye-View** gives you perspective on your Ego's wants and your Soul's needs in the midst of whatever is happening Now. Surrendering and accepting what is happening Now allows your

life to flow miraculously towards its Essence, and your Soul's Essence, which is God, Who is Love.

By trusting God Now to give us what our Souls need (not what our Egos want) for our greatest growth and highest good, we leave the confines of our ego-controlled minds and enter the Now, God's Space. In the Now, life unfolds without limitations, hardships, and ego-based sufferings. In the Now, what is happening always serves your greatest good and ultimate happiness. In the Now, your short-term Ego's losses result in your Soul's longterm gain.

GAIN—God And I Now

**It's right here** | Everything you need for your happiness is right here, right Now. Notice what is here Now. Open all your senses to the beauty and happiness surrounding you Now. Release all your judgments, opinions, and beliefs right Now. Simply be present and accept what is right Now. Surrender to this moment, exactly as it is, right Now.

If you do this, you may discover that you are happy in this moment, exactly as it is, right Now.

**No matter what happens** | Do you want to try something so radical it will blow your mind, or at least blow the ego's thoughts out of your mind, and make You One with what is Now? Here's what you do:

For sixty minutes – when thoughts, words or actions arise, **say**, **mean**, and **feel**: "I love what is happening Now." Each time you do this, notice how you experience what is Now. If you are successful in greeting the moment of Now with "I love what is happening Now," try it again in random moments throughout the day and do it again for an hour tomorrow. Make it a daily practice, and see what happens.

The ideal is to live your life from the place of "I love what is happening Now," which is the Soul's relationship to the Now. It is the space of Love, of no mind, no thoughts, no judgments, no resistance. It is choosing to be Love no matter what happens Now, with everything that happens Now.

This is **ultimate surrender** to life.

#### Surrender with a smile

Surrender and throw down your weapons and put up your hands! You are surrounded!

So goes a scene played out in many an action movie. When you surrender, you accept the fact that you have no way of winning, that further resistance is futile, and that you are about to be defeated. Who accepts that fact? The one who has been resisting and trying to win – your Ego. When your Ego surrenders and accepts the fact that what is Now, the way life is at this moment, is more powerful than you and cannot be controlled, held at bay, or defeated, its resistance finally crumbles, and it sees the wisdom of surrender.

Then, Ego may drop its weapons and raise its hands in a gesture of true surrender Now.

A moment of surrender is an opportunity to let life be what it is Now, and happen as it is supposed to happen Now. A moment of surrender is an opportunity to experience the peace, Love, joy, and fullness of being a human being in the Now, instead of a human "doing" resisting what is Now. A moment of surrender allows you to go with the effortless flow of life in the Now, unhindered by Ego's resistance.

Surrender to this moment Now. Throw down your weapons and put up your hands. You are surrounded by Life, and resistance is futile.

Accept this unfolding moment as perfect, and surrender Now. Nothing needs to be added to it or subtracted from it before you surrender. There

is nothing to be lost and everything to be gained in this moment through your surrender.

Say YES! to this moment with a smile of Love and gratitude, and surrender Now.

> Such surrender is **not** cowardly submission. It is **not** hopeless resignation.

> It is not a spineless giving up and allowing someone to conquer you by force.

Such surrender is total acceptance of what is Now, and going with the flow of the Universe.

#### Vulnerability

**Vulnerable surrender is strength** | The Ego views vulnerability and surrender as signs of weakness. Yet vulnerability and surrender are the core strength of the Soul, and the spiritual keys to escaping Ego's grip. Vulnerability allows you to be trusting and accept that, although your way may be one specific way, you also accept that there may be one or more other ways.

You are vulnerable enough, open enough, to look and listen, to learn and grow, by experiencing other viewpoints.

Vulnerability demonstrates the maturity, openness, and inner strength required to live with, learn from, and nurture others in a welcoming, peaceful way. Surrender is vulnerability applied in totality to all of life Now. It is nonresistance, non-judgment, and total acceptance of what is Now.

Vulnerability and surrender are qualities of the Soul that you can practice in any moment, relative to anything life brings you. To practice surrender, you must let go, release all judgment, be vulnerable and present, and simply accept what is. Then you can take any action that might be required.

For example, say your young son is playing with a ball in the house, and you tell him to watch out for the special crystal vase with longstemmed red roses that Daddy gave Mommy for her birthday. The next moment you hear bang, crash, and the crystal vase is now lying broken on the floor, water spilled and roses scattered. Your son's eyes are wide with fright as he sees what he's done and wonders what is coming next for him.

Do you:

 $\underline{A}$  Yell at him for not listening and obeying your warning, and send him to his room?

 $\underline{B}$  Spank him, make him clean up the mess, and then send him to his room?

 $\underline{C}$  Keep deathly silent, seething inside and ignoring your frightened son, as you pick up the glass and roses and mop up the water? And then send him to his room?

 $\underline{D}$  Walk over to your frightened son, embrace and comfort him in your arms, and then clean up the glass, telling him you don't want him to cut himself?

Traditionally, most parents tend toward the A, B, or C approaches, believing that fear and punishment will create a more obedient and a better-behaved child. If this were true, prisons would turn out model citizens. But they don't. The A, B, and C approaches are based in the Ego's fear and anger, and thus tend to create fearful, angry egos.

Children tend to emulate what they have learned by treating others (and themselves) as they have been treated. Children who are "instructed" with anger and punishment will tend to use anger and punishment as weapons when dealing with others. They will tend to repress rather than express their feelings, which then turn to anger, resentment, and even depression.

#### The D approach is **Soul-** and **Love-based**.

This approach tends to nurture and awaken the loving Soul within the parent and child, while teaching invaluable life lessons of Love. This approach teaches a child that acceptance, forgiveness, non-judgment, and Love are the most powerful "method" for dealing with others and resolving issues in life.

Using the methods and principles of acceptance, non-judgment, forgiveness, and Love to raise your children and engage other people makes you a stronger parent and a role model in life. It has been said that while children may not listen to their parents, **they seldom fail to emulate them**.

#### Your actions speak louder than your words.

**True strength** Vulnerability and surrender allow you to access the greatest power, which comes not from your Ego but through your Soul. Mahatma Gandhi brought independence to India by introducing this power to the Indian masses. This nonviolent power, which he called *Ahimsa*, or **Soul Force**, is based in acceptance, vulnerability, surrender, and Love.

Nelson Mandela freed South Africa from decades of violent upheaval and injustice by using this same Soul Power, channeled through acceptance and forgiveness, in South Africa's historic Truth and Reconciliation process.

These Soul-based models of power are radically different than conventional models of power operating through warring nations, conquering leaders, political campaigns, demagogues, propaganda, and violent revolutions. The historical effects of these forms of power have included bloodshed, social and economic upheaval and injustice, cultural devastation, and more. These kinds of power tend to destroy more than they create, while profiting the few at the expense of the many.

Countless people throughout history have been driven by negative ego emotions—feelings of insecurity and inadequacy, resentment from childhood wounding and lack of Love—to seek and achieve wealth, fame, power, and adulation. Without such ego motivations, many might not have achieved their legendary status, and the world now may or may not be better for that. On an individual level, mere achievements and conquests cannot heal deep-seated wounds and insecurities, or fill the bottomless hole that is ego.

Such negative ego motivations are rooted in Fear, not Love—in Ego, not Soul. They arrest the growth of the Soul, are ultimately harmful to its health and happiness, and are the cause of much suffering in the world. And, regardless of the achievements they produce, they are not true power, which is always based in Love; they are brute power, which is always based in fear.

> To be truly strong is to be vulnerable, open, and honest; to face and address your fears and weaknesses; to experience your feelings and emotions fully and openly express them; and, finally, to be Love in all circumstances.

Being vulnerable, open, honest, and trustworthy in every moment of Now will make you a true leader and the person you need to be. It will allow you to co-create with God a life that demonstrates the power of Love as the greatest Power of all.

POWER—Present Only When Ego Removed

**Be vulnerable** | Vulnerability is openness to life, to feelings, to people, to possibility. Vulnerability is allowing others into your space exactly as they are, without judging or controlling them.

Vulnerability is giving up needing and trying to win or be right.

You can be vulnerable and still have and share your point of view. But you also listen to and respect other points of view, and are open to re-examining and adjusting your point of view in the light of new perspectives and ideas.

The choice for vulnerability is a choice to give up resistance, control, judgment, stubbornness, and being right, in exchange for Love, happiness, and peace in the Now. It is a choice to surrender beyond your fearful Ego, which is always protecting your emotional wounds.

Vulnerability strengthens your Soul and weakens your Ego's hold on you Now. Vulnerability is surrender beyond Ego to Soul, from Fear to Love.

Laugh at yourself | Learn to laugh at yourself Now. Be willing to be seen as silly, even stupid, without trying to defend, protect, or prove yourself to anyone. Be willing to feel any uncomfortable feeling without needing to escape, judge, or fix yourself. Be vulnerable and laugh at yourself Now. Appreciate yourself as you are with all your imperfections.

If you were perfect, you wouldn't be human.

You would be an angel or a god. You would be too good for everyone. You would not need to be here at all.

Thank God that you are imperfect and learning lessons, just like the rest of us. So, learn to see the humor in your imperfections. Learn to laugh at your mistakes and see them as learning experiences, not fatal errors. Lighten up and learn to laugh at yourself Now. **Embrace your vulnerability** | Ever notice how the people, issues, or circumstances you are trying your hardest to avoid tend to pop up in your life. Irritating, isn't it? The quickest way to get rid of anything is to embrace it in total acceptance!

Remember, what you resist persists! And what you accept, you transcend and move beyond.

Instead of resisting, judging, and defending yourself against anything, embrace and accept it all in vulnerability. Invite the perceived danger or enemy inside, and surrender and find peace in its presence. If you do this, what once tormented you will become your friend, even a transformed part of You. What you embrace and accept Now no longer threatens or disturbs your wholeness and peace.

Surrendering to what is Now is Oneness Now.

# Happiness

## Attaining happiness

#### True happiness is Now

God is Now. The Soul is Now. True happiness is Now. The ego and all its miseries are illusions experienced Now. Which of the above would you choose if you could? Well, the good news is that you can always choose Now.

If God's Presence and the fullness of Love are always here, now, then you can choose them in this present moment. If true happiness is in the Now, then you can choose true happiness in this present moment.

But to enter the Now you must leave behind your ego-controlled mind and its thoughts.

You must feel and release all resistance to and judgment of what is happening Now. You must practice unconditional acceptance and surrender to what is happening Now. This opens you up to the experience of true happiness that is always happening Now.

What is this happiness?

It is the conscious awareness of God's Presence Now, of Love here Now.

It is the experience of the peace, stillness, and joy of your own Soul Now.

It is the conscious awareness of being alive Now in a mysterious, ever-evolving, ever-unfolding moment, in which God is in everything.

It is experiencing the flow of life in acceptance from moment to moment, as what is Now miraculously blossoms into what is next.

It is trusting and embracing life, knowing that all challenges and opportunities serve your Soul's ongoing evolution and increasing perfection in God.

True happiness and Love are the experience of God's Presence in God's Space Now. Trust and surrender to God, and know true Love and happiness Now.

**True happiness is a choice** | The choice is between what your Ego wants and demands for its pleasure, distraction, or relief, and what your Soul is giving you right Now to help you grow and fulfill your true needs.

Accept and surrender to what is Now by saying yes to what is Now, by saying, "I don't know," and "I love what is happening Now." By surrendering to this moment exactly as it is Now, you open to the Awareness of Love and happiness that are always present in this moment of Now.

You can choose to be happy Now | You are meant to be happy, to do what makes you feel happy, and to live in a way that brings happiness to others. If you do what makes you happy, but your actions make others suffer, then in time you will suffer too, as we are all One. If you do what makes you happy, and your actions bring happiness to others, then your happiness will increase, as we are all One.

How do you know if you are not happy Now? If you are restless, bored, anxious, fearful, distracted, frustrated, angry, or resentful, then you are not happy Now. When you notice that you are not happy Now, you have a choice. You can choose to remain unhappy or you can choose to identify and resolve the root causes of your unhappiness.

You can always choose to simply be happy Now, to release yourself from the prison of the past and the fear of the future, to enter into the bliss of God's Space Now.

Letting go | What is preventing you from experiencing happiness Now?

Follow your thoughts and feelings to their roots and you'll find out. Then it's up to you to decide what to do about it.

Your happiness, and unhappiness, always come down to a matter of choice.

When you bristle, resist, moan and groan, complain, judge, argue, and fight, you are choosing unhappiness Now. What you resist persists because you are giving it oxygen to live; you are feeding it with your life force.

Alternatively, what you accept and surrender to flows past you or passes right through you Now. So resist nothing. Let everything go, and let everything flow past you unhindered, while you remain happy in the Now. How To Live In The Now

**Breathe to be happy** | Traffic jams, red lights, long lines, flight delays, electrical power outages, rising prices—what can you do? You can't change the traffic, the lights, the lines, the blackouts, or the economy any more than you can control the weather. So, what *can* you do?

You can choose to be in this present moment and accept what is Now. Present in the Now, all the things mentioned above are only the flow of life unfolding Now. Present in the Now, events create opportunities of potential anxiety or peace. Simply remember to breathe and let go into the flow of the Now. Enjoy the peace that is always here Now.

Whether you choose happiness or unhappiness Now, the line will move when it moves, the traffic will flow when it flows, the light will turn green when it does, and the economy will do what economies do. So, you might as well choose the happiness that is available to you in every moment.

#### Unless you prefer misery.

Are you left happy Now? | The rise and fall of nations illustrate the cost of engaging in and winning or losing wars. Wars are so costly it is a wonder that peace is not preferred instead. Peace never bankrupted a nation or caused its decline. Peace never divided two nations or drove them to war. Peace never created exhausted, traumatized but exulting victors and demoralized, decimated, resentful, vanquished victims or losers. In war, even the winners are losers.

The same is true in personal disputes and conflicts. Both sides lose their peace of mind. Both lose sleep at night. Both are consumed with winning and being right. The winner may emerge from the battle "with the most toys," but what is the cost of this hollow victory?

Being right is a poor substitute for true resolution and peace in any dispute. But this is what Ego prefers. Why not learn how to avoid conflicts and promote peace? In conversations, learn to state your point of view without attacking or disparaging someone else's. When someone argues with you and tries to convince you that they are right and you are wrong, don't take the ego's bait; don't defend your opinion or oppose theirs. Don't be right.

Simply say, "I respect your point of view." Then let it go, and be happy.

Well Now? | Happiness is a spiritual foundation for mental and physical wellness. Do you sincerely want to be happy Now? Many people choose to be unhappy, to focus on what they don't like, on what's missing, to have something to moan and groan about.

Notice on a typical day how many people you meet who seem happy or unhappy, who seem cheerful, present, joyful, grateful, and a pleasure to be around or who seem dissatisfied, preoccupied, brooding, negative, and unpleasant to be around. Which category do you fall into?

Remember that happiness or mental and physical wellness, are choices we can and do make in every moment. And while happiness and unhappiness are both experienced now, only happiness is found *in the Now*.

Which will you choose Now?

Are you having fun yet? | Numerous research studies conducted with people in their twilight years have posed the question: "If you had your life to live over again, what would you do differently?"

The majority of the respondents answered, "I would have more fun!"

This brings up the question: Why *didn't* they have more fun? Apparently, they didn't choose to have more fun. And now that it's too late, they wish they had. This is true for most of us. Why don't we choose to have more fun, laughter, gaiety, happiness, joy, and enjoyment in life? Why do we deprive ourselves of good feelings so much of the time, and put off the enjoyment we'd like until it's too late? Why do we prize discipline, hard work, seriousness, and nose-to-the-grindstone attitudes over lighthearted, humorous, joyful, and uplifting attitudes, as if they were in competition or mutually

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exclusive? And why do we encourage ourselves and others to choose the former attitudes over the latter?

Can't we be high-achievers with light hearts, joyful spirits, smiles on our faces, laughter in our voices, and humorous sparkles in our eyes? Can't we be serious and committed, and also happy and grateful, while we strive cheerfully and diligently toward our goals?

Can't we savor the moments of the journey of our life and not be so concerned about crossing finishing lines and reaching destinations?

Take a moment to consider: What's stopping you from having more fun right now?

We suggest there is only one thing stopping you from having more fun: you! So, choose to have more fun in your life Now. Find something fun to do, and someone fun to do it with. Smile at whatever and whoever is in front of you Now. Find something to enjoy, to feel happy about, to laugh about. Find something to uplift your spirits Now.

Have fun Now.

FUN—Feeling Uplifted Now

#### Joy

**Joy creation** | Be fully present to what is before you Now. Do not project better or worse scenarios into the future, or dwell on better or worse scenarios from the past. Accept what exists right Now as the primary reality that needs to be engaged, addressed, and embraced.

Being fully present in acceptance of what is right Now is more powerful and transforming than any ego efforts to change, fix, remove, or improve what is Now based in past memories and future projections. Being fully present in acceptance of what is Now will give you more happiness, joy, bliss, Love, and inner peace than trying to change, fix, or improve what is right Now from a place of frustration, judgment, or resistance.

Live your life in acceptance of what is Now. Embrace what is before you the task at hand, the person in front of you—with Love, and trust the results to take care of themselves. This is how to create happiness for you and others without even trying.

#### Joyful waiting |

When you are waiting for someone to arrive, or something to happen, wait in joy and peace within your Self. Wait, and enjoy your Self in peace. If possible, close your eyes, relax, and count your breaths from one to ten. As you count, be in joy and peace within your Self. If that felt good, count ten more breaths, waiting in joy and peace within your Self.

Then, make a list of all your blessings, all the things you are grateful for. And wait in gratitude, in joy and peace within your Self. Use every moment of waiting in this way, as an opportunity to wait in the joy and peace that reside within you, as your Self.

Now that's enjoyment!

**Be joy Now** Charles Revson of Revlon once said, "In the factory we make cosmetics; in the drugstore we sell hope." When a woman puts on perfume, skin cream, or makeup, she hopes it will make her more beautiful and desirable, and bring some new happiness at some future time. While focusing on her image in the mirror, she may fantasize about these and other possible results her present actions might produce.

While the perfume or makeup last, hope lives; she sees in their color and smells in their fragrance the promise of beauty and happiness. This hope, this promise of beauty and happiness, may help her to be full of joy, smiling

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and laughing now. And what man does not find a joyful woman attractive now?

But there is a greater reason for hope, joy, and happiness now than mere makeup or perfume that seem to promise some future result. Release all ideas of future results, be present in acceptance Now, and you will discover the joy that is always here Now. This joy lives inside you Now.

There is nothing to do Now in order to become joyful in the future. Being joy Now is the way.

Joy is a smile from your heart | Joy is a smile from your heart when truth is made clear. You can't do anything now in order to become joyful in the future. You can only be joyful Now.

Being joyful feels light, because joy is in the light of truth. When you are in joy, You are in the Light and You feel happy.

Your presence is radiant.

You are carefree, spontaneous, playful. In every moment of joy, you radiate and embody light, Love, and truth. So, be joyful Now.

#### Enjoyment

Get involved | Our ego likes to know, to be in control, and to have order in life. But in trying to know and control what happens to us and around us, we strangle the opportunity each moment presents by tightening our grip on it.

We are born helpless and naked, and we die equally helpless, perhaps with a few more clothes on. We cannot know or control what happens to or around us. And we cannot fail, and there is nothing to be afraid of. Life is a game to enjoy, in which to learn and grow, not a pass-or-fail test. If you are not enjoying yourself right now, if you are not feeling passionate about what you are doing and where your life is heading right now, stop and do something different.

Don't stand on the sidelines as a spectator—get in the game! Get your hands dirty, make a mess of it or a success of it, but jump in and live!

Who cares about your worldly accomplishments and successes? Only the Ego cares about such things. The Soul knows it's all about letting go, showing up, being present in life, and enjoying yourself Now. So be present and enjoy each moment as the opportunity it is.

#### Smile

**Smile for Now** | Want to try an experiment in human relationships? All you have to do is smile.

Even a half-smile is a good start. If you smile at the person in front of you, he or she will probably smile back, and you will both light up. Even if you are alone, a smile will light you up inside.

Look in the mirror and smile at yourself, and see yourself smile back. Your smiling reflection in the mirror will be installed in your memory bank.

Greet whomever you meet with a smile, and carry on, with a smile on your lips. Listen attentively, with your lips showing the welcoming start of a smile. If people come to you upset, angry, or annoyed, your smile will reduce their negativity. After a while, they may even smile back at you.

If people come to you upbeat, happy, and glad to be alive, your smile will be reflected back by their smiles, and your mutual happiness will be magnified. A smile is more powerful than a frown, a curse, or even a weapon. Suppose you carried a gun everywhere and forced people to do what you wanted them to do. You would probably end up in prison or dead. Yet a smile and a simple request often induce people to willingly co-operate with you. Armed with a gun, enemies are made, and chaos ensues. Armed with a smile, resistance often crumbles, and even enemies may turn into friends. Which is more powerful?

Smile Now and notice how you feel. Smile Now and notice how others respond. Smile Now.

SMILE – Serenely Meeting In Loving Energy

**Exercises for staying in the Now** For how long can you stay in the Now? These steps, spoken silently in the mind and engaged in with awareness and feeling, will help you stay in or return to the Now:

<u>Step 1</u> Am I being conscious of my breathing Now?

<u>Step 2</u> Where is my attention Now?

<u>Step 3</u> What am I focusing on, thinking about, Now?

Step 4 What do I see, smell, feel, hear, and taste Now?

<u>Step 5</u> Am I in the Now or is my mind wandering in the past or the future?

<u>Step 6</u> Am I smiling and loving what is Now?

After Step 6, start over again at Step 1.

The longer You can remain present in the Now, the more meaningful, purposeful, and effortless your life becomes. But do not make being present Now an obsession, an urgent matter, a "should." It is a joy and a privilege to be in the Now—not an obligation or a grim duty. Simply be present here Now. Smile and enjoy this moment. Let the enjoyment of being in the Now be sufficient reason to stay in the Now. Simply accept, say yes, and smile, whatever happens Now.

> SMILE – Serenely Meeting In Loving Energy

**Smile please** | Smile Now. When you smile, feel the energy of joy opening your lips and sending a twinkle into your eyes. If possible, wear a half-smile when you go out, as if life is charmingly amusing, a delightful private joke that you share with everyone.

Wherever possible, let an inner smile warm up your heart and lighten your spirit.

An inner smile tells you and announces to the world that you are really here Now.

#### Passion

**Even oak trees start small** Do every little thing with your heart fully in it.

Be passionate about it.

Soon bigger things will come your way. Also, attend to them wholeheartedly in the same way. Increasingly greater things will come along as opportunities for you to develop and co-create with God and others. Keep on passionately doing what comes to you, with Love in your heart. At some point, when you are basking in the glory of a race well run, someone who doesn't understand how life works will say, "You're just lucky!"

Just smile. What else can you do? Then keep on doing what works.

## chapter 15 Love

Understanding Love

Why you deserve to be loved Now

Believe it or not, most people want to be loved and to be loving. It's inherent in human nature because humans are a Part of God, Who is Love.

The easiest thing for people to be is loving. When a child is born, people gather lovingly around child and mother. So, why do some people feel unloved, reject Love, act in an unloving way, or think they don't deserve to be loved? These things often come from a childhood experience of "unlove." Perhaps they or perhaps you were ignored, rejected, neglected, abused, and told that you didn't deserve to be loved in some of the myriad ways that humans express unlove to one another.

Any painful memories from your past of not being loved or of feeling

undeserving of Love, do not belong in the present. Those painful memories are history – they are not real now. When you become lost in those memories, you are living in the past. Healing happens when you learn to live fully in the present, in the Now, in God's Space.

Right Now, You are totally deserving of Love.

Present in the Now, You are Love.

God's Love for You is Infinite and Eternal in every moment of Now. Do not limit your ability to receive Love – it is all around you, like the air that you breathe.

In the past your feelings of not being Love or not deserving Love limited your ability to receive all the Love being showered upon you by God, by non-physical spiritual beings who have always been part of your life, and by those people in your life who did and do love you.

Allow Love into your life.

Know that you deserve all the Love that you can receive Now. Talk about Love and share your feelings of Love with others. Let the self-imposed barriers you erected against vulnerability and Love come tumbling down. Your vulnerability in talking about and expressing the Love that you feel will touch others, and inspire them to open up to Love. When you allow the Love within you to radiate outwards, You become Love, and you are beautiful and lovable.

You don't need to be perfect to be Love. You are perfect in your imperfection. You are whole in Spirit; your Soul is a Part of God and God's Perfection. You are Love Now. You deserve to be loved Now. And you are called to be loving Now by God, Who is Love.

So, be Love Now, be lovable Now, be loved Now, beloved.

**The greatest Love of all** | Have you ever stood in front of a mirror, looked at yourself, and said "I love you"? If you do it, you will smile and perhaps even blush, recognizing that you are worthy of being loved by You.

When you look at yourself and sincerely say, "I love you," you begin to realize that, while you are imperfect in human terms, you are perfectly capable of giving and receiving Love. Start by giving Love to yourself and telling your self, "I love you," face-to-face in the mirror whenever you can.

You can even be casual, cool, or flirty. Try a "Here's looking at you, kid," like Bogart, and wink.

Love, including self-love, has many expressions.

You will know if your Love is working because it will make you feel good. You will feel feelings that come from your Soul, the Part of God inside you.

Acknowledging your self with Love is acknowledging that who You really are is lovable. Try it now. Put this book down, stand in front of a mirror, and tell yourself, "I love you." You can't "love your neighbor as yourself" until you actually love yourself.

Therefore, *learning to love yourself* is the greatest Love of all.

Self-worth is an inside job | Everyone likes to be recognized and applauded for a job well done. So, you put in the effort, push yourself, and achieve something meaningful in your life. But what happens if you don't get the recognition and applause you think you deserve?

Do you feel less worthy? Do you feel unappreciated? Do you feel like you wasted your time? True self-worth can't be diminished by others' indifference or lack of appreciation. When we feel unrecognized, unappreciated, or undervalued, it is our public worth that has been diminished. Our Ego

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often confuses self-worth with public worth, and tries to earn essential value by pleasing, or earning the praise of others.

It helps to remember that self-worth and public worth are completely different. You earn self-worth by doing worthy things and living a worthy life. Self-worth comes to you from the inside, by You knowing you have been a "good and faithful servant" of higher principles and that, by your living, you have contributed to the greater good. Self-worth comes from living a life of integrity and being true to your morals and values.

Your public worth is not yours; it's what the public thinks of you. You can live a good life, but you can't control the public's impression of you. People will think whatever they think regardless of what you do.

### To base your self-worth on your public worth is to invite low self-worth.

By letting your public determine your self-worth, you surrender to your ego and give your power to fickle outsiders. They have their own ego-issues, motivations, and perceptions that affect how they view you, think about you, and respond to you. Why would you base your self-worth on whether or not they recognize, like, or applaud you?

The best you can do is strive to achieve what you consider to be worthy, based in the spiritual values of your Soul rather than the worldly values of your Ego. And when you know you have lived and done your best, you can recognize and applaud yourself as worthy. It's called self-worth because no one else can give it to you; you can only earn it from yourself.

As Egos, we may often negate the self-worth we have rightfully earned because we lack outer recognition and acknowledgment. You cannot rightfully judge your self-worth from your ego's perspective. To rightly assess your self-worth, you must examine the good you've done and the value you've contributed to life from your Soul's perspective. If you find that your low self-worth is due to a lack of worthy behavior and actions, you can start behaving and acting in ways that will make you truly proud of who you are being and what you are doing. This is how you earn self-worth. If you find that your ego has been unfairly negating the self-worth you have rightfully earned, you can hold a little "self-worth ceremony" in the privacy of your own home. Consider the one below.

Stand in front of your mirror, smile at yourself, applaud your image, and say, "And Now, the award for outstanding human achievement in the field of—say whatever it is about yourself that you are proud of, e.g. being a good father or mother, a hard worker, a kind and helpful person, etc., goes to ..." Pause for five seconds and say your name with great enthusiasm: "Susan Smith!" Then give yourself at least a ten-second standing ovation with cheers of "Bravo!", "Well done!", "Brilliant!", and so forth. Then pin a ribbon or a medal on your shirt. Now stand there humbly and make your acceptance speech. "Thank you, everyone. I don't know what to say. I really didn't expect to receive this award tonight. I was sure the Dalai Lama was going to win. So I'm deeply, deeply, honored. First, I'd like to thank all the people who helped me along the way...." And so on. Have fun with it! And, after the ceremony, take yourself out to dinner and celebrate who You are!

That self-recognition, acknowledgment, applause, and humor will help develop your self-worth, provided that you are living in integrity in your doing and your being. You don't have to be the Dalai Lama, Bill Gates, a war hero, or win an Olympic Gold medal to earn real self-worth. Self-worth can come from simple, humble acts and achievements like losing weight, making a delicious meal for friends, helping a child do their homework, learning a new skill, volunteering at the Humane Society or a soup kitchen, or visiting a friend in the hospital.

The list of things that develop self-worth is almost limitless and includes any action performed with sincerity that contributes to your growth and development, to that of anyone else, or to the greater good. It's not a "should" list from the Bible or any religion.

It's about you assessing what you can do or are doing to bring more meaning and purpose into your life, into the lives of others, or into the world.

Don't rely on a fickle public to determine your worth. Let your self-worth grow out of who you are being, how you are living, and what you are doing. Live Now in a way that makes you proud of who You are. Remember that You are a Soul, a Part of God, Who is Love. Stand tall and proud, yet be humble and kind, as you honor yourself and serve your fellow man with Love.

**Self-love creates the ability to give Love to another** Self-worthy behavior and actions develop confidence, integrity, and self-love. Without self-love you cannot love another in a healthy and fulfilling way. You can't give to another that which you do not have. Without self-love, you will look to others for love, expecting them to complete you.

But this is need, not Love.

Self-love comes from giving out that which you want: Love, kindness, compassion, understanding, forgiveness, trust, friendship, blessing, and support. Self-love comes from knowing that you are worthy by virtue of these worthwhile behaviors and actions, and worthy by virtue of being Part of God, Who is Love.

Self-love comes from knowing God's Love for You, and from feeling your Love for God. Self-love comes from knowing, experiencing, and feeling yourself as one with God and worthy of God's Love. And this relationship awakens in you Love for other Souls who are also a Part of God, and also loved by God.

Self-love tells you that You are abundant in God's Space Now, regardless of how much or little you have materially. Self-love frees you from neediness in relationships and from dependence on the approval of others for your emotional security. Self-love frees you from anger, fear, resentment, harm, prejudice, bias, greed, jealousy, lust, and other negative personality traits.

Self-love is the root of self-confidence, integrity, Love, and inner peace. Selflove flows from Love's own Source within you as You love God and others. Self-love flows as you let go and let God in Now.

#### Here's looking at you, kid!

Look into a mirror and gaze into your own eyes. Hold your gaze for a minute. What do you see? What do you feel? What do you intuit? Now, do you know why it is said that your eyes are the windows to your Soul?

By gazing deeply into the windows of your own Soul and letting go, you may experience moments of "no-mind" in the gap between your thoughts. You may begin to feel the Presence of your own Soul as Love.

You can do this exercise with another person, a spouse or a trusted friend or family member. Find a quiet space where you will not be disturbed and look into each other's eyes. This may feel awkward at first, as most of our life has been spent avoiding long, penetrating stares into other people's eyes. But once you relax beyond the initial self-consciousness, you will become comfortable.

As you make Soul-to-Soul contact, you may feel a Presence of Peace, wonder, mystery, or Love enveloping you. Soul contact, whether with your own Soul while gazing in a mirror, or while gazing into another's eyes, brings You into the Now. The knowledge of Love can be remembered from past experience or projected into the future, but the experiencing of Love can only happen Now.

So, when you look at yourself in the mirror or look at another, see the Soul looking back at you and experience Love Now.

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Learning to Love yourself | Learning to love yourself is essential for loving others. It is challenging to love anyone, because Love is of the Soul, yet we are mostly identified with our ego and see ourselves and others mostly through the critical eyes of our ego.

Can you love someone who is a critical, judgmental, obnoxious, difficult, harmful, destructive, untrustworthy, opinionated, self-righteous pain in the ass? Your ego can't, because it can only see the ego qualities in others. But your Soul can, for it can see through the ego qualities of both others and yourself, and recognize the Soul hidden within.

> When you realize who You really are a Part of God, perfection in the making, Love, peace, kindness, and compassion embodied in human form—you realize that You are totally lovable, and you begin to love yourself.

So, learn to separate your Ego from who You really are and Love the real You Now.

Want to be in Love Now? Would you like to fall in love? Would you like to experience the heights and depths of love? Would you like to live every moment intertwined in love? Would you like love to fully embrace You Now?

What would you give of yourself to have such love? What is stopping you from giving it Now? What is stopping you from having such love Now? Start by loving yourself Now as a Part of God, as a spiritual being who is complete within yourself. In your completeness you can find a special someone to share his or her own completeness with you.

But if you cannot Love yourself in this way, and cannot be complete within yourself in this way, you will attract someone who reflects your lack of love and your incompleteness. You will look for someone whose incompleteness complements your incompleteness.

So, first be complete within yourself by accepting what is Now, and accepting yourself and others as you are Now.

Do not judge, resist, or avoid what comes into your space Now. See the gift that is being offered to you in the forms of the things and people who come into your space Now.

Everything that comes into your space, even the things and people you dislike and would rather avoid, has a gift for your Soul's growth into completeness. And in your Soul's completeness, true Love is found, and Love leads the way.

Love in the past is a memory and love in the future is a fantasy.

Love can only be expressed Now and experienced Now. Use this moment as an opportunity to give Love and be Love Now. Otherwise, the opportunity is lost forever.

**Be Love Now** Expectations, striving, judgments, and desires are egobased. "I want this, that, more!", "Push, push, harder, harder!", "How am I doing?", "Are we there yet?" These are the mantras of ego that make us human "doings" instead of human beings. When we live by our ego mantras, we become human doings, and ego is never finally satisfied.

Your quest – I prefer to be a human being whose **living satisfies my Soul**. I prefer to release all expectations and simply live in the vibrancy of this moment. Rather than strive with effort in all that I do, I prefer to do what is required Now, effortlessly—to go with the flow of this moment Now.

Don't worry about how you are doing compared to anyone else. Just be a human being, a Soul, Godlike in this moment. Just be Love right Now. Being Love Now, with no expectations, no striving, no comparing, is happiness, joy, and peace.

**Just give Love Now** Come from Love in this moment of Now. Why would you not come from Love? Love is who You really are. Approach everything, every being, and every circumstance open and present as Love.

Give Love Now, with every breath, thought, word, and deed. Give Love to whatever is before you Now.

By giving Love Now, you are being Love in life. By giving Love Now, you discover that you *receive* Love by giving it. The Universe will give you Love as You give Love. The Love that goes out from you returns to you in greater measure, as like attracts like.

So give Love Now, to receive Love Now ... and be Love Now.

Look to be Love, rather than be loved Now | Your Soul is part of God. God is Love; therefore, your Soul is Love. When you say yes to what is Now, you are saying yes to Love Now, and you are loving what is Now.

Look to be Love Now, rather than to be loved Now. Look to be who You really are Now, a Part of God – Love.

To be Love Now, believe in Love Now. And, before you think, speak, and act, ask, "What would Love do Now?" And to the best of your ability, do that Now.

**Real Love** Until you can know, see, and feel your Soul, the Inner You who is Love, you will not find real Love outside of you. You may find mutual attraction, need, and dependency masquerading as love, but it won't be real Love.

Know the truth.

You are a Soul, a Part of God Who is Love, and you are Love too. When you know who You really are, and know your Soul as Love, you can find someone else who also knows Who he or she really is, and you can share real Love together. Only Love can find Love and become One.

Love is not an emotion but a state of Being. It is who You really are: a Part of God, Who is Love.

**Falling in Love and staying in true Love** | There are no coincidences when seeking to live in the Now—only patterns we have yet to recognize. One such pattern is falling in love, and the choice of the kind of people we fall in love with. When you seek love, or fall in love, know that you and your intended beloved are both a Part of God. Know that God is Love, and your Soul, which is Part of God, is also Love.

If you Love and seek Love in your intended beloved, and that person is conscious enough to Love and seek Love in you, you will both experience true Love. The Love you experience together is the Part of God in each of you flowing together in Oneness with the Source of all Love.

But falling in Love is the easy part. Staying together in Love over time is the challenging part. Together you must remember that You are each a Part of God, Who is Love. By remembering who you both really are, in each moment, your Love will widen and deepen over time, like a river returning to the sea.

In truth, your Souls recognized each other as the Parts of God that they are. Then your lips sealed the connection with a kiss, and Nature took over from there.

Remember to recognize the Divine in your partner in each moment of Now, and let Love lead you together, moment by moment, into Eternity.

**Surrendering to being in Love** | If you have learned to surrender to what is Now, to accept what is Now, and to go with the flow of life Now,

then the Now is an exciting and mysterious place, rich in experience and potential. If you can embrace the Now in Love, beyond fear, then you have moved from Ego to Soul. This surrender is the foundation of your relationship with God, your Higher Power, or whatever other name resonates with you.

Surrender is also essential in your personal Love relationship with your beloved. Surrendering together gives you both new freedom and opportunities to be creative in Love, trust, and vulnerability. In surrender there is a sharing of your sacredness together. "I surrender" means that there is no conflict, but only a mutual curiosity, willingness to understand and allow. A desire to serve each others' needs and to create a safe space for Love to grow and flow unhindered.

In mutual surrender you create a mutual vision of what your relationship can be. Your current spiritual state and commitment to your relationship reflect who You are Now and what is occurring in your relationship Now. A mutual vision of your relationship based in surrender will foster your spiritual evolution and your support for each other now and into the future.

In mutual surrender, you and your beloved can learn to be together beyond your egos' needs for power, control, and manipulation—beyond egotistic resistance and fear of each other—and, instead, in Love, trust, understanding, kindness, compassion, and vulnerability. You can learn to serve each other's needs. Your relationship can become a sacred space that allows you both to grow and evolve in your own unique ways. In this sacred space you will never be alone; You will both be All One with God, in Whose Space your own Sacred Space will be found.

**No thing matters except Love** No thing ultimately matters. All that seems to matter in life is impermanent and will pass. All matter will eventually turn to dust.

Impermanence is the only certainty in life.

Everything in the Universe is in flux, and the physical world as we know it may end one day.

No thing matters. Everything is impermanent. Accept and surrender to this. There is no purpose to struggle and resistance.

No thing matters. Let every thing go. Let inner peace in. Be still and know God. Only God matters.

No thing matters. Only God matters. God is Love. Only Love matters. Be still Now and know Love. Let every thing go and let Love into your life. Only Love matters.

Be Love Now.

Now is Love and Love is Now Greet each moment with an attitude of "what would Love do Now?" By standing in your true identity as Love, you need not fear anything this moment may bring. Fear cannot exist where Love is present, and Love is always in the present moment of Now.

If Love is always present in the Now, and the Now is all there is, then Love is all there is Now.

**Foundations of Love** | If Love is the foundation, the Spirit, the Essence of what you do, then it will bring lasting benefits to you, your loved ones, your neighborhood, your town or city, your state, your province or region, your country, your continent, and to the world at large.

With Love there is harmony.

When we come from Love our energy-vibration frequency creates harmony and peace, and Love can flourish.

Let Love be your bedrock foundation Now.

**Reflective love** | Do you love others because you are reflected in them? Are they agreeable to you because your thoughts, opinions, beliefs, and words are mirrored back to you from them? That is not Love—it's selfworship!

Love allows others to be exactly who they are, with all their seeming imperfections, and without any desire to make them into the image of who you would like them to be Now.

Love of power or the power of Love | There is a big difference between the love of power and the power of Love. Those who love power live in ego and primarily seek to serve and satisfy themselves. They seek power over others and use manipulation to achieve their ego-objectives. Theirs is a bottomless pit of anxiety, need for control, and self-gratification. They will never know true happiness, peace, or love.

They seek power to compensate for not feeling Love, and use power to try and obtain love. They confuse their self-worth with their net worth, and confuse the respect of their job titles with the deeper respect they desire but have not earned as human beings. Deep inside they don't feel worthy of Love, which they really desire. And their choice for power separates them further and further from the Love they really seek.

Those who seek power through ego don't understand that the real power is Love, and that Love grows in power by serving others with Love. And that Love is their true nature.

True power comes from Soul, not from EGO, which is always Edging God Out. When you selflessly share your Love with others, you move beyond ego with its false power into the realm of true power in the Now, with God Who is Love.

> POWER—Present Only When Ego Removed

**Do you love me or do you love me if?** Do you love me, period. Or do you love me if ...? If you love me and I love you truly, then we must leave our Egos behind. Love calls us headlong and open-hearted into the unknown. Love is a journey through uncharted territory with uncertainty at every step.

Our Ego wants to control and manipulate others and us, and it wants certainty. Our Ego wants to make sure its wants and needs are supplied by others. But there is no such certainty and no guarantees on the uncertain paths of life and love.

On the uncertain path of love, what you perceive as lacking in your image of yourself you may find in your partner. But if you use your partner to complete yourself, instead of becoming complete within yourself, dependency and resentment will grow in one or both of you.

But, instead, if you admire and learn from your partner's complementary qualities and develop them within yourself, you grow toward wholeness, and your relationship will become stronger. Hopefully, your partner will grow toward wholeness as well.

The uncertain path of love requires ongoing vulnerability, surrender, and trust—or the ongoing transcendence of Ego—from both partners. Ambiguous feelings surface when Love awakens, due to Ego's fears of vulnerability, surrender, and trust. Unless we trust and surrender beyond Ego, it will sabotage our journey and our relationships on this uncertain path of Love.

The spontaneity, the feeling of living on the edge, the letting-go, the detachment from results, the trusting life Now, and the total uncertainty of the paths of life and love are anathema to the controlling Ego. But to the Soul they are bliss and freedom—a "high" of incomparable proportions known only to those who live as Love in the Now.

So, are you willing to Love, period? Or will you choose the path of Ego, of false certainty and conditional love, the path of "I love you if. …" It's up to you to choose one or the other: the rocky, uncertain, fear-filled, and ultimately disappointing path of Ego, or the joyous, thrilling, and uncertain path of Love in the Now. Either way, buckle up for the ride of your life!

Are you there yet? Unconditional Love says, "Yes!" to life. Conditional love says, "Yes, but ..." Ego, or controlling love, says, "Maybe yes, maybe no; it depends ... I'll let you know."

Which Love do you think would make you, your family, friends, and colleagues happiest in the Now? What's stopping you from being Love Now?

Take a moment to consider. ... Are you there Now?

#### Relationships

**Be a friend Now** | True friendship is based in Unconditional Love. There is no bartering, no power struggle—just mutual respect, support, acceptance, and Love.

True friendship is Soul to Soul, rather than Ego to Ego.

In true friendship, one practices the golden rule by being kind, generous, courteous, friendly, helpful, and loving. In true friendship, the Love we are is mirrored back to us by the other.

So, make a true friend of this present moment by being kind, courteous, generous, friendly, helpful and loving ... then watch as life mirrors that behavior back to you in the Now.

**I love you Now** | I LOVE YOU are the three most wonderful words you can ever hear and, more importantly, feel.

Your Soul is a Part of God, Who is Love. Your Soul is Love, as is the Soul of the person saying, "I love you," to you. To love is to acknowledge and reconnect with Love, which is who we all are at Soul level.

In Love, you awaken as the Soul You are in reality, and your Soul, the Part of God inside You, reconnects to the Soul, the Part of God, inside the other person. When two Souls, or Parts of God, connect in Love, both experience the Oneness of All That Is.

In romantic Love, this Oneness is physically enacted in the union of two bodies becoming One by "making Love." And, out of this union, creation is enacted through procreation. So, Oneness in Love fulfills the purposes of Creation.

So, when you say, "I love you," to someone, know the power and responsibility behind those three most wonderful words.

Acceptance and Love in a relationship | Relationships are as much about spiritual learning and growth as they are about Love.

Once the bloom has faded on a new relationship, the real learning starts. Then staying in the Now becomes essential for relationship growth, health, and Love.

Your Ego sees in your new or prospective partner something that will make it feel much better about itself. Invariably, what is missing in you, your Ego will seek and find in the other. After that, your Ego will feel more powerful, attractive, and fulfilled. But this is only a temporary state. Soon dissatisfaction and disillusionment set in, and the ego begins to perceive the relationship as a problem, and the other as an obstacle to happiness.

"Now," thinks your Ego, "I must get my partner to change into what I need them to be for this relationship to work." And underneath that lurks the whispery thought, "If that doesn't work, I can always change partners."

The only problem is that your partner's Ego is thinking the same things about you! With two Egos on a collision course driven by unrealistic expectations, sparks will soon fly in the relationship when reality sets in. This is the fate of all ego-based relationships.

A relationship must have a **spiritual basis** to work. Ego must make room for Soul. Rather than consult your Ego for relationship advice, you must turn to your Soul and seek help from your Soul's own Source in the Now. You must shift your relationship focus from expectations to acceptance. Instead of expecting your partner to be different or better than he or she is being in your Ego's estimation, you must accept your partner exactly as he or she is Now.

Acceptance of your partner as he or she is underlies the foundation of a healthy relationship, just as acceptance of what is Now is the foundation of a healthy relationship to life. The fact that parts of how your partner is being and parts of what is Now may be highly irritating to your Ego is the very reason that you must develop the ability to transcend your Ego!

So, practice accepting your partner as he or she is, without judgment, criticism, or resentment, and without attempting to change your partner in any way. When nothing you think, feel, say, or do interferes in any way with your acceptance and Love of your partner, you have transcended your Ego and arrived in your Soul.

Practice acceptance and Love, no matter how difficult it is for you. When you can be in the Now and see the Divine in your beloved, when you can treat him or her as God's beloved child, then your relationship will move into the sacred depths of Love. You wouldn't try to change God, would you? Why would you try to change God's beloved child?

Practice acceptance of your own life as it is Now. You can still work to change and improve your negative thoughts, habits, and attitudes while supporting your partner in his or her journey of **personal evolution**. But do all this on a foundation of acceptance—not expectations, which are simply a form of withholding acceptance.

By living in acceptance rather than expectations, you ensure that there is one less needy person in your relationship. And your acceptance and Love of others often awakens their acceptance and Love of you. Acceptance and Love heal the rifts in relationships and become their bedrock, their long-lasting foundations.

It takes two Souls to create a loving relationship but only one Ego to destroy a relationship. So, practice acceptance and Unconditional Love in all your relationships Now.

For the Love of God and your relationship | Do you trust God Now? Can you let go and let God guide you? Do you totally trust God with your relationships, your health, your finances, your life? Do you allow God to give you what you need in the form of advice, assistance, inspiration, understanding, compassion, kindness, and forgiveness to improve your life? Do you truly know that God will give you what you need when you need it for the growth of your Soul?

Do you trust Love Now? Can you let go and let your partner have total freedom to be who he or she is Now, and who he or she wants to be? Do you totally trust your partner with your Love, your feelings, your finances, your life? Do you allow your partner to give you what you need in the form of advice, assistance, understanding, compassion, kindness, and forgive-ness to improve your relationship and your life? Do you truly know that your partner will give you what you need when you need it for the growth of your Soul?

Do you trust being present in your life Now? Can you let go and let life be what it is in each moment? Do you trust life with your Love, your health, your feelings, your finances, your life? Do you allow life to give you what you need in the form of advice, assistance, understanding, compassion, kindness, and forgiveness to improve your life? Do you truly know that life will give you what you need when you need it for the growth of your Soul?

Can you be spontaneous, fun-loving, uplifting, and blessed Now with God, with your partner, with life? Would you like to have undying Eternal Love

for God, for your partner, for life? If there were such a need, would you be prepared to do anything for God, for your partner, for life?

How much Ego and how much Soul is there in your relationship with God, with your partner, with life? Do you feel worthy to receive the Love of God, of your partner, of life?

God is with You in the Now. Love is who You and your partner are Now. Life is all there is Now.

Knowing and trusting this Now is the key to a *successful relationship*.

How to spiritualize your relationship Now | Having relationship issues? Are you ready to start a relationship renewal process? It begins with a renewal of perspective.

In a relationship problem, you have likely judged your significant other and found him or her wanting. But what you see as the disappointing "truth" about this person is a story you have created, one of many possible perspectives, based in your current experience of your partner and past experiences from long ago, before you were in the relationship.

You believe that you know what's right, that your perceptions are infallible, and that your judgments are justified, so you seek to impose your story on others. But what you are really doing is projecting the past onto the present moment.

How to sort it out? Shift your perspective on your significant other from adversary to best friend.

Write on a piece of paper all the attributes you like, admire, and love about your partner. Avoid the difficult issues causing your recent problems. Focus solely on his or her virtues and good qualities and what you really respect, admire, like, and love about him or her. When it feels right, show or tell your partner this list. Then write a similar list of all the things you like, respect, admire, and love about yourself. Most, if not all, of the things on these two lists are Soul qualities. And most, if not all, of the things you dislike about yourself and your significant other are Ego qualities. Not surprisingly, the part of you that discerns and appreciates your partner's Soul qualities is your Soul; and the part of you that dislikes your significant other's Ego qualities is your Ego.

The "trick" of shifting your perspective and renewing your relationship is learning to distinguish your Ego from the real You, your Soul. Only the real You, the Part of God in You, can see the Soul, the Part of God, in your significant other. Only the Essence of You, which is Love, can merge with the identical Essence of your significant other.

Love conquers all because Love is your essential nature, and Love is God.

Now, how important was that issue that you judged to be causing your disharmony?

**Come on in from the cold** When lighting a fire to keep warm, you first need wood, kindling, and a match. To really get the fire going you must stack the wood with spaces in between the wood for the fire to breathe. For a fire to last one evening, you only need a small stack of wood. But for a fire to keep you warm through the winter you'll need a cord or two of wood.

A relationship is similar to a fire; kindling, wood, and a match are required to get it started. For the relationship to last, you need space between both of you to breathe and a steady supply of "wood."

The initial attraction is the match that starts the fires of passion, which develop into love. The first few pieces of wood that burn stoke the fire, strengthen passion, and give love a chance to grow. If no new pieces of wood are added when the initial fire burns low, passion may die out before love grows, leaving only cold ashes. To sustain passion and love, new pieces of wood must be added from time to time. Effort, energy, and commitment are required to brave the cold outside in order to collect more wood as needed.

But the fire of love grows best and lasts longest when you and your beloved see yourselves and each other as Parts of God—when you behold each other through the eyes of your Souls and see the Divine in each other.

When you realize that you are serving and loving God when you serve, provide for, and love each other, no extraordinary effort, energy, and commitment are required to keep passion and Love alive in your relationship.

When you Love each other unconditionally, as God Loves You, Love flows between you, and passion burns brightly in every moment of Now.

Waiting for Mr. or Ms. Right | While you are waiting for Mr. or Ms. Right to come along, can we have a chat? Don't worry, you can break away if you see them heading in this direction. I have a few questions to ask, while you stand there waiting for your perfect partner, which might prepare you to maximize the opportunity of love when it appears.

So, are you a giver or a taker of love? Are you a conditional or an unconditional lover? Are you only willing to give love to someone if he or she gives you love first? Are you only willing to give love to someone who fits your ideal of a perfect (or perfectible) partner? Are you happy to receive love from someone and give that person something less in return?

Do you see love as a transaction, a measured exchange of value, a negotiation between two people? Do you see love in terms of protection, security, physical attraction, economics, loyalty, children, provisions, etc.? Have you already decided what is acceptable or lovable to you before you fall in love or are willing to give love? To be worthy of your love, must someone be tall, short, thin, fit, rich, successful, white, black, Asian, Christian, Muslim? Are your criteria for love rigid or flexible? Are they based on your needs and desires or are they based in Love? Are they based in your Ego or your Soul?

Many people mistake need and attraction for love but rather these are demands, restrictions, expectations, and hormones—not Love. Love is not based in such egotistic, earthly boundaries because Love is of God, and is God.

Your egotistic, earthly boundaries place Love and God outside of your reach. How do you expect to find love and stay in love—let alone be Love—unless you let God's Love in?

Unavailable for real Love, you will fall "in need" or attraction instead of falling in Love.

And when need turns to disappointment and resentment, and attraction fades, you will find yourself in a prison of unfulfilled needs, longing for the freedom of Love. Surrender your demands and expectations of Love Now, and allow God's Love to flow through You and direct your path.

The Mr. or Ms. Right you seek is, in reality, your Self.

Until you find true self-love, until you feel God's Presence of pure Love within You, you will not be able to recognize Love when it is standing right in front of you.

An unusual date | Suppose two people who were dating decided to have a silent date. Instead of talking and trying to impress each other's Egos, suppose they decided to simply be in each other's presence, in silence and in stillness. How would it work?

There might be dinner or simply relaxing by a fire or in beautiful surroundings. But there would be no words, no physical touching, no movie—simply the enjoyment of Presence and the occasional meeting of eyes.

Two people sharing silence, stillness, and Presence creates an intimacy no restaurant can provide. The occasional gazes and glimpses of each other develop gradual confidence and comfort that lead to more sustained eye contact from time to time. These mutual glimpses of their True Selves, shared in silence through the windows of their Souls, deepen the sense of intimacy and connection.

Without speech to distract them, each initially begins to feel his or her own Presence, then the other's Presence, and, finally, the two Presences begin to merge into One. This merging of Presences is not something they should try to "do," and expectations should not be imposed. This is simply something that may be noticed when two people gradually let go of all fears, expectations, and self-consciousness together. It is something that may be noticed by two people simply present and surrendered in Being together.

In this silence and stillness, a fusion of Spirit draws the silent couple into the Now of God's Space. And their true feelings, which are the language of the Soul, reflect the Love that is God's Presence and their true nature.

A more sensitive approach to relationships | When two people enter into a romantic relationship together, a union is created. Properly nurtured, this union may develop into a more intimate fellowship or rapport of communion that is both verbal and nonverbal. Problems in such unions arise from fundamental differences between men and women that can make communication and mutual understanding difficult, and miscommunication and misunderstanding common.

Generally speaking, men are not taught to communicate with each other with emotion, love, vulnerability, understanding, sensitivity, and respect. In fact, they are often taught not to show these qualities, which are often seen by other men as signs of weakness and femininity, and as a liability in the worldly power struggles fueled by male testosterone.

Because women most often do not compete as aggressively as men and are usually not afraid to show their emotions, vulnerability, and sensitivities, they tend to be incorrectly perceived as the weaker gender. Yet women often use these qualities that men consider weak and feminine to create powerful relationship bonds with others. Women sometimes think that men will respond to these emotive traits in the same way that women do. But this is rarely the case, as men are the "weaker sex" when it comes to emotions in relationships with women.

Men's challenge in intimate relationships is often to learn how to develop and sustain their emotional nature. Women's challenge in this regard can be to develop patience and be supportive as men struggle their way through the dark, unfamiliar territory of emotions.

The challenge for both parties is to approach relationships not from the power domain of Ego, but from the Soul's domain of Love; to remain in the present moment together rather than dwelling in and reacting to the remembered past or the imagined future; and to build a true spiritual union based in mutual understanding, healthy communication, and loving communion.

> Such a relationship lived in the present can heal the memories and wounds of the past and provide a future of hope and promise.

The growth that equality brings | The advent of the contraceptive pill in the early 1960s gave women greater power and freedom to choose their future roles in life, and diminished the previous historical gender imbalance.

At a spiritual level, everyone is equal in a world of perfect harmony. But daily news headlines disprove this statement at the level of ego, as the divide between rich and poor grows daily, war-torn countries are ripped apart as brother fights brother, hunger and poverty abound, and the subjugation of women in certain countries ensures that they are treated like chattel.

From a spiritual perspective, the chaos and disharmony of the world reflect innumerable Soul contracts being played out for the purposes of Growth and Evolution. From this perspective, "coincidences" and "accidents" on the spiritual path are parts of larger patterns we have co-created through our Soul contracts, but have yet to recognize and remember.

Equality is not founded on accomplishment or ego-based images. Equality is based on the fact that each Soul is equally a Part of God and equally loved by God. This equality earns each Soul an equal right to be respected, understood, and honored.

Conscious Souls understand this, while egos generally do not.

Part of the problem is that Ego sees things and people through distorted lenses of social class, economic status, and so forth.

A social experiment arranged by *The Washington Post* newspaper took place in April 2007. Joshua Bell, one of the great violinists of our time, performed incognito at a metro subway station in Washington, DC, using his Stradivarius violin, worth \$3.5 million. He played like the virtuoso he is. But his take from commuters, who took him for a mere street musician, was \$32 in change. Yet, a few nights earlier at a Boston theatre, concert-goers paid an average of \$100 a ticket to hear him play.

The presumption of equality based in the divine nature of all Souls, irrespective of their gender, social class, or economic status, allows relationships of every kind to be based in mutual respect and Unconditional Love. It enables two Souls to create a relationship in which they grow together in Love and wisdom, regardless of their human differences. Recognition of the equality of each person's Soul—whether that of a boss or a beggar, a lover or friend, a husband, wife, or child—only happens to Souls who are awake in God's Space Now.

So, remember and respect the equality of each Soul you meet, and enter into relationship with them in the Now.

RESPECT—Recognizing Each Soul Politely Ensuring Correct Tribute

Invisible "emotional wheelchairs" in relationships | Life is all about relationship and relationships. We are in relationship to our personal environment, the Universe, our perceptions, our Ego and our Soul, life, and to God Who is the Source of life. We have relationships with our family, friends, lovers, co-workers, strangers, pets, and, if we are spiritually conscious, with our positively needed Ego and our Soul, with life and God.

But all relationships are affected by what happens in them. When someone's behavior or actions affect us negatively, we may judge them negatively and back away or shut them out to protect ourselves. But every relationship makes us vulnerable to the effects of others, just as those in relationship with us are vulnerable to us.

Vulnerability is essential in relationships.

We all play out our childhood wounds in our adult relationships. Perhaps our perspective would change if we could see that people who hurt other people are impaired or afflicted in some way, and that their actions and behaviors came not from bad intentions, but from character flaws and emotional/psychological wounds over which they may have little or no control.

We are generally more compassionate and understanding with people who have obvious and identifiable disabilities and afflictions: those who are mentally or physically impaired; who are in wheelchairs or hospital beds; who are blind, deaf, mute, mentally challenged, or crippled; who are suffering from cancer or MS or schizophrenia or AIDS. It's harder to see the inner emotional wheelchairs in which many people, perhaps even ourselves, are confined.

Meanwhile, many who based their lives in anger, fear, frustration, greed, lust, jealousy, competition, deception, resentment, and other egotistic manifestations are considered normal; sometimes even rising to prominence as perceived pillars and leaders of communities and cultures. Most, if not all, are Egos protecting severe emotional wounds that drive the very behaviors by which they succeed, behaviors which also harm others.

It would be easier if our emotional wounds and disabilities could be correctly diagnosed and labeled for ourselves to acknowledge and accept, and for all to see and also accept. Then we would have no secrets and nothing to hide in this regard. Then we would see that everyone is fundamentally like us: afflicted, struggling with old wounds and issues, dealing with difficult life circumstances, and learning human lessons.

> This is what makes us all equal, all human, and imperfect in our shared humanity.

We are all a "work in progress", here to learn difficult lessons and grow through trials and challenges. And any relationship that does not take this into account will eventually fail.

You are only thirty minutes away from bliss | The dance of the unrestrained Ego is destructive to relationships of all kinds and to life itself. If you can detach from your Ego with awareness and become the Watcher, you will develop compassion for yourself and for others who, unaware, allow their Egos to call all the shots in their lives.

If you are comfortable enough in your relationship with anyone, try this experiment: suggest to the other person that both of you try to abstain from Ego thoughts and behaviors for thirty minutes.

For thirty minutes you will not criticize, judge, compare, complain, or distance yourself emotionally from each other. For thirty minutes you will simply be present and give each other space to express your true selves, however you feel moved to do so. For thirty minutes you will simply be present as Love, Soul to Soul, without any other agenda. And, if Ego arises in either of you in this period, you will accept it without judgment from a Soul's perspective. For thirty minutes you will see each other as the Part of God You both are in reality. You will treat each other as you would if God were visibly present beside you. If you can do this for thirty minutes, you may begin to feel God's Presence in a new way.

So, are you ready to practice Unconditional Love for thirty minutes with another Soul who is, like you, a Part of God?

On your mark, get set, go. ...

**The game of Opposites** Want to play the relationship game of Opposites? Here's how you play it. Every time your partner does or says something that upsets you, instead of judging it, reacting to it, denying or rejecting it, resisting or arguing with him or her about it, stop and say, "Opposite," silently to yourself.

Now, instead of taking your own side in the matter, take the supportive role and try to see your partner's point of view. Try to understand and explain to yourself your partner's choice of words and actions. Put yourself in your partner's shoes and try to discern your partner's perceptions, motivations, and feelings behind his or her words or actions. "But how can I know what my partner's perceptions, motivations, and feelings are?" you might ask. Good question! Doing that will require more good questions aimed not at defending yourself but at understanding your partner. For example, say your partner accused you of ignoring him or her at breakfast. You could ask a question in the following manner: "I'm really sorry. I didn't realize I was ignoring you at breakfast. I'd like to understand better. Can you tell me how I looked and acted and how it made you feel?" Then allow your partner time to explain how he or she saw and experienced the event, and how it made him or her feel. After your partner explains, you could say, "Please tell me what you were saying to me when I ignored you. I'm all ears now."

In opposites, instead of asserting your innocence or defending your point of view, which is what the Ego does, you try to understand and see things from the "other" or opposite point of view, and re-establish connection and harmony, which is what the Soul does. By coming from Soul, from Love, by apologizing and seeking understanding and harmony, you build a bridge of trust and vulnerability you can both cross together, back into relationship.

The game of opposites is a method of shifting from your perspective to your partner's perspective, and shifting from your Ego to your Soul's perspective, by making a simple acknowledgment or apology to diffuse the tension and then asking simple questions to get an empathic understanding of your partner's experience. This opens the door for love to enter and harmony to be re-established.

Try playing opposites next time you experience tension, misunderstanding, or conflict in a relationship. It will enable you to move beyond your ego's knee-jerk reactions and enter into the present moment with your partner in a state of acceptance and Love. And these are more powerful and healing than any strategy which Ego can devise.

**Controlling and allowing** | Imagine you are in a dark room, and your only light source is a tiny candle with a naked flame. Imagine you are so afraid of the darkness that you cup your hands around the flame to keep the candle from going out. In that state of fear, with your hands cupped

over the flame, the light is diminished, the room remains dim, and you are unable to move about or use your hands for other activities.

If you substitute fear of darkness with a candle in a room for fear of aloneness with a partner in a relationship, you have a metaphor for why and how people in relationships often try to control each other out of fear and insecurity, and illustrate the effects this produces. You can smother a partner like a candle, diminishing the light of love in the relationship, and limiting your ability and your partner's to move about freely in life.

Instead of smothering the flame, allow it to burn and shine its light freely. Let people be who they are and express themselves freely in your relationships. Let people have their own thoughts, beliefs, feelings, and perceptions. Be tolerant and, if need be, forgiving.

When you let people be who they are, and you let life be as it is, and you let it all unfold without attempting to control or smother it, spontaneity, excitement, and happiness will blossom naturally in you and your relationships.

#### This is what it means to "let go and let God."

So "let go and let God" in your life and in all your relationships Now.

A friend for life | How tempting it is to try to fix someone we love and solve his or her problems. It comes from Ego's best intentions. "I can help you; I've got the answer; listen to me; I know how!" Ego seems to say.

But the Soul understands that everyone's answer lies within him or her, like a hidden treasure.

If you really want to help someone, try asking that person questions to find out what he or she is experiencing, thinking, or feeling. And when that person talks, simply be present and listen with humility and compassion. This will help the person to go within and discover the answers hidden there. Self-knowledge, like truth, is experiential. Each person attains self-knowledge at his or her own pace on life's journey. You cannot manipulate another person into self-knowledge. But you can create a space with that person that facilitates self-knowledge in him or her by being present as Love, by inquiring how he or she is doing and feeling, and by listening with acceptance, patience, interest, and encouragement.

When you empower another in this way—by allowing him/her to discover their answers, truth, or knowledge, instead of fixing him/her according to your ideas—you make a friend for life, and so do they.

**Freedom or trust?** | Many single people long to be delivered from the freedom of aloneness into the seeming security and stability of a relationship. Yet many people in relationships feel trapped and long for the freedom they had when they were single and alone.

There are many kinds of bondage and many kinds of freedom. There is freedom from the power struggles that go on in many relationships: from hopes and fears of winning or losing, living or dying; freedom from control and manipulation by others, from abusive or corrupt authority, from unjust or arbitrary rules and regulations; and freedom from feeling blocked or stifled in relationships or in life.

The quest for personal freedom is healthy and good, as is the goal of personal growth. But instead of seeking independence in your relationship, try seeking Oneness instead. If you are simply present with your partner and honor his or her feelings and concerns as you do your own, there will be no power struggle, no winning or losing, no control or manipulation, no one in authority, no arbitrary rules and regulations, and no stifling of needs. Oneness will occur naturally.

If your relationship were a circle of trust without beginning or end; if you only did what was kind, helpful, and loving with your partner; if you changed your agenda from "I," "me," and "mine" to "we," "us," and "ours," then the synergy of your relationship would evolve into trust, Love, and Oneness.

If you had a choice between total freedom in your relationship or trust, Love, and Oneness, which would you choose?

Perhaps the **need for freedom** is a reaction to a lack of trust, Love, and Oneness.

Perhaps true freedom is the experience of trust, Love, and Oneness Now.

**Space in a relationship** So, you say you need space? Why don't we sit still right now and experience the spaciousness that surrounds us? Why don't we surrender our Egos Now and experience the spaciousness, the stillness, of our Souls? Why don't we relax, close our eyes, sit still and silent together, and experience the spaciousness and stillness that exist within?

The spaciousness and stillness that surround us, that exist within us, are infinite and can hold all of our issues, concerns, and problems, with plenty of room left over for our clarity, peace, and joy. So let's enter the stillness and spaciousness that are always available Now, and start anew, in this moment, together.

In this way we will create a sacred space where there is no division between us, where we can talk freely, listen attentively, be seen, heard, and understood by each other, and experience Oneness together.

In this Oneness we are together in God's Space Now.

**Solutions for toxic relationships** | Certain relationships are toxic. Some people just bring out the worst in each other. If you are in a toxic relationship, you have three basic choices:

- 1 Stay in the relationship exactly as it is.
- $\underline{2}$  Get out of the relationship.
- $\underline{3}$  Heal and transform the relationship.

The point is that you have a choice. Each choice has consequences. Not choosing is a choice for things as they are, with all the consequences this "non-choice" entails. And where you are and what you have now is a result of previous choices and non-choices that you have already made.

## The point is that you are not a victim in your relationships.

You always get what you choose, whether you know you are choosing it or not. So do not complain, blame, or shame. Do not pretend to be a victim. Simply notice what you've got, see how you chose it, and begin choosing something better.

And whenever you make a choice, make it in the Now, where the healing power of God's Presence will assist you.

**Do you love me or do you need me?** You are a Soul, a Part of God, Who is Love. Love is your Essence; it is who You are at Soul level. Your relationship partner is also a Soul, a Part of God, whose Essence is also Love.

When you and your partner fell in Love, your energy-vibration frequencies were on the same wavelength. Love found Love; two Parts of God found each other, felt a "connection," and were drawn toward Oneness in Love.

When you fell in Love, everything seemed to flow perfectly, because you were in the flow of the Universe's Love. Love awakened your Souls and outshined Ego, temporarily. Then Ego gradually reasserted itself, and Love took a backseat.

When and how did this happen? Search your memory. When did the bloom of the rose begin to fade, and Ego begin to cup both its hands around the candle of love? When did a petty grievance or a game on TV become more important than making love? When did finances and personal freedom become more important than love? When did "I love you" become an empty phrase? When did making love become a mechanical act, an obligation, a commodity to withhold for power or use for barter? When did "I want" and "I need" begin edging Love out of the picture?

Love means sharing all that you are and all that you have with your partner. It means being present in **trust**, **honesty**, and **vulnerability** with your partner. Trust and vulnerability were implicit when you first fell in love, when you both created a sacred space to be Love and to grow together. When did the goalposts change? When did you both back out of this sacred space and why? When did **EGO** take over and **Edge God Out** of your relationship?

Do you want to move back into this sacred space where Love fulfills need? Are you willing to do whatever it takes to return to Love Now? Are you willing to follow your Soul beyond your ego's comfort zone into the sacred space of Love?

To do this you will need to be vulnerable, to apologize for your part, to forgive your partner and yourself. Only then can you re-establish Love as the basis of your relationship.

To re-establish your relationship in the sacred space of Love, your partner will need to do these same things. If your partner cannot join you in this, if he or she exploits your vulnerability for power, dominance, manipulation, or control, then he or she is choosing "I want" and "I need" over Love. Your partner is choosing to remain in Ego, without Love in his or her heart.

You deserve Love because you are Love, a Part of God. By now you know that God Loves you. But to be loved by another, you must choose Love, and love yourself first.

It is nice to be in a relationship with someone who loves you. But God's Love and your own self-love are essential and sufficient.

So, choose Love, and Love yourself Now. Everything else that needs to happen in your love life will come out of that.

**The changing priorities for men and women in long-term relationships** | For men and women in the earlier stages of their lives, meaning, happiness, and fulfillment are to some extent by-products of their gender roles and activities. But values change as we age.

AGE—Always Growing and Evolving

Man tends to be a hunter. In his childhood his focus is often on feelings and fantasies of adventure and heroism or on playing games of skill and contest in preparation for the ideal man he hopes to become. In his teens his focus is also on social acceptance and his developing masculine self, and on having adventures, enjoyment, fun, excitement, sex, and pleasure—not always intelligently or responsibly. Raising hell and sharing a feeling of camaraderie with his buddies seem to make life full. In his twenties, thirties, and maybe in his forties, he is driven to achieve, possess, accomplish, make a difference, and to attain wealth, pleasure, success, respect, status, and material possessions. The drive to push boundaries, achieve through adventure, pioneer, and climb the totem pole of life is a more developed version of the wild, reckless impulses of youth. And in old age, if he has attained maturity, he seeks to comprehend the meaning of his life and pass on whatever wisdom and perspective he has gained from a lifetime of living. These tend to be a man's basic masculine traits and values in the successive stages of his life.

Woman is often a nurturer. In their childhood, many girls' focus is on feelings and fantasies of motherhood and family. Playing at tea parties and "house" with dolls and friends is in preparation for a future role as the "ideal woman" she hopes to become. In her teens her focus usually moves toward social acceptance, developing her feminine nature, and on romance and matters of the heart. In her twenties, thirties, and perhaps into her forties, her biological clock is ticking, urging her toward finding a mate and having a family to nurture, which can be in many cases her most important value. (Of course, many women do develop careers and achieve success in the public sphere, but we are just outlining some of the most basic traits and values here.) In old age, if she has attained maturity, she seeks to nurture with love those around her and pass on the wisdom and perspective she has gained through a lifetime of living.

While men often achieve power and independence more easily than women, women tend to achieve balance and empathy more easily than men. And while women often lose themselves in nurturing a family, men often lose themselves in work and supporting a family. In both cases, this loss of self can produce resentment, relationship problems, and life crises.

Today's economy often necessitates a double-income family, making a career an equally important value for men and women. The juggling act of balancing the dual needs of family and workplace, especially for women, creates multitasking challenges, a host of unmet personal needs, and little "me" time left over. These very factors make it hard for modern men and women to create the communities of olden days or even a reliable support system of family and friends. Everyone is simply too busy, too overworked, too multitasked, too stressed out.

As the aging process takes its toll and insecurity grows about losing one's looks, the value of remaining attractive becomes more urgent and requires more effort and energy, especially for women. And the value of remaining powerful and productive, with concern about the insecurity of losing one's power and productivity, also becomes more urgent as the aging process takes its toll, especially for men. And when the children are grown and gone, the "empty-nest" phase creates new challenges and requires that new meanings and values be found that provide a secure basis for the latter phase of life.

Thus, the mid-forties to the mid-fifties are often a time of shifting values and seeking for new meanings, when the need for personal growth becomes the most important value. The self-esteem previously wrapped up in being a wife, mother, and career woman, or in being a husband, father, and breadwinner, must now be discovered in the spiritual rather than the material arena through authentic personal growth.

When men or women reach these crossroads, they begin looking back at their lives, assessing their journey, its lessons, and who they have become as a result. If they look deeply and honestly, they begin to realize the limitations of their own strengths and abilities, and to understand that God's strength is now required for their lives' growth.

They begin to recognize that the resentments they have harbored must be healed in order for them to grow and move forward on this new path. They begin to practice forgiveness for those they feel have wronged them, and also to recognize and acknowledge the wrong they have done to others. Forgiveness is now recognized as a higher value than resentment and must replace it.

But not every couple undergoes this transition in a synchronized fashion.

Sometimes a woman's values change in the above-mentioned fashion, while the man clings to the old values that no longer work for him or their relationship. There may be a collision at the front door as our newly awakened woman, working on her personal growth, meets her weary, stubborn warrior trudging in, bewildered by his inability to "win" on his former terms, and now seeking solace and the comforts of home instead of embracing the new challenges as opportunities for growth. And the opposite may also happen, with equally disruptive effects on their relationship.

The bottom line is that the value systems that have guided each of them must change, and this always means a change from Ego/Gender to Soul values. After an active, busy life in the world spent fulfilling their prescribed and chosen roles and duties and learning the lessons of each stage of life, finding inner peace and greater consciousness becomes an essential need and a final task.

> Spirituality must come to the fore through an authentic search for deeper meanings and values.

Understanding the stages of life, and knowing where you are in each of them, will help you navigate the particular challenges which each stage presents. It will help you to better understand and empathize with yourself and your partner, which will strengthen and deepen your relationship. Doing this process in the egoless space of Now enables you to do it in God's Space too.

**Conflict resolution and understanding of adversarial relationships** | When playing a sport or game such as tennis or chess against an opponent, enjoyment depends upon both competitors being reasonably well-matched and playing with mutual respect. In such competitive sports or games, winning or losing, while important, is not the sole objective. Striving, competing, improving, excelling, and having fun are all meaningful and perhaps even more significant elements of the process. The same is true with adversarial relationships.

It is possible to engage in adversarial relationships with mutual respect, the way you would play a competitive game of skill with a worthy opponent. But this takes maturity and Soul perspective. Problems arise in adversarial relationships when the need to be right, to win, or to defeat the other becomes the sole motivation, and mutual respect is discarded. Even when there is an apparent villain and victim, or an abuser and abused, there are still two Souls fulfilling a Soul Contract for purposes of growth and awakening.

An adversarial relationship will resemble a tug-of-war until one or both parties decide that it's more important to be happy, peaceful, and free, than to be right, tense, and angry. When you decide to let go of your side of the rope, a strange thing happens. The other party has nothing to struggle with. They may begin to re-examine the issue that you were struggling over and realize it wasn't worth a fight.

Your letting go of the rope is common sense—even a compassionate act of wisdom. This spiritual gesture of surrender is not giving up in resignation or submitting to your adversary's will or point of view.

As Souls, you and your adversary are both Part of God, both Love at your Essence. This foundation of Love is your bedrock, whether you know it or not. As you realize this, you can engage each other and argue your issue without succumbing to hatred and without turning your disagreement into a war and losing your happiness and your peace.

When you eventually reach such resolution, the villainous images you created of your adversaries in anger to keep them alive as the enemy start to disintegrate. If you maintain your state of peace, you will be able to think of them without negative thoughts and judgments. They, who once consumed much of your attention and energy, will seem unimportant and minor figures. You may come to a place where you can silently thank your previous adversaries for providing an opportunity for your Soul's growth. You may even become friends. This graduation process gives you a new frame of reference that enables you to set the bar higher in your next challenging encounter.

Your journey, your struggles, and eventually your surrender and acceptance of what is Now all serve your Soul's growth. And each moment, each situation, is an opportunity to let go and let God into your life. This high jump is, in reality, how high you can jump next as your successive Soul-growth exercise beckons you forth Now.

From 1 to 0 | The binary code of computer language is based on 1 and 0. In spiritual terms, you could say that Ego is 1 and Soul is 0. You could further say that Ego is the letter "I" and the number "1," and Soul is the letter "O" and the number "0." This is because Ego is all about "I" and is always looking out for number "1," while Soul is all about Oneness and Emptiness.

In Ego your personal needs and wants take precedence over everything and everyone else.

Your Ego seeks relationship primarily to satisfy your personal needs, making relationship, in essence, an arena of self-gratification. If your Ego can relax its self-centered grip and allow your Soul to enter the equation, your

relationship can become an arena where intimacy can develop and grow into Oneness.

You know you are part of Oneness when your partner's needs become as or more important to you than your own. Then your relationship truly serves the highest growth of your Soul.

The apparent vulnerability and intimacy your Ego shows are mere appearances, just sufficient to obtain the gratification it seeks. They are like the colorful feathers and mating dances a bird uses to attract a mate. When this gratification is obtained, or when real vulnerability and intimacy are required, your Ego withdraws, becomes elusive, or reveals its shadow side to avoid the vulnerability and intimacy it deeply fears.

You always have two choices Now. You can choose your Ego "I," who is always looking out for number 1 and never experiences Oneness. Or you can choose your Soul, whose number 0 is always filled with the Emptiness and Oneness of Love.

**Negotiating your personal relationship issues** | In any negotiation process, each party faces four possible outcomes:

- 1 Win/Win
- 2 Win/Lose
- <u>3</u> Lose/Win
- 4 Lose/Lose

**Compromise** is often seen as the best way to achieve a Win/Win solution. Both parties get some of what they want, and give up some of what they want. So, they both achieve less than they desire, but receive more than they will get if no agreement is reached. Compromise is often grudgingly accepted as the price paid to restore relative harmony, or a functioning truce, between conflicted parties. Such a Win/Win compromise may be

an equitable and fair solution, unless it compromises your personal vision, truth, and integrity.

In Win/Lose, you get what you want at the expense of the other party, leaving you satisfied and the other party dissatisfied. In Lose/Win, the other party gets what he or she wants and you don't, leaving the other party satisfied and you dissatisfied. In Lose/Lose, neither party gets what they want, both lose something they want, and both are left dissatisfied.

Compromise is therefore seen as the best of the four options. And it is often required in relationships. Two people in any relationship undergo changes, develop different qualities, values, motivations, and perceptions, and make different choices that shift their energy-vibration frequencies. All this can affect their compatibility and their harmony, changing their relationship.

#### What once was is not what is Now.

Healthy compromise, where each party lets go of what is less than Love for the sake of Love, can help to restore vibrational harmony and compatibility. But compromise that means giving up what is essential to one's well-being in exchange for what is not essential to one's well-being or not good for one's Soul is unhealthy. It will not restore harmony to the relationship and will inevitably create frustration and resentment in time.

Sometimes the loss of compatibility and harmony is not a sign that compromise is needed, but a sign that the relationship is in fact unworkable. Before you engage in compromise in serious relationship matters, you should explore the nature and causes of the disharmony, and the different perceptions, motivations, and values that have brought it about, to see if the problems are solvable and the relationship is worth compromising for. You should determine whether in the relationship itself, in the search for compromise, or in the reluctance to compromise for the relationship, you are coming from Ego or Soul.

If you want to relinquish a previously acceptable relationship, ask yourself: Is it because your Soul is not being nourished, or because your Ego's wants are sabotaging intimacy? In either case, if you cannot negotiate a Win/ Win compromise, the relationship cannot work. If your Soul cannot abide in the relationship, you must negotiate and accept a Lose/Win outcome. This is the price you must pay for your freedom. The Soul, in its integrity, cannot live in unhealthy compromise for "socially acceptable" reasons.

If your Ego cannot or will not relinquish its wants for the sake of the relationship, you may still need to negotiate a Lose/Win option as a price of freedom. Otherwise, a bitter battle may ensue between you and your partner's egos as each of you tries to defeat the other. The result may be the painful Lose/ Lose option that characterizes so many ego-based divorces.

If you can come from a place of Soul/Love, then Love may endure whether or not you solve the problems and save the relationship. Sometimes incompatibility and disharmony are not the "fault" of either party. Sometimes one or both parties develop along different lines.

For example, one party may be drawn to follow a spiritual or religious path, while the other party, uninterested in such things, is drawn to worldly paths of business, politics, or sports, or the simple pleasures of ordinary life. When two parties follow different paths, their paths may become incompatible or lead them in different directions. Neither party is to blame. They are both following their paths and exercising their free will.

The best relationship negotiation strategy is for both parties to come from Soul/Love and do everything in their power to ensure a mutual Win/Win outcome that serves the highest good, whether they remain in a relationship or, if they so choose the termination of their relationship.

Relationships cannot produce mutual happiness at the expense of mutual growth. When a relationship fails to produce either, or when growth or happiness require it, moving on becomes a necessary and courageous step. And when the time for change and new decisions arrives, no one else can tell you what to do. Your answers will be found within your Soul.

### Self

Integrity of self-love | In the earlier, less technical days of world stock exchanges, stockbrokers traded large volumes of shares daily on the basis of trust, using the credo "My word is my bond."

"My word is my bond" became a catchphrase for one's integrity, for the impeccability of one's word. Can you honestly say this phrase? Do you have the integrity it implies? Is your honesty impeccable? Can your word be trusted?

If it is, then you are living more in Soul than in Ego, and the power of your word, the essence of your integrity, is **Spirit**.

### Family

**Family time Now** Parents, imagine asking your children this: Would they rather have you actively present in their lives Now? Or would they rather have you always absent, busy, or at work and inherit more money from you later in their lives? Most, if not all, children would rather have you actively present in their lives Now. But many parents live as if their children gave the second answer. Why not honor your child's natural wish and be here for them Now?

How much time do you really spend with your children without something specific to do? How often do you just hang out with them, be with them, appreciate them, and simply listen to what they have to say? Have you learned the **parental art of being**, of letting them unfold themselves in your silent, loving, listening space?

When you are able to do this, you will no longer need to argue with them, control them, or manipulate them for their "own good." You will be a true parent and friend to them by simply being with them and listening to them supportively, lovingly, Now.

#### Life

Life only happens Now | Life only happens Now, in this moment. Enter the Now and experience freedom. Use your eyes to simply see what is Now. Use your ears to simply hear what is Now. Use your voice to say yes to this moment Now. Use your arms and hands to grasp this moment Now. Feel the space around you Now. Use your spirit to surrender to this moment Now.

Now, envisage your self, your Spirit, standing outside of your body and mind. From a place of detachment, be the Watcher of what is. Let what is Now be whatever it is. Let it be and let it go, completely. Then let go, and go with the flow of the Universe as it unfolds in each moment of Now.

Life only happens Now.

Handed down Priceless items are handed down from generation to generation. What is more priceless than your hands? Can you remember your parents' hands? Are your hands more like your mother's or your father's?

Were your parents' hands like their parents' hands? Are your child's hands like your hands or your spouse's hands?

Look closely at your hands. They represent the imprints of thousands of generations who came before you, and perhaps thousands of generations to come through you. They are only a symbol, a fraction, of all that has been handed down to you, and all that you will hand down to your children's children's children....

Look closely at your hands. Can you see the mystery of life Now? Can you see the miracle of family Now?

# My life has been full of terrible misfortunes most of which have never happened.

Michel Eyquem de Montaigne 1533-1592 AD

Source: 5000YearsofWisdom.com

## chapter 16 Fear

No fear Now

Fear is an illusionary thought

How would you live if you knew that fear of the future—the fear of what has not happened, what might happen, or might never happen—is only a thought you are thinking Now? How would you live if you realized that your present fears about future possibilities are a product of your thinking Now? How would you live if you knew that fear is an illusion based in a story you tell yourself Now that has no value in reality?

So, the next time you experience fear, observe your thoughts and see your fear for what it is: a reaction to an illusion in your mind, a lie you are telling yourself Now. Realize that in this moment there is nothing to fear. When you find yourself in fear of something in the future, come into the present moment where there is nothing to fear, where Love, bliss, and peace erase all fear Now.

Fear is a mirage | It is wisely said that FEAR is:

FEAR—False Evidence Appearing Real

Franklin Delano Roosevelt implied this when he said, "We have nothing to fear but fear itself." There is nothing to fear but fear because you are Part of God, an indestructible Soul, not a mere mortal body. Only your Ego lives in fear. Your Soul, who You really are, has no fear and nothing to fear. What could your indestructible Soul have to fear? What could a Part of God possibly fear?!

Fear is a mirage.

When you live in the Now, conscious as the Soul You are in reality, your fear dissolves, like your Ego itself. Present in the Now, every moment is an occasion for gratitude. Knowing that fear is illusionary, you have no need to deny or avoid what is Now. For you know that all experience, whether of joy or pain, serves the growth of your Soul.

**Fear is dissolved by trust** | We have all been gripped by fear at some point in our lives. Fear can be debilitating. It can virtually or literally paralyze you. It can cause high blood pressure, insomnia, lower your immune system's resistance, make you ill, and shorten your life.

Some fears are apparent reactions to present realities, like the fear we feel in the presence of a snarling dog or hearing footsteps behind us on a dark street. Yet even these fears are fears of an imagined future, fears of what *might* happen next. So, virtually all fear is a result of your thought projection into an imagined or possible future. Fear of the future is the result of mistrusting life. Your Ego creates fear of the future and uses it to control and manipulate you. The Ego doesn't trust life to unfold correctly or safely wherever there is uncertainty. Life is lived moment to moment in the face of uncertainty. Yet the Ego wants the instant gratification of certainty right now.

Life unfolds in the midst of uncertainty, providing ever-new opportunities to choose faith over fear, to evolve moment by moment through whatever life, in its wisdom, brings to us Now. If we can trust life and welcome and embrace its continual uncertainty as it unfolds moment to moment, we can live in the Now in trust, joy, bliss, peace, and Love.

Trust life Now and in every moment of Now as it unfolds.

TRUST—To Release Unto Spirit Totally and then To Rely Upon Spirit Totally

**Dealing with fears** | That which we fear often seems larger in our feelings than when it actually occurs (if it occurs) in reality. What we focus on in fear becomes "larger than life" and dominates our **progress in life**. The more we feed our fear, the more fear grows, and the greater the thing we fear appears in our imagination.

To dissolve our fear we must understand its root causes and illusory nature. We must dig deep within to see what it is we fear to lose. Then we can discover if our fear of loss is groundless or reality-based. If our fear is groundless, we can release it Now in peace. If it is reality-based, we can consciously experience the sense of loss and release the fear Now in peace. In either case, we can recognize the fear as unnecessary and illusory.

By dissolving fear in this way, its energy returns to us for productive use. Thereafter we will realize the truth that there is nothing we ultimately need to fear, not even fear itself.

**Refusal is the only failure** | Many people don't succeed—not because they lack ability or luck, but because they are afraid of failure. Their fear limits their ability and willingness to act and take necessary risks. They would rather stand on the sidelines, analyzing and commenting.

Don't let your fear stop you from showing up in your life and trying something new Now. Be willing to risk failure in order to achieve success. Take full responsibility for what happens by accepting and learning from what happens. Don't measure yourself by any particular success or failure, but by your willingness and commitment to try, to risk, to learn, and to grow.

There are no failures—just learning experiences. Learn to embrace the lessons in all your experiences, "good" and "bad." Use each experience as an opportunity to observe, learn, and grow. If you do this, you will never fail at anything in the way you once feared, because each apparent failure will be a learning, growing experience that develops skill, character, strength, and wisdom. Each apparent failure Now will be a lesson in a process, teaching you what you need to know to succeed in the future. This is what Thomas Edison meant when he said, "Success is the end result of a series of failures."

If there is such a thing as failure, it is refusing to try something worthwhile Now.

**Fear or Love?** Fear of the future is a waste of Now. Fear of what is not real and present Now is fear of an illusion you yourself are creating. You cannot be in fear and also be in the Now.

In the Now there is nothing to fear, and so you are free of fear. In the Now you can feel God, and God is Love. In the Now you are also Love. In any moment of fear we can remember who we are Now. In any moment we can let go of fear and be present as Love, no matter whom we're with or what is happening.

If you persist in being and giving Love, your fear will evaporate.

Even if your Love is misunderstood or rejected again and again, you still gain by being Love, a Part of God Now. And, eventually, Love will conquer all resistance to itself.

**Dealing with your emotions (1)** Your emotional patterns influence or determine how you feel Now, how you have felt in the past, and how you will feel in the future. These emotional patterns are memories stored in your subconscious mind and activated by present circumstances. These remembered emotions are projected onto people and situations and experienced as present feelings. But they are largely illusionary, not objective reflections or reactions to what is Now.

Your feelings are real to you, but that doesn't make your feelings true. But it is important to take your feelings into account, as they are telling you something. Negative feelings should not be ignored, rejected, denied, or avoided.

Positive feelings should be enjoyed and appreciated.

Just remember that "feelings are not facts"; your feelings are not who you are. They are just another part of life to be experienced, accepted, and learned from. And they often provide essential information.

For example, when you meet someone new, your feelings tell you how they are affecting you, whether you like them or not, trust them or not, and want to get to know them better or not. Your feelings help you to discern the right "temperature", like when you run a hot bath, you feel the water before getting in so that you don't burn your skin.

In fact, taking a bath is a good metaphor for feelings. When you're in the bathtub, submerged in water; you feel and respond to the water, its texture and temperature. But you are still you, and the water is still the water. You are not the water and the water is not you. So it is with your emotions. You may feel angry, sad, happy, etc., but you are not the anger, sadness, happiness, etc., that you feel. You experience and respond to your feelings and emotions, but you are not your feelings or emotions, and they are not you, any more than you are the water in which you bathe.

Your emotions are wonderful diagnostic tools for identifying how people and events are affecting you at deeper levels, and for discovering emotional wounds that are affecting your life and influencing your behavior. Your subconscious mind houses your memories and your intuition. This subconscious mind is always operating in the Now. Despite the fact that an emotional trauma you suffered occurred fifty years ago in your childhood, the unconscious mind still presents that fear as if it is occurring Now. An unhealed wound from fifty years ago can trigger anger, fear, greed, jealousy, prejudice, bias, or judgment Now without you being aware of it. These emotional wounds may not be physical or visible but they feel real when "touched" and trigger very real behaviors that significantly affect your life.

Needless to say, unbalanced emotions can have a domino effect, creating a mental imbalance that results in physical imbalance. Repetitive ego-based emotional fears can ultimately cause mental and physical illness. Your emotions can create a temporary illusion of self that blocks your awareness of your real self, your Soul. When you confuse your feelings with who You really are, you lose touch with your true nature and begin to identify with unbalanced emotional states. The resulting identification with a false self has been called a **loss of self** or **loss of Soul**.

To discover the root triggers of your negative emotions, you need to sit in a quiet, **safe space** in introspection and allow yourself to observe, feel, and, if need be, express your emotions. Initially, your ego may interfere with any attempt to be fully present and vulnerable to your emotions. But if you persist and feel progressively more deeply, the roots of your most difficult and painful emotions will gradually be revealed to consciousness. If you feel a need to seek professional therapeutic help, there are many qualified therapists providing various powerful therapeutic processes that can help you on your journey. Don't allow your defensive Ego to get in the way by arguing, resisting, and denying reality, and preventing you from getting the support and insight you need to heal and grow beyond these old emotional wounds and patterns. The truth that can set you free lies behind your Ego's denial and illusions. And sometimes it is painful to face.

Perhaps you must recognize that your father abused you as a child. Or perhaps you must fully feel the impact of that abuse in order to escape from the prison of the past and live free in the present. Yes, people may have harmed or abused you in the past, but are they abusing you Now? Can they prevent you from choosing freedom Now?

Perhaps you failed in school twenty years ago, and have perceived yourself to be a failure ever since. Does this mean that you are doomed to be a failure forever? Perhaps your first spouse betrayed your trust and then left you. Does this mean that all your relationships will end with you being betrayed and abandoned? Does this mean that you must shut down and become self-protective in all relationships to avoid the betrayal your Ego fears?

Are you creating needless anxiety and conflict in situations and relationships now by fighting or fleeing from the shadows and illusions of your past? Can you distinguish what is real Now from what happened long ago? Can you distinguish between what is real Now and what you may be feeling now?

Don't allow your memories and emotions to imprison you one more day. Don't allow your fear-based thoughts to paralyze you or prevent you from dealing with what happened in the past and from knowing what is real Now. Learn to distinguish between who You are and what you happen to be feeling. Learn to shift from your Ego to your Soul, from your emotionally wounded past to the present moment where you are always free and a Part of God Now. **Dealing with your emotions (2)** Our thoughts create our feelings, which produce more of the same thoughts, which create more of the same feelings. And around and around we go, until the pattern is broken. First we must notice our thoughts and realize that they are not always true.

Thoughts dredged from old memories housed in our subconscious mind are often tainted with negative emotions. Our ability to think has developed since childhood when many of our emotional patterns were formed. Yet much of our thinking is still driven by these subconscious patterns and memories. Our emotional growth is often stunted by patterns or blockages formed from past traumas.

Healing these blockages clears pathways for your energy to flow freely, and for your Soul to replace your Ego as the determining actor in your life. Here **conscious vulnerability** becomes your greatest strength. By opening yourself up to face and feel painful emotions, the blockages that held you back are gradually cleared away. You begin to realize that there is nothing to protect, that you are not your mind, not your body, not your emotions, and not your ego. You are a Soul, a Part of God Who is Love, and so are you at your Essence.

Your eternal Soul cannot be harmed by an abusive father, a betraying spouse, a malicious enemy, an unkind boss, a murderer, a thief, a rapist, or by anyone or anything. There is no protection your Ego can offer your Soul. Your Ego is identified with your body, your mind, your personality, your reputation, your bank account, and many other things that You are not.

> You are an **immortal Soul** visiting the Earth Plane in a temporary body for the purpose of learning spiritual lessons.

At your Essence, You are a Part of God Who is Unconditional Love. You are here to learn how to Love what is Now in order to awaken into the Now that is God's Space, the True Reality. By accepting and loving what is Now, exactly as it is Now, You experience the Oneness that is the True Reality. When you become capable of this Love, you can Love everyone – family, friends, strangers, even adversaries – because you recognize them as fellow Souls, as Parts of God, just like you. In this consciousness of Love, You begin to see the "big picture" of Oneness where everything fits perfectly together in the jigsaw puzzle of life. In this consciousness there are no villains or victims, no haves or have-nots, no friends or enemies, no hatred or judgment of self or others, and nothing and no one to forgive for anything. There are only Souls living out Soul contracts with one another for the purpose of learning lessons and growing "in" God, Who also learns and grows by experiencing our experience.

When You become totally vulnerable and trust in God, knowing you always get what you need when you need it for the highest growth of your Soul, You become who and what You truly are Now and feel the true feeling of Oneness, called Love.

**Being here Now solves stress and tension** Most people suffer from stress and tension. The terms "stress" and "tension" originated in the engineering world, where manufacturing materials were routinely subjected to external pressures. Thus it was essential to measure and test the "resilience" or capacity of various materials to resist and tolerate pressure, or "tension" and "stress," prior to their breaking points.

We also must develop sufficient resilience to tolerate the tension and stress or pressures of life at physiological, emotional, and spiritual levels.

The most basic stress is a result of non-acceptance of what is Now. This produces a feeling of being in the wrong place. And it is a chronic experience of Ego. You are here Now, but you don't want to be here; you want to be somewhere else. Instead of accepting life as it is Now, you think, "This isn't it!" You feel misplaced!

The ongoing tension of your resistance to what is Now, and your desire not to be here, to be somewhere else, is tearing you apart. You could call this

the stress of not being present, here and Now, or the stress of not being somewhere else Now. It's the same thing either way.

If you really need to be somewhere else Now, if you have to hurry to get there, then hurry—but be conscious and present in acceptance of each step and each breath you take, as you go from "here" to "there." Or, as Ram Dass says, "Be Here Now," with each step and each breath you take for, in the end, every "there" is another "here" when you arrive.

If you are stressed because you are facing a fearful situation Now or have to face one in the future or if your fear of loss is so great that you find it hard to "Be Here Now" – then stop, relax, and breathe. Do not live in fear Now. Practice acceptance Now and let the illusion of a fearful present or possible fearful future go.

Living in fear now is not being present Now; it is wishing you were somewhere else now. And this always creates stress and tension. Being here Now in acceptance always resolves and releases stress. To be or not to be here Now—that is always the question!

Want to reduce your irrational outbursts? Your childhood conditioning shapes your present experience and circumstances. Children don't always do as they are told, but they never fail to imitate their parents' examples. The repetition of these patterns reinforces and strengthens them, turning them into habits that become so much a part of you that you may think that they are who you are.

Emotional reactions to people and events become automatic and deeply ingrained. For example, you may become volatile when your partner pays attention to someone of the opposite sex. Your partner may be genuinely friendly to that person, with no ulterior motive or sexual interest. Yet you may perceive a threat to your relationship and lash out emotionally at your partner.

By bringing awareness or consciousness to your emotional overreaction, you can dig deeper and discover the emotional wound your Ego is

overprotecting. If you genuinely explore with integrity the root cause of this reactive emotion, you may discover that it is related to your own father's or mother's infidelity and your other parent's anger and sense of betrayal, which you internalized as a child. Now you are emotionally confusing your own partner with your unfaithful parent, and yourself with your betrayed parent. It's also likely that you unconsciously chose a partner whose personality is similar to your unfaithful parent's because you unconsciously identify with your betrayed parent. This is how patterns of emotion and behavior are unconsciously passed on from one generation to the next.

When you understand the above dynamics, you may see that your overreaction is based in the illusion that your partner is your unfaithful parent. This will help you release unreasonable anger at your partner. Now when you feel that angry emotion well up inside of you, you can consciously observe it and see your partner through the illusion.

By fully feeling and releasing the angry emotion, it burns up in the light of consciousness, and you shift from your Ego to your Soul. Discovering the story behind this angry emotion frees you from your past conditioning, and allows you to feel the Love that is your true feeling for your partner Now.

Now you can smile at your partner in Love. For, in the end, it is Love that overcomes anger and fear, that heals and transforms old patterns, and that sets you free Now.

#### Do no harm Now

"First, do no harm" is a principle to live by.

Would you walk up to a stranger on the street and criticize them, taunt them, tease them, be sarcastic to them, be rude to them, ignore them, disrespect them, hurt them, physically attack them, maim them, abuse them, or murder them?

So, why do some people do these hurtful things to people they profess to care for and even Love? Why is there child abuse, incest, spousal abuse,

and other horrific crimes perpetrated against family members? Why are the majority of murders in the developed world perpetrated by people known to their victims?

The harm you do in the present has its roots in wounds of the past.

Even a simple teasing of someone close to you that causes them minor discomfort stems from something done to you long ago that you have not released or healed. So, you act it out unconsciously now and pass it on to another, to someone you know and even love.

Why not confront your deep-seated wounds and fears of loss, perhaps with a professional therapist's assistance, and learn to heal your pain with love? Then you can pass on love, rather than pain, to others. This alone brings closure to your suffering.

You can commence this healing by consciously doing no harm Now. As long as you do your very best, then there is no question of failure. The only failure is not trying.

Do no harm Now to whomever you are with Now. The best way to do no harm Now is to be present in acceptance and Love Now. All that prevents you from doing this are past wounds and fears of loss that keep you egobound, which can trigger emotional outbursts that are sometimes acted out physically in the form of abuse of others.

Depending on your current level of consciousness—of awareness of God in your life—you will either react from Ego or respond with Love, forgiveness, and understanding. Ego is at one end of the scale and Soul, Unconditional Love, is at the other.

The loss and pain you experienced in the past may have been traumatic. But everything painful that comes into your life brings with it a potential gift from God and is for your Soul's growth. But you can only receive the gift by meeting it with acceptance and with God. God never gives you a challenge that you can't handle with God. He will give you challenges you cannot handle all by yourself. The purpose of difficult, painful challenges is to turn you from your Ego to God. The hidden challenge within every challenge is to persist in acceptance and faith with Love in your heart until you find God through the challenge.

By choosing to do no harm Now, to not pass on your own pain to others, you move from Ego to Soul, from Fear to Love, and you pass on Love to others. This is how you turn your own pain into a gift for others.

**Been betrayed?** | Have you ever been betrayed by someone you trusted or loved? The initial shock and fear of loss from betrayal is mind-numbing sort of like being in a car accident. When you've been betrayed in a relationship, it's a good idea to put physical distance between yourself and your betraying partner. This will keep you both out of harm's way, and keep you from doing something in the heat of passion that you may later regret. Give yourself time to process the betrayal and regain some semblance of balance and harmony before confronting your partner.

As with every other life challenge, the experience of betrayal is an opportunity to choose between your Fear-based Ego and your Love-based Soul. The level of your consciousness of God in your life will influence whether you react from Ego or respond with Love.

For you and your partner to salvage a harmonious relationship in these challenging circumstances, your energy-vibration frequencies, the Essence of who You really are, must be at a similar level or wavelength. If you're on station FM Soul 1001 and your partner is on AM Ego 8011, there isn't sufficient compatibility for the relationship to work.

A partner who betrays trust in a relationship will have a lower energyvibration frequency than he or she did before the betrayal. A betrayed partner will have a lower energy-vibration frequency after learning of the betrayal, unless he or she addresses the situation from a Soul level and does the work of healing and forgiveness.

If you, as the injured party, react from ego-based fear against your partner in a harmful or abusive way, you lower your energy-vibration frequency, just as your partner lowered his or her frequency by the act of betrayal. And a relationship enacted at this lower energy-vibration frequency will get ugly!

Forgiveness allows you to heal and grow despite betrayal, and raise your energy-vibration frequency from fear and pain to faith and Love. Coming from Soul, from Love, from forgiveness, understanding, and compassion, raises your energy-vibration frequency.

But unless your partner raises his or her energy-vibration frequency by atoning and owning his or her part, your partner's discomfort in this betrayed relationship will be acute. If your partner remains at the same vibrational level where he or she perpetrated the betrayal, the two of you will be incompatible.

Regardless of what happens to the relationship, by choosing to do no harm and to be Love, you emerge from the crisis tested, strengthened, and unblemished, having grown in consciousness and in the awareness of God in your life.

Perhaps your relationship will be transformed. Perhaps it will fall away so that you can find another partner who matches your new energy-vibration frequency. It really doesn't matter what unfolds because, in choosing forgiveness, Love, and growth, you are on God's Path for You and you can trust whatever comes.

Your consciousness has grown to a level where you see your ex-partner as a Soul mate from your Soul group, and the betrayal as part of your Soul contract. You regard your partner not with anger and judgment but with compassion and gratitude, knowing that, having courageously fulfilled the Soul contract, your ex-partner bears the burden of one who has been a betrayer of trust. At this stage of your growth in consciousness, you can thank your ex-partner in spirit or in person for the gift of his or her relationship and contribution to your life, including the betrayal. And you can truly wish him or her well, and release your partner in Love.

**Being proactive** | What do you not have Now? Why have you chosen not to have it Now? What are you afraid of that is stopping you from getting it Now? How long are you going to allow that fear to stop you from having what you want Now? What do you have to do Now to get what you want? Do you want or need someone else to help you get what you want? Is there anything more important than getting what you want Now?

#### Wait! Stop!

Instead of wanting what you want, and trying to get what you want, how would you like to experience **GAIN**?

GAIN-God And I Now

In GAIN, you choose what you have Now and thank God for what you have Now. And, first and foremost, you always have God Now. (What more could you want?) By expressing gratitude for what you have Now, instead of wanting what you don't have Now, You are satisfied in Spirit Now. And by expressing gratitude to God for supplying all your needs, you are acknowledging that what you want already exists in Spirit and will manifest in the physical plane in God's time.

Now, having done all this, it's time to take action—to do what you need to do to make what you want become a reality in your experience. You must put in a one-hundred-percent effort, and trust God to do the rest. You must trust God to determine the right moment for your wants to become a reality.

Trust whatever you need, and whatever you want, to appear in God's time. Trust that when it is His will, it will happen Now! **Fear of failure** | Are you driven by the fear of failure? When you focus on avoiding failure, guess what you are meditating on?

Failure, of course.

When your efforts to succeed are driven by fear of failure, any success you achieve will never be enough because you will be running in fear away from failure as much as you are chasing after success. In the back of your mind you will always be one step from the poorhouse. The phantom of failure will always be chasing you like a dog snapping at your heels, always driving you to have, achieve, or acquire more. It will never give you respite, time to relax, breathe, enjoy, and appreciate what you have achieved. You can never appreciate and savor what you have when the bogeyman of failure looms in the shadows of your mind. You will be like the Hungry Ghosts of Buddhism that wander ceaselessly through life, insatiable, restless, never filled or satisfied, always wanting more.

Your fear of failure always stems from your past. Perhaps you grew up in poverty and felt inferior to other children whose families had more. Perhaps failure of any kind was unacceptable in your family. Perhaps you were pushed too hard, punished for making mistakes, not acknowledged for what you did right but only criticized for what you did "wrong."

Perhaps you inherited the fear of failure from one or both of your parents. Perhaps they failed in life and passed their sense of failure onto you. Perhaps they told you that life was hard and unfair. Perhaps they said that you weren't smart enough, called you stupid, or said you didn't have what it took to succeed. Perhaps they made you feel that you should play it safe and not take risks.

By identifying and releasing the causes of your fear of failure, you can recognize them for the lies they are, and heal and grow beyond them. Then you will no longer impose yesterday's nightmares on today's reality. You will understand that failure is not fatal.

## It is merely experiencing one way that something doesn't work.

Many famous inventors experienced failure numerous times in the process of trial and error that finally ended in their success. They saw their failures as steps in a learning process instead of seeing them as a reason to give up. They refined and developed their inventions, failure by failure, until they finally succeeded.

Learn to see your own failures in the same way. Recognize their positive value and learn what they have to teach you. Instead of judging yourself for your perceived failures, make them steppingstones to your eventual success.

Failure and success are parts of life. And life is a process of ups and downs, of three steps forward and two steps back, of learning lessons through trial and error, and of growing up by showing up Now, regardless of what happened in the past.

Learn to Love yourself Now, whether you seem to be succeeding or failing, and you will be a success in life.

## Past

Your past – under construction Now | Imagine if you could create a better past Now, with better memories, that would even give you a better future. Wouldn't that be something?! Well, there's good news! From now on, you can!

The way to create a better past Now is by living consciously and responsibly Now, with acceptance and Love. When You are present as Love Now, you plant the seeds of Love that will blossom in the future while creating a past of beautiful moments and cherished memories. By being Love in this moment, you flow with the higher order of the Universe, and allow it to guide you lovingly in all ways. Then you will never need to regret the past or fear the future, for you will be consciously creating a treasured past and a blessed future out of countless present moments of Love.

When you live as Love Now, there is nothing to regret, nothing to fear, and nothing to change, because Love is always perfection Now.

Be present in each moment as Love, and let a beautiful past and future be under construction Now.

**The past is tense!** In a relay race, the baton is passed from the first runner to the second who, in turn, passes it to the third, who passes it to the fourth, who runs to the finish line. No matter how fast or slow each runner goes, once he passes the baton to the next runner, he has no effect on the race.

So it is with your past. Each moment of Now is like a runner, passing a baton to the next moment of Now. The present moment of Now is where all the power and potential lie. Once each moment has passed, it has no further impact on the race ... unless we waste the present moment dwelling on the past, which is the equivalent of passing the baton from the present back to the past.

So, remember to release each moment and enter the next. Be fully present in the Now where all your power and potential are. Then the past has no power over you, and the future holds nothing to fear.

## Future

The present becomes the future | I only look for what is, and what I am, in each moment of Now. This present moment affects the next present moment that will follow: my future. What I do Now affects what will be then, for the Now unfolds moment by moment, and each moment flows into the next.

If I fill this present moment with negativity, worry, concern, doubt, or anger, the next moment will likely be the same—unless I choose to let go and be Love Now. If I fill this present moment with positivity, joy, bliss, happiness, inner peace, and Love, the next moment will likely be the same—unless I forget Love and slip back into Ego Now.

What are you doing and being Now?

Your future is being created Now Would you like to have a wonderful future? Do you daydream that if only your ideal partner would show up, then you would live happily ever after? Or, if only you got that job or that promotion, or perhaps won the lottery, then you'd really be OK? Or, if only the cancer would go into remission, then you'd really make the most of life?

Suppose your daydreams and wishes came true? Then what? You'd still be you, with the same past, the same patterns, the same thoughts and habits, the same Ego and Soul. Do you really think you would change, just because your circumstances, your finances, or your health changed? Real change happens from the inside out, not the "outside in". Real change happens when we stop choosing to be our Egos and begin choosing to be our Souls.

Your choices shape your future in every moment of Now.

Meanwhile, the river of life keeps flowing along; sometimes you like it and sometimes you don't. Whether you like or don't like what is in this moment, it will change, perhaps in the next moment.

Change is the only constant in life.

Try welcoming each moment with acceptance, confidence, courage, enthusiasm, joy, and Love. Then, no matter what happens in this moment, or the next, the future holds nothing to fear. Because any future that comes will only be more moments of Now to welcome with acceptance, confidence, courage, enthusiasm, joy, and Love. And you won't need to judge, form an opinion, or create a belief system about what is Now, because what is Now will always change.

So embrace this changing moment in Love and watch a future full of Love unfold, moment by moment.

**Creating a better future for yourself** | If your life is like an arrow shot from a bow, then your past, your present, and your future are all fluidly interconnected. Your birth launched the journey of your life, like an arrow released from a bow. And yet every moment holds the same potential of a new birth, a new stage of the journey launched, a new release of the arrow from the bow Now. At any moment, if we so choose, the direction of our life's journey can change, for better or worse.

The strength of this drawing-back motion, the accuracy of the aim, and the power of the release from the bow largely determine the arrow's speed, its trajectory or flight path, and its destination. This is how past action directly influences what is occurring in the present moment.

External forces encountered in present time, such as weather and atmospheric conditions or objects in the flight path, also affect and can alter the arrow's journey and its destination. This is how the present also influences and alters the future.

Clearly, the past and present can influence the future. But can the future also influence the present and the past? Let's return to the example of the bow and arrow. Say a target, far away, represents the future. In the present, we aim at the target of the future. The angle of the bow and our strength in drawing back the bowstring and the arrow Now are influenced by our vision of the target, the future.

Now, imagine you are the archer, the bow, and the arrow, and you are aiming at a future goal – say you want to become a doctor. So now you begin to prepare and to read books about doctors and medicine; you begin to save money for college, to apply for

scholarships, and to investigate different universities you might want to attend. These actions taken Now, influenced by your vision of and your relationship to the future, will soon be the past. And each action taken Now, turned quickly to the "past," is a step on the flight path determined by your target.

So the future—the location and nature of the target—clearly and simultaneously affects the present and the past; they are indeed fluidly interconnected.

The present is a reflection and an evolution of the past, and a predictor and generator of the future, as it draws its present position and energetic dynamics from the strength, accuracy, and aim of the archer and the bow. The force and angle of the arrow's release, and its predictable path, create the future, moment by moment, until the arrow lands.

While you cannot change your past, you can consciously create it Now. You can also understand it, learn from it, and transform it retroactively by reframing your conception of its meaning, purpose, and value. You can reassess the present moment or stage of your journey, see where your arrow is pointed relative to your target, assess the strength and accuracy of its flight path, and make useful or necessary course corrections Now.

In your life, you are the archer, the bow, and the arrow. Do you have sufficient strength to draw the bow? Can you clearly see a worthy target at which to aim the arrow? Is your arrow straight and the tip sharp? Are you present and in peak condition to influence your past, your present, and your future Now? For Now is the only time you have to create a better past, present, and future for yourself. It's in your hands Now.

And in your life God is the Archer and the bow, and your Soul is the arrow. So do your best and trust in God. Your life and Soul are always in His/Her hands Now.

How you do what you do When a human Being, coming from Soul, becomes a "human doing," coming from Ego, Ego eclipses Soul and unhappiness looms large. Ego contains the seeds of its own destruction.

When a human doing, coming from Ego, becomes a human Being, coming from Soul, Soul outshines Ego and **happiness looms large**.

Soul contains the seed of its own awakening.

If your doing is motivated by what you can get for yourself, then you are an ego-driven human doing watching out for Number One. If your doing is motivated by Love, by what you can give or contribute to others or to the world, then you are a Soul or Spirit-led human Being living in the service of Oneness Now.

In any moment you can choose to be a human doing or a human Being an Ego or a Soul. To be a human Being, before you think, speak, or act, ask yourself, "What would Love do Now?" Then do and be that to the best of your ability.

Every choice you make Now creates your past and influences your future.

What's next? Does it matter? We don't know what's going to happen next. We may intuit, expect, anticipate, or guess, but we don't know until the moment comes. We do know – to an extent, but not ultimately – what is happening Now. But, regardless of what we know or don't know, all we can do is be as present as we can be and do the best that we can in this moment. When we are able to do this, we will be able to handle whatever comes next.

Always running to "then" Where are you running to Now, rushing around from pillar to post, ever-busy, behind schedule, late for an appointment, thinking about important errands to run—so much to do, so little time? Can you feel the anxiety, the nervous tension driving you as you rush, rush, rush into the future? Can you feel the urgent need to get "there," but you're stuck here? In reality, when you're late or behind schedule, when you're "here" and you're supposed to be "there," it's always Now. So, instead of running to and fro like the frantic rabbit in *Alice in Wonderland*, crying, "I'm late, I'm late, for a very important date!", stop ... be here Now. Stop ... just be where you are. Stop ... breathe and relax.

Maybe you will be late. So what? Maybe you are behind schedule. Is it the end of the world? Maybe you're "here" when someone expects you to be "there." Will it change your life forever? Probably not.

Don't waste this moment worrying about the future. Just be present, here and Now.

Look around, breathe, savor this moment. There is no "there," no "future" there is only this moment, Now, forever.

### Are you waiting?

How do you spend your day?

l'm a waiter.

#### In a restaurant?

No, in my life.

#### What do you mean?

I spend my life waiting. I wait for my life to get better. I wait for something to happen, for things to change. I wait for the future to arrive so I can finally enjoy the present. I'm waiting for a better job to come along, for Mr./Ms. Right to finally appear, for my annual vacation to relieve me of the tedium of work, for the mortgage to be paid off, for my retirement. I'm waiting to feel better, to find happiness, to discover the meaning of life. I'm waiting for it all to finally be over. I'm waiting for death.

#### How is all that waiting working out for you?

I don't know. I'm waiting to find out.

What if you stopped waiting and just started living and enjoying life Now, being happy Now, loving yourself and others Now?

How do I do that?

Well, for starters, be very grateful for everything you have right Now. Be grateful that you are alive and walking on the Earth. Be grateful for your health, your family, your friends, your home, your job, your car. Be grateful for all the little things: the food you like to eat, the movies or TV you like to watch, the books you like to read. Be grateful for all the simple pleasures and extraordinary perks of life in the twenty-first century. Do you realize how prosperous You are right Now? No king in ancient times had a chariot like the car you drive or could fly to the other side of the world in a day. And any multimillionaire on his deathbed would give his fortune to change places with you right Now.

True prosperity is being alive in this moment. So don't squander another moment waiting for a better moment to come along. Grasp this moment fully, Now. Savor its richness and mystery—because there will come a time when you will not be able to grasp another moment and you will wish for just a simple moment like all the moments you have taken for granted. You will realize that every moment of life is as precious as a cool cup of water in a sweltering desert. And all those precious moments that you failed to recognize will be behind you.

Don't waste another moment waiting for anything. Savor this moment Now.

Why the future does not matter | Instead of looking to the future to get what you want or just waiting for your ship to come in, receive what is happening right Now as a gift, and find joy and happiness in this moment. If it's cold, savor the invigorating feeling of coldness, and then make yourself a hot, steaming drink to warm yourself up. If it's hot, savor the pleasant feeling of heat penetrating your body, and then enjoy a tall cool glass of your favorite beverage.

If you are alone, appreciate the sense of silence and solitude, and then feel God's Presence also with you Now. If you are with a friend or loved

one, appreciate who that person is, hug that person, Love him or her, and find ways to express your gratitude for who he or she is.

By finding contentment, joy, and peace in this moment, You allow the Presence and Love of the Universe, of God, to flow into your Being Now. Then, wherever you are becomes sacred space Now. And You are fulfilled Now, whether or not the ship you are waiting for comes in.

Don't worry about future results. Simply be present with a smile of gratitude and say yes to what is Now. When you know in your Soul that you are complete, blessed, and Part of God Now, you are no longer dependent on or fearful about the future. You are no longer involved in Ego dramas about success or failure, gain or loss.

When You are present as Love and gratitude, the creative power of the Infinite flows through you Now, and your presence and actions serve the greater good of humanity.

## Anger

Anger and expectations | There is a saying that "expectations are premeditated resentments." If you really think about it, most anger comes from your expectations not being met, from not getting what you want or expect, or getting what you don't want or expect.

For example, do you get angry when your kids don't listen to you or clean up after themselves; or when your spouse overspends or is late for dinner without calling; or when someone borrows money and doesn't pay you back; or borrows your tools and doesn't return them; or gives you unwanted advice; or asks you to do for them what they ought to do for themselves; or, or, or? Notice that all these are examples of expectations not being met, of you not getting what you wanted or expected, or getting what you didn't want or expect. Whenever you experience anger, you can always trace it back to your frustrated expectations, whether you knew you had them or not. To be free of anger, release all expectations and trust the Now with no guarantees. It's the uncertainty of life that makes it interesting, an adventure—that gives it its vibrancy, its spontaneity, its mystery, its fun, its growth opportunities.

Only your Ego has expectations and is frustrated when they are not met. Your Soul accepts life as it is Now and welcomes the countless opportunities and choices uncertainty provides. To find the roots of your anger, carefully look to see where your expectations have not been met. To heal your anger, notice when you have expectations and release them Now. Then enter into the present moment with no expectations at all, and embrace life and all its uncertainty with acceptance and trust Now.

## Anxiety

**Panic attacks** Are you a "catastrophobe"? Do you imagine your life collapsing like a pack of cards every time something large and seemingly unmanageable looms in front of you? Have you lost your objectivity and perspective? Anxiety and depression flow from catastrophobic thinking.

#### Living in the moment is the only cure.

But at times anxiety and depression may fill your mind with negative outcomes, disrupting your ability to feel connected to God and compounding your sense of hopelessness. At such times, even your desire and willingness to live in the Now can't get you there. The solution may require practical actions.

First, you may need sleep. If you have insomnia, you might want to learn a deep relaxation method to release stress stored in the body. This will help you begin to fall asleep. In the short term, you might try sleeping tablets prescribed by a doctor. Things always feel worse at 2 a.m., when you are sweating with anxiety. Because unhealthy diet and lack of exercise are often factors in depression and anxiety, a healthy diet (cutting out starchy foods and junk foods) and regular exercise (like walking for half an hour a day) are essential for a cure.

After a few days of sufficient rest, a healthy diet, and daily walks, you will begin to feel a difference. You might then try power-walking, vigorous hiking, or jogging to release endorphins, the body's natural opiates that diminish pain and uplift your mood. As your anxiety or depression lift and your mind begins to clear, you may want to take up simple practices of meditation and breathing to help you enter and stay in the Now.

Healthy lifestyle choices create a healthy, happy life.

Choosing to live in the present moment with God, at peace in the here and Now, is the key to a healthy, happy life.

**Dealing with anxiety** Anxiety is uneasiness generated by the mind anticipating or projecting impending trouble or danger that it feels incapable of facing or handling. If you knew you could easily handle the anticipated or impending trouble or danger, you would not feel anxious. So, anxiety is feeling a lack of self-confidence or capacity to handle the challenges of life. It is a natural response to challenges that may lie beyond our present capacity or experience.

Such challenges are opportunities for further developing self-confidence through practical experience. So, anxiety is often an initial response to opportunity. And anxiety can be converted to energy by shifting your perspective and thoughts from negative to positive, or from fear to faith.

The way to acquire self-confidence in life is by facing challenges squarely and handling them successfully. When facing a challenge, if you grasp the opportunity it presents but do not succeed, you then have two possible

perspectives: You can play it safe, withdraw from the field of battle, and try to avoid similar challenges in the future; or you can assess your efforts, learn from your mistakes, improve your performance, and try again and, if necessary, again, until you finally succeed.

With this approach, you grow used to moving beyond anxiety and facing, learning from, and growing through challenges, while developing the skills and self-confidence that lead to success.

So, the next time you feel anxious, look for the challenge you may be facing. See in it the opportunity to learn new skills, to develop new levels of courage and self-confidence. Then create and execute an action plan that will lead you through the challenge to success. This is how You grow.

> GROW—God Releases Opportunity and Wonder *or* Gratitude Recognizes Opportunities Wonderfully

## Detachment

**Be detached from imaginary consequences** | When you feel an emotion, you become one with that emotion. When you feel happiness, sadness, Love, fear, anger, impatience, resentment, gratitude, or Peace, you are one with these feelings. In the same way, when you think a thought, you become one with that thought.

But it is possible to be more than just one with your thoughts and feelings. You can also be the **Watcher of your mind and experience**, consciously witnessing and transcending your feelings and thoughts as they arise and pass. By being consciously aware of your thoughts and feelings, you become aware of your nature as Consciousness. You become the Observer of your thoughts and feelings, of the activities and products of your mind and your emotions. You become Consciousness, indivisible, yet aware of itself. Think of the water in the sea as your Consciousness. The water on the surface swells up in countless waves that peak and crash and disappear into the sea again. And invisible currents, filled with life, flow in the sea's hidden depths: the sea Consciousness or energy that is You.

Don't ignore, condemn, or harbor any thoughts or feelings. Just be aware of them, learn from them, and let them pass by like waves in the sea. Be Consciousness observing all your mind's activities and creations, aware that their countless individual manifestations are part of an indivisible whole or Oneness.

When you learn to see duality and Oneness as aspects of an indivisible Whole, you will not be divided and trapped in the tension between the subject and objects of attention. You will be able to observe all from a place of Oneness, recognizing your thoughts, feelings, and experiences, and the mind itself, as manifestations of the Consciousness that You are. From this perspective, your emotions, feelings, and thoughts will not disturb you as they did when you failed to recognize their essential nature and your own.

Although your mind creates, observes, and acknowledges these emotions, feelings, and thoughts, they are all ultimately illusionary, imaginary, temporary, and fleeting manifestations of the Consciousness that You are. These manifestations are often founded in ego-based beliefs that are not necessarily true, as the passing of time and the awakening of the Soul usually reveal.

Even though your mind creates, observes, and acknowledges these emotions, feelings, and thoughts, you can choose not to attach to, react to, or respond to them, thereby freeing Consciousness to focus solely on what is happening Now. This freedom from your imagination, from imprisoning beliefs, and from fear-based Ego thoughts allows you to be consciously present to what is Now and to experience the peace, freedom, and joy of the Now.

Taking partBe fully present in your being and doing, but release all<br/>attachment to the results. Simply execute what you are required to do<br/>Now as best you can, with no expectations. Enjoy this moment, this action,<br/>with a heart full of gratitude. How fortunate you are to be You, alive, here<br/>and Now, on this planet, in this time and place, in this moment of eternity.

Can you sense, in this magic moment, a Presence with you, infusing your mind, body, and Soul with the vitality of life? If you tune into this Presence and let go, you enter the Now. There your mind, body, and Soul merge in Oneness. There you can effortlessly and gracefully execute your actions from a place of being or Oneness, instead of "doing" with expectations or attachment to results.

Perhaps the time is ripe for success, or perhaps the time is not. Perhaps someone else is better prepared or equipped than you, or perhaps not. Perhaps the winds of fortune are blowing in your direction and the quirks of circumstance are in your favor, or perhaps they are not.

There are so many variables beyond your awareness and your control that the best you can do is do your best and then let go and let God. The only things you can control are the most important – staying in the present moment, trusting your inner guidance/intuition, executing your action, and letting go of results.

Be present Now in acceptance, and be effortless and graceful in your actions.

Let go and allow all things to flow in the rhythm of life. Let things be as they are and unfold as they will, trusting that "to everything there is a season, and a time to every purpose under heaven." The rest is out of your control. So, do the best you can Now, within your ambit of control, and let go into the flow of life. The results will take care of themselves. This will make you a winner Now, regardless of what will happen or not happen later.

In God's world, you don't have to cross a finish line first to be a winner.

Non-attachment to results | "Release all attachment to results? But what about my responsibilities, obligations, and commitments in life? Don't I need to plan for the future? Don't I need to make sure that I reap the benefits of my actions?"

Believe it or not, you can do all of the above, providing you do them in the Now as the Soul You are, instead of doing them as a fearful Ego. In the Now, you can plan your day, your week, your month, even your life, while still releasing all attachment to results. You can take an action and execute a strategy over time, while releasing all attachment to results. Doing your best in the hopes of achieving positive outcomes or reaping a harvest from your actions is not incompatible with releasing attachment to results.

Feel free to spend thoughtful, contemplative, joyful, prayerful moments in the Now, consciously planning a wonderful future. But don't waste the precious moments of Now living in the hope of imaginary future rewards or in the fear of imaginary future failures, while life passes you by.

**Disengaging from the need for attachment** | To detach from people, things, and outcomes, you must understand the root need or dependency driving the attachment. Once you understand this, you can address the root need or dependency of the attachment itself. Then you can consciously detach from the thing, person, or result you are attached to at unconscious levels.

Detachment involves surrender in acceptance to what is Now, as opposed to clinging to what is Now or craving what is not Now in anxiety, fear, or desperation. Detachment involves accepting what is Now and what isn't Now, while releasing all concern for outcomes or attachment to results.

Detachment is trusting in the Unconditional Love of Spirit.

Therefore the key to detachment from—or the antidote to attachment to—people, things, and outcomes you need or desire is **TRUST**.

TRUST—To Release Unto Spirit Totally and then To Rely Upon Spirit Totally

When you are able to release all unto Spirit, and rely totally upon Spirit, the limiting need, dependency, or attachment to people, things, and outcomes diminishes, and detachment happens naturally. What you are doing in detachment is transferring your need/dependency from the unreliable—people, things, and outcomes—to that which is ultimately reliable and dependable—Spirit.

Want to be a winner in the game? | To understand the nature of your attachment to people, things, and outcomes, consider how you are using your attention relative to a person, thing, or outcome you desire or are attached to and hope to attain.

What is your conscious intent? What is your underlying or subconscious intent? What hopes, needs, or expectations do you have?

For example, are you driven by need for attention, acknowledgment, or recognition; by need for material comfort and gain; by fear of aloneness and need for companionship, and so forth?

What frustrations or disappointments are you likely to experience if your hopes, needs, or expectations are not met? Where is the focus of your attention? Is your concentration intensely in the present? Is it on what is occurring Now? Is it on the object of your attachment—on the person, thing, or outcome you hope to attain? Is it on the feelings of attachment, of hope, need, longing, desire, or expectation? Is your attention on the future? Are you tensing yourself for what lies ahead? Have your thoughts jumped to the finish line and your hoped-for rewards or lack thereof? Is it on hopeful or fearful "future fantasies" of what might or might not happen relative to what you desire—hopeful fantasies of your "dreams come true" or fearful fantasies of failure, unfulfillment, or aloneness?

Do you find yourself repeatedly envisioning the difficulties and obstacles that lie ahead of you and may prevent you from attaining the "object" of your desire? Is this envisioned adversity beginning to materialize? Do you think that expecting and encountering adversity is natural and inevitable? Do you think that there may be a connection between the adversity you encounter and your expectations of adversity?

Suppose that your approach to life was based in acceptance, trust, and gratitude, and that you participated in life joyfully, with a smile and an open heart. Do you think that the process of your doings might be easier and more satisfying, and the results perhaps more fruitful? You might even find yourself flowing from one moment to the next, enjoying life Now with little or no attachment to outcomes and results, trusting that the results would take care of themselves.

This is how the Soul lives in the world in freedom.

The alternative to this unattached or surrendered way of living is ego-based attachment to people, things, and outcomes. This attachment skews your relationship to what is Now and to what you hope to attain. You may begin to hate or resent what you have to do Now, or what you have or don't have Now, or what seems to be preventing you from having what you don't have Now. Or you may begin to compare your doing with that of others, and begin to judge them or yourself harshly. All this will negatively affect your doings, your Being, and the resulting outcomes.

Anything done with attachment to results is not done in the Now, and lacks a power of Spirit that only flows through surrendered action. Instead of actions performed with ease and joy, the result is often actions performed with undue effort, concern, difficulty, and unpleasantness. And the results of such unsurrendered actions are, at best, bittersweet.

So, treat yourself with Love, kindness, gentleness, and patience. Believe in your skills and talents, give the best that you have to offer, and trust that

life's support and abundance will be provided in return. Enjoy this moment of action or repose, trust the process of life to unfold exactly as it should, then release all attachment to results, and you will be a winner in the game of life no matter what happens.

# Perception

## Everything is Perception

#### Perception is in your control

You may not have control over what is happening Now, but you can choose how you interpret or "frame" it and perceive it. How you interpret or frame your experience determines its impact on you. Put another way, what doesn't kill you can make you stronger, if you frame it the right way.

Viktor Frankl, in *Man's Search for Meaning*, relates his experience of being tortured in a concentration camp in Germany during World War II. He chose to imagine and believe that he was holding his wife's hand while being tortured by his Nazi guards. He learned, and taught the world, that although what is being done to you matters, how you interpret or "frame" it and respond to it matters more. The key to surviving the worst that life can bring is to find meaning and purpose in it. And the greatest meaning of all is Love, which gives one the strength and courage to survive even torture, as Viktor Frankl showed.

But perhaps Lao Tzu said it best: "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

**Perception becomes you!** What you perceive and feel, you become one with. If you perceive an injustice done to you and you feel angry, you become one with anger. If you perceive something as a threat to you and you feel fear, you become one with fear. If you perceive something that fills you with joy, you become one with joy. And when you feel Love, you become one with Love.

So learn to perceive life in a way that fills you with joy and Love. Discipline your mind to think joyful, loving thoughts that create joyful, loving feelings. Do not judge others or yourself. A judgment is a negative perception, and it creates negative thoughts and feelings. When we indulge in judgmental perceptions, thoughts, and feelings, we become one with them, and they define our present state and experience. It is a choice we make.

Why choose judgment, fear, anger, guilt, resentment, hate, or any negative perception, thought, or feeling? Why judge anything as "good" or "bad"? Why not simply perceive what is Now in acceptance, and respond from a place of non-judgment and detachment? Instead of being judgmental, angry, or self-righteous; why not be kind, compassionate, present, and loving Now?

Why not take responsibility for your perceptions, thoughts, and feelings? Why not consciously choose your perceptions based on the thoughts and feelings that they will create in you? Only you can decide to create or not create any particular perception, or to believe or not believe any judgment, thought or feeling.

You are, in your own sphere and your own experience, a Co-Creator with God. Ultimately, there are no victims: only conscious and unconscious Co-Creators. Nourish your awareness in every moment, and choose what you create Now. Choose to be kind, compassionate, and loving in every moment of Now. Then you will experience the bliss of the present moment that is always available to those wise enough to choose it and attentive enough to experience it Now.

What is real here Now | Your perception is limited by your experience and by your imagination, not by the reality of what is Now. With the right change of perception, problems are recognized as opportunities for growth, and creative solutions and inspirations appear as you experience a new reality Now. With the right change of perception, you may even suddenly see "the bigger picture"!

Change your perception, and watch your reality change with it Now.

Enhancing your belief system | Improved performance in any area of life sometimes requires more than just diligent efforts. Sometimes it requires a change in your beliefs about yourself and what is possible. So, if your belief system keeps giving you results that fall short of what you are attempting to achieve, instead of just trying harder you may discover that it's time to improve your belief system.

Now is the time to believe that as a Part of God and with God as your Co-Creator, there are no limits to what you can achieve and who you can become.

## Non-judgment

Seek first to understand fully | Instead of judging what you see, seek to understand what is. When you judge, you lock yourself into a limited perception that prevents a fuller understanding. When a fuller understanding emerges, your judgment, and the words and actions that flowed from your judgment, are likely to be seen as erroneous by you and others.

It is better to seek a fuller understanding before making any judgment. And it is best to understand without judging at all. So, instead of forming judgments that limit your ability to understand, try being Present, aware, and patient. Let all things be what they are. Let life unfold and reveal its deeper meanings that your judgments would otherwise block from view.

There is a "bigger picture" than the story which your judgment implies. There is a deeper reality, where Soul Contracts are being played out and spiritual lessons are being learned. So, instead of judging who is innocent or who is guilty in the first act of the play of life, wait for the play to end and the curtain to fall. Wait for all the jigsaw pieces of the Soul Contracts to finally fall into place, and for the "bigger picture" to be seen in the light of Spirit.

In the light of Spirit, judgment is not necessary, and understanding acceptance of what *is* shows itself to be the correct course of action Now.

In Oneness there is no one to judge!

This is good, God | Do you really know what is "good" for you? Do you really know what is "bad" for you?

Most people judge what is "good" and "bad" for themselves or for others based on their experience, and the beliefs and expectations they have formed as a result of their experience. And they often do things that are not good for them, and fail to do things that are good for them, all the while thinking that they know what is good for them.

The determining factor is whether what you think is good or bad for you is based in the **opinion of your Ego** or **the wisdom of your Soul**. Your Ego often creates false and counterproductive beliefs, expectations, and perceptions out of your experience.

Your experience is in the past.

When the experience happened, you judged it to be "good" or "bad" (or neutral) based in your Ego's limited perspective. Out of this, your Ego formed beliefs and expectations that influence your perception of and relationship to what is happening in the present. And you project these expectations as hopes and fears. When re-evaluating your experience after a passage of time, you may discover that it was not a simple matter of either "good" or "bad." Each particular event is part of a process, a continuum of widely varying experience. What appears as "bad" may lead to "good," and vice versa.

For example—a "good" wedding may turn into a "bad" marriage that ends in a bitter divorce that drives you into therapy which, in turn, results in profound healing and self-discovery. Or a "bad" job layoff may force you to turn to self-employment, which leads to the development of latent talents resulting in a new and more satisfying life of growth, abundance, and fulfillment.

While we all love "good" things, it is often the "bad" things that fuel our Soul's growth and the major transformations of our lives.

Can you see that everything that happens to you ultimately happens for the best? It simply depends on where you are standing—on whether you are viewing life from the perspective of your Ego or your Soul. Ego's fearful, diminished vision cannot see or trust that everything happens for the best, especially when life brings painful, unexpected, and unwanted challenges. But there is no good or bad news from your Soul's perspective. It's just your Ego that judges and labels experience in these terms.

When you view life from your Soul's perspective, you see "the bigger picture," where challenges are also opportunities for growth; where the dramas of clashing Egos are Soul Contracts being played out; where you truly know that God will always give you what you need when you need it for the highest growth of your Soul, and so you live on the basis of **Trust**. TRUST—To Release Unto Spirit Totally and then To Rely Upon Spirit Totally

Then you can say, whether you have doubts and fears, whether you are surprised or confused, whether you are frustrated and disappointed, or whether you are content and grateful, "Thank you, God. This is good, God!"

**Know Love in any moment** | There is nothing more beautiful than a person of **high moral character**. In the presence of such a person, the inner beauty, more than that of the face or the body, often captivates the spiritual eye of the beholder and forms a deep and lasting impression.

Socrates was famed for his physical ugliness. Yet because of his exalted moral character, his friends and admirers regarded him as the most beautiful of humans. Mother Theresa, Pope John Paul II, Nelson Mandela, the Dalai Lama, and Mahatma Gandhi were not considered especially physically attractive. Yet their spiritual beauty, their wisdom, kindness, compassion, and moral character place them among the most admired, respected, revered, and beloved figures of our age.

Modern movie stars, sports icons, and popular musicians depend upon their adoring fans. But when their good looks or their physical abilities decline, so does their popularity—unless they have also cultivated their moral character and spirit. Many a "star" has gone from hero to zero when their skin-deep beauty or their mere physical ability faded, and only an ego, a public persona, remained.

People of high moral character produce a deeper impact than the merely talented or famous. Because they exist in their God's Space, they see God in others, without judgment, and they touch the God's Space in others. Through such people, God speaks in acceptance, surrender, forgiveness, contentment, compassion, peace, and Love.

When you can see God in the person in front of you and treat that person accordingly, you will feel the Love, wonder, and awe of God's Presence Now.

Are you judge, jury, and executioner? To be a judge in a major civil or criminal court of law ideally requires a certain type of person: someone truly learned in the law after practicing it for decades in thousands of court cases. The best judges tend to be older, wiser people, able to understand and balance all the evidence and, after a lengthy period of judicious, even contemplative, study and review, deliver a well-documented, eloquently articulated judgment that is wise, just, and free of ego-involvement.

What if you approached your personal opinions and judgments of people and circumstances like the above-mentioned judges, with the same level of benign impartiality, thoughtful deliberation, and intention of arriving at truly wise and just conclusions, free of ego-involvement? You can learn to do this by coming from your Soul instead of your Ego and by tapping into the Universe's intelligence, wisdom, and Love from which true justice flows.

Unfortunately, we often tend to judge in the heat of the moment, allowing Ego to be the judge, jury, and executioner. When coming from Ego we incorrectly assume that our opinions are the truth, our judgments are righteous, and our perspective is wisdom.

The next time you make an assessment of a person or circumstance, ask yourself these four questions: Do I have all the facts? Do I know the Soul's "bigger picture" here? Am I coming from Ego or Soul? Am I learned, experienced, qualified, and detached enough to make a wise and just judgment here and Now?

If you can stand in your integrity and answer yes one hundred percent to these four questions, then you are God! (And I'm so flattered that you're reading this book!) But if you're just a human, Part of God in process like the rest of us, you still may be able to answer yes to a lesser degree that shows reasonable Soul perspective and relative freedom from Ego. So, before you judge a person or situation (or yourself), see the Soul behind the Ego, the Part of God here to learn lessons, fulfill Soul contracts, and evolve beyond the fragile, imperfect Ego. Learn to assess people and situations from your Soul's, rather than your Ego's, perspective. Learn to make necessary decisions about people and situations without indulging in ego-judgments.

Instead of wasting your valuable time and energy judging anyone or anything, practice acceptance, forgiveness, and release of what is Now, so that you can grow beyond your Ego.

Then you will have peace of mind.

Then you will be a true Justice of the Peace!

**Judging is being unaware** | It's so easy to judge, to criticize, to complain. And yet it costs you so much to do so.

It helps to understand that the people or circumstances that you judge, criticize, or complain about are mirrors reflecting what your Ego feels is inadequate, incomplete, or "wrong" with you.

Instead of examining yourself and addressing your own flaws, weaknesses, and imperfections, your Ego finds it far easier and less painful to point out the faults it sees or imagines in others.

All judgment is self-judgment because we are all connected in Oneness.

Your judgments define who you are at an Ego level. When you understand this, everything you see "out there" and all your judgments become mirrors for you to see yourself more clearly.

When you realize that each Soul, at the present stage of its journey, has reached a certain level of combined ego-consciousness and Soul-consciousness, you can begin to accept, forgive, and Love yourself and that person for being who he or she is and where he or she is Now, since you know that—regardless of the person's present state of evolution—that person is as much a Part of God as you or any other Soul.

Some people believe that the Soul and God do not exist. Others spend all their waking hours in devotion to God. Most people fall in between these two extremes. Regardless of where you or any other person falls in this spectrum, you can still trust that each person is doing and being the best he or she can from that person's present level of Consciousness. Then there is no need to judge that person, only the opportunity to Love him or her.

The choice you face in every relationship and every encounter is whether to judge someone or Love that person.

You can do one or the other, but you can't do both Now.

**Birds of a feather** | We each operate at a certain energy-vibration frequency. Other people at a similar frequency to our own will be attracted into our space and our Presence. Hence the saying that "birds of a feather flock together."

This is the Law of Attraction—like attracts like.

Expecting people to be and behave in a certain way presupposes that their level of Consciousness is at the same level as ours. Such expectations are the opposite of acceptance and produce conflict and disharmony instead of Oneness and peace.

Acceptance and forgiveness are easier to give when you realize that each person, even someone who may have harmed or offended you, is doing the best that he or she can from that individual's present stage of evolution, energy-vibration frequency, and awareness or unawareness of God in his or her life. So, instead of expecting all "birds" to have the same feathers as you do, practice acceptance, forgiveness, compassion, understanding, and Love as you greet everyone you meet in God's Space Now.

**Encouragement from you can make the difference** | It is easy to judge people who seem to be "below our level." It's easy to judge those who appear to be struggling, to be incompetent, to be weak, to be irresponsible, or to be identified with their Egos and oblivious to their Souls. It's easy to sit in one's own tent of prosperity and ease, looking out and judging others who appear to be less fortunate, less deserving, less sophisticated, or even ignorant, lazy, "good-for-nothing."

But all such appearances and perspectives which foster judgment are of the Ego, not the Soul. If you shifted from your Ego to your Soul, your perspective and perceptions would change, and thus also would your beliefs and, ultimately, your experience and your life.

We have each embarked on a long and difficult journey from Ego to Soul. If you look at someone who is struggling in life—not from your Ego but from your Soul—you begin to recognize that the person who appears to be struggling, weak, incompetent, ignorant, lazy, or even good-for-nothing is actually a Soul going through a **metamorphosis** while traversing the path to God, just like you.

That individual's path and metamorphosis may appear awkward, foolish, unseemly, or self-destructive; he or she may appear to be squandering God-given talents and gifts, wasting life while hitting his or her head repeatedly against a brick wall. Yet all of this may be part of that person's journey of learning and growth—part of the process by which the individual will finally wake up, come to his or her senses, and find God Now. Remember, the butterfly in the cocoon has to struggle to break open the cocoon and, in so doing, it develops the wing muscles that enable it to fly.

All that person's particular experiences and lessons, even his or her foolishness, may require enormous courage and effort on that individual's part, and may be needed for him or her to finally choose to live from Soul instead of ego, to live from Love instead of fear. So, the best that you can do for that person and for yourself is to offer encouragement, support, and praise, rather than judgment and denigration.

Most people who judge others have not yet completed their own painful, seemingly foolish journey from Ego to Soul, and are themselves in need of encouragement, support, and praise. So encourage and praise any person struggling through this metamorphosis. Find a way to let that person know that you believe in and Love him or her. By giving Love and encouragement to others, You become one with Love Now.

So, reach out with Love to someone who needs it Now.

**No judgments** | It's not what happens to you that creates your judgments. Your judgments are a particular ego-reaction to what happens. They are a matter of choice as well as a reflection of your Ego. And your negative judgments and reactions to what happens start a chain reaction that creates physical, emotional, and spiritual "blockages."

Let's take a simple example. Say you are driving your car and you slow down as the traffic light turns red. The car behind you does not slow down and crashes into the back of your car. That's what has happened to you. It can't be undone; it's what is Now.

What will you choose to do? Will you react in anger? Will you berate or curse the other driver? Or will you respond in a courteous way? Will you ask if the other driver and passengers are OK? Will you engage in a polite exchange of the information required in the situation?

Suppose the person who rear-ended you was an unlicensed fifteenyear-old boy going for a joyride in a stolen car? Would your reaction or response change? Or suppose the person who rear-ended you was an eighty-year-old lady rushing to the hospital to see her eighty-five-year-old husband who had just had a heart attack? How would you respond then?

We suggest that in all the above situations the polite, human approach would be the best. Regardless of the scenario, it's still the same accident and the same damage to your car. Regardless of the scenario, the person who rear-ended you is still a Soul like you, on a journey to find God. And each possible situation presents you with an opportunity to choose to come from Soul instead of Ego, and from Love instead of Fear.

In truth, every experience can open you up to this present moment. Every experience is an opportunity to choose to be conscious of and to release and transcend your thoughts, feelings, judgments, reactions, and projections.

No judgments are needed to function appropriately and effectively in life. Accept what is Now. Attend to what life brings you. Be the best person you can be. Come from Love Now. And all your experiences in life will move you forward on your path in God.

# We see people and things not as they are, but as we are.

Anthony de Mello 1931-1987 AD

Source: 5000YearsofWisdom.com

# Nothing is permanent but change.

# Heracitus 535-475 BC

Source: 5000YearsofWisdom.com

# chapter 18 Change

Change is the only **constant** 

#### Trust change

Do you seek guaranteed security? Do you desire permanence? Do you crave certainty? Well, we have "bad" news and "good" news. The "bad" news is that there is no guaranteed security, no permanence, and no certainty in this conditional world. The "good" news is that you don't need guaranteed security, permanence, or certainty to have the peace and joy you are seeking behind these unattainable goals.

#### Change is the only certainty in life!

So, instead of seeking security, permanence, and certainty, allow the present moment to be as it is and to unfold as it will. Offer no resistance to the life going on around you. Let go of your expectations for things to become different than they are. When you learn to do this, you will be able to ride the waves of change that life continually sends your way. And you will know the peace of surrender Now.

Being present Now—in acceptance, with no expectations, and knowing the impermanence of everything—is an awakened state. Trusting life and embracing uncertainty allows you to recognize, in the grace of change, the new gifts and endless opportunities for growth appearing Now—and Now—and Now.

If you **TRUST—To Release Unto Spirit Totally** and then **To Rely Upon Spirit Totally**—you will know joy, bliss, and inner peace.

**Be open to change** | So, things are not going well for you. What you wanted didn't happen, what you hoped for didn't pan out, and what "should" have happened, didn't happen.

Well, who said what you wanted should happen anyway? Your Ego? Or your Soul? Whose expectations set up this round of disappointments? Your Ego? Or your Soul? Whose previous refusal to accept what is Now and let go of results turned this moment of Now into a pity party? Your Ego? Or your Soul?

Your Ego can't help setting itself up for disappointment. It wants instant gratification; it wants life to unfold on its terms, and it wants to feel and be more important than others – three recipes for collision with reality.

Your Soul is your eternal self, and it wants to grow back toward where it came from – to Oneness with God, the Creator of all Souls. Your Soul needs earthly changes, challenges, and trials to help it grow toward God. Unlike your Ego, your Soul is patient; it accepts and trusts life as it unfolds, and it knows that it is no more or less important, no more or less loved by God, than any other Soul. And it knows that change defines the process of life in an ever-evolving Universe.

CHANGE—Continuous Healing And New Gifts Emerging So, when what you think ought to happen doesn't happen, and when change disrupts your Ego's comfort zone, trust that life knows and is providing what is best for you in every moment of Now – eternally.

Be open to change, and let your Soul, the Part of God inside you, guide you through the changes. When you notice your Ego trying to control people and situations, resisting the changes that life continually brings, let go and accept what is Now and you will gain wisdom.

Wisdom is opening to life and accepting what is Now in peace.

You never know | Are you an optimist or a pessimist? Is the glass half full or is it half empty? This fundamental viewpoint determines whether or not you live in the Now.

When you are confronted by change, do you envisage loss?

LOSS—Leaving Our Self Sad

Or gain?

GAIN-God And I Now

Are you able to embrace change for the sake of your growth? By embracing change Now, you receive the gifts the present moment is giving You.

> CHANGE—Continuous Healing And New Gifts Emerging

Do not fear loss. There is nothing to lose in reality except your Ego, which is not real, it's a protective illusion you have created and used for your emotional insecurities and for your emotional wounds.

LOSE—Losing Our Selfish Ego

EGO-Edging God Out

Trust change, regardless of what is happening Now.

Fear of change is the attitude of a pessimist who does not trust life.

Change implies that what is Now will be different in the future. So, what's the big deal? Everything changes, moment by moment.

Nothing is constant except change.

Try seeing change as evidence of possibility. See it working for you, instead of against you. Open your hands in a ceaselessly changing Universe and say, "You never know. ..." And expect a miracle.

MIRACLE— Merrily I Recognize A Conscious Light Evolving

By embracing change as the possibility of miracles, the whole of life works for your ultimate good and GAIN (God And I Now). What you used to fear as change, your Now embraces as the possibility with God. Now there is nothing to fear.

> FEAR—False Evidence Appearing Real

When you know that God is within you, and that you are within God, there is nothing to fear. Go with God, welcoming the possibilities that change brings, and greet the miracles that are always unfolding in the Now.

**How to change** | What is Now cannot change, because the Now is changeless, still, Eternal. But from your temporal location and perspective, the next moment of Eternal stillness is different from the last. It is a paradox of changeless change.

You can change the way you interpret and perceive what is happening Now. And this creates the illusion of change from moment to moment in your experience. Is it surprising that, when your perspective changes, what is Now also appears to change?

How you interpret and perceive what is happening Now is a distorted perception of an infinitesimal fraction of what is happening Now. It is not what is happening Now that defines your experience, but how you interpret, perceive, and respond to what is happening Now. This is what gives it its meaning for you.

What is the key to happiness? Welcome the changeless change that is always appearing Now.

**Rising to the occasion of opportunity** | Without Love, some seek to avoid challenges and fail to grow; some throw in the towel and collapse in heaps of human misery; some succumb to bitter frustration or despair, and act out in reckless, self-destructive ways.

Yet no matter how difficult, terrible, or hopeless this moment appears to be, you can experience it in the embrace of Love. Who, in a difficult time of change, in a moment Ego perceives as terrible or terrifying, does not want to be held in a loving embrace? This is what God is for. His/Her loving embrace enfolds us in all the changes life brings, in the best and worst of moments, whether we notice it or not. How To Live In The Now

What if you did notice? What if you felt God's Presence and embrace in the midst of all the changes, both "good" and "bad"? What if you accepted what is Now, and attended to what needed to be done Now, all the while feeling the embrace of Love? What if you felt the embrace of Love when a challenge loomed ahead of you and while you grappled with that challenge, uncertain of the outcome ... and then when the challenge was overcome and behind you?

The embrace of Love, the Presence of God, allows you to turn every challenge into a stepping-stone that moves you forward on your journey in God. The embrace of Love, the Presence of God, allows you to look forward with faith and hope for all that Love/God makes possible, and to look back in pride and gratitude for what Love/God has helped you to achieve.

Why live without Love, when Love is who You are, and Who God is? Why live without Love when you are being held in Love's embrace in every moment? Know Love, embrace Love, and be Love Now, and you will never be alone.

Integrating experiences into a bigger You | Have you ever made your enemy into your friend? Have you ever transformed obstacles in your path into stepping-stones on your path? Have you ever struggled with a crisis and emerged stronger than you were before? These are examples of your Soul growing through and transcending your human and material circumstances.

Enemies who confront you, obstacles that block your way, and crises that unexpectedly come upon you do not have the power to diminish your Spirit or prevent your healing, growth, and awakening. In fact, they are meant to serve your healing, growth, and awakening.

Everything you encounter on your path can move you forward on your journey. But to learn the lessons hidden in the challenges and integrate all of your experiences into a bigger You, you must practice trust, acceptance, forgiveness, and kindness with all the people and circumstances life brings you. Meanwhile, the unseen Hand of God holds all the parties in this integrated healing process Now.

## Understanding

**Balancing act** Consider your financial balance sheet. Do your assets exceed your liabilities, or vice versa? Now consider your final balance sheet, postmortem, drawn up by the executor of your estate. Where have all your assets gone? To your inheritors, of course!

What do you really own Now? In reality, all your assets are temporary. The notion that you own anything is merely an idea, a convention of "ego time." It is like the idea that Christopher Columbus "discovered" America, claiming it for Queen Isabella. Did Queen Isabella really own America? She believed she did. In the same way, we believe that we own things that we cannot possibly take with us when we die.

One day all the things you believe you own will no longer be yours. Why wait until that day to see through the illusion of ownership, and to become free of attachment to things you cannot take with you when you die?

Instead of clinging to things in attachment as "mine," see yourself as a wise custodian of things you know you will one day leave behind. Instead of worrying about your material and financial assets, why not develop your spiritual assets—those you can share freely with everyone and take with you wherever and whenever you go? Instead of clinging to your possessions, why not embrace your friends and loved ones, your spouse, children, and grandchildren as the real treasures in your life?

How do you want to be remembered when you leave this world? For the Love you gave or for the pain you caused? For the Love you gave or for the treasure you amassed? For the Love you gave or for your worldly achievements? If you had to choose between leaving an inheritance of material wealth or an inheritance of Love and treasured memories, which would you choose? The time to Love is Now. The time to be Love is Now.

No man on his deathbed ever wished that he had loved less and worked more. But many wished they had loved more and worked less. So give Love and be Love Now, while you still have the opportunity.

A better understanding | Have you ever wished your beloved, your children, or your parents understood you better?

Have you ever wished that the ones who say they Love you did not hurt you so much?

Whatever you want to receive you must be willing and able to give.

Ask yourself, regarding your beloved, your children, or your parents, "Do I really know and understand them? Do I really know what they feel, desire, or need Now? Do I really understand their hopes and dreams, their unhappiness and pain?"

After asking yourself these questions, you might ask them the same questions.

Understanding the feelings, needs, hopes, dreams, unhappiness, and pain of others allows us to empathize with them; in order to Love them, and be loved by them more deeply.

Open up in vulnerability, feel and release the issues of the past, and let them be replaced by Love Now. Then you will better understand and be understood, better Love, be loved, and be Love Now.

**Respecting viewpoints** | Do you like arguments? Or do arguments leave you feeling emotionally battered and bruised? Defending or attacking to prove your point of view is ego-based activity that does not serve the truth. Let your Soul make its point, speak its truth, and leave it at that, with no expectations or attachment to results. There is no need to prove, attack, or defend any point of view. Everyone is entitled to his or her point of view. Everyone sees the world in a different way, from a different location, a different set of experiences. There is no one point of view (including yours) that everyone should agree with or adopt. Besides, your viewpoint now may change later, as it probably has many times in your life.

Can you accept and respect that different people have different viewpoints? Can you see that all possible viewpoints are glimpses of fragments of Oneness? Can you listen to different points of view without arguments or judgments, without attacking or defending? Can you listen to someone else's "truth" with interest, curiosity, respect, appreciation, understanding, empathy and compassion, even when it is radically different than, and even conflicts with, your own?

Listening to others in this way does not mean you endorse or believe or approve of their viewpoint. It means that you understand that they are, like you, Souls on a journey to find God, the Ultimate Truth; and like you, they simply are where they are, and believe what they believe, at this stage of their journey. If their point of view rings true to you, you can allow their perspective to enrich your own. If their point of view rings false to you, you can witness and release it with compassion while still affirming the dignity of their journey and their Soul. This is the true meaning of respect.

> **RESPECT**—Recognizing Each Soul Politely Ensuring Correct Tribute

Knowing Now is power | Defending your viewpoint may strengthen your resolve, but it also diminishes your perspective and your ability to understand and learn from other viewpoints. Learn to have your viewpoint without needing to defend it. Learn to appreciate other viewpoints and allow them to enrich and expand your perspective. When differing and even conflicting viewpoints can be freely aired, greater perspective and understanding become possible for all. How To Live In The Now

After all, no viewpoint is the whole Truth; all viewpoints are only fragmentary glimpses of reality. It is like the old story of the five blind men who stumbled upon an elephant. The first grasped the elephant's trunk; the second grasped its leg; the third grasped its tail; the fourth grasped its ear; and the fifth touched its side. Their reports varied accordingly. "An elephant is like a large snake," said the first. "No, it's like a thick tree trunk," said the second. "No, it's like a slender rope," said the third. "No, it's like a giant leathery leaf," said the fourth. "You're all wrong," said the fifth. "It's like a muddy wall."

Clinging rigidly to any viewpoint prevents you from discovering the present truth that is always emerging Now. An inflexible viewpoint is not as powerful as the present knowing of the Soul when Ego is removed. The flexibility of the Soul's perspective allows the spontaneity of what is emerging Now to benefit you. This is one definition of power.

> POWER—Present Only When Ego Removed

**Understanding the loss of a friend** | Friendship is the most voluntary of all relationships. There are no contractual obligations—only a tacit understanding that to be a friend means to be loving, encouraging, understanding, supportive, and trustworthy.

True friendships generally operate according to the Law of Attraction, where like attracts like, or harmonious energy-vibration frequencies draw people together in friendship.

The bond of friendship is based on compatibility and trust. When compatibility is missing, friendships cannot form. When trust is broken, so is the friendship.

Generally speaking, friends communicate frequently because they want to—not because they have to, as may be the case in familial relationships. The warmth of friendship is one of life's most treasured "true feelings." True feelings are the language of the Soul, and true friendships come from Soul, not from Ego.

When friends are physically apart for myriad reasons, the frequency of communication may lessen. But the Soul connection remains. The physical loss of a friend's presence in your life can be a blow that takes time to adjust to. It may leave a feeling of emptiness that lessens eventually. Yet today's telecommunications – cell phones, e-mail, texting, Facebook, Twitter, and Skype – make it easier to keep in touch with friends than in previous times.

As with all the changes life brings, a loss brings a hidden gift, and an ending is also a new beginning. The loss of a friend's physical presence opens up more space in your life for other things, for new friends. Whatever we let go of at Soul level allows us to live in the Now with open arms, and to embrace what comes next.

So embrace the changes life brings Now, and thank God for old friends, near or far, and for new friends yet to come.

CHANGE—Conscious Healing And New Gifts Emerging

Your "Life-Space" page | The social network website MySpace is selfcreated by participants. You decide who and what you want on your MySpace page. But are you aware who and what is showing up in your "Life Space" Now? Did you know that, to a significant degree, you also decide what shows up in your Life Space Now?

At a Soul level, not visible to our eyes Now, we all call what we need into being. And, at an Ego level, unconsciously, we all call or co-create what we fear or don't want into being.

Yet, whether we live more in Ego or in Soul, we always get what we need (not necessarily what we want) for the growth of our Soul. This is because we live in a Universe that is essentially loving, where spiritual laws apply at every level for the ultimate good of all.

You came here with a Soul contract with the Universe or God ensuring that your Soul will receive what it needs Now for its growth and ultimate good. So, whatever is showing up in your Life Space Now is what you need, what you agreed to, and what will serve your growth and ultimate good. This is true of all your experience, whether your Ego judges it good, bad, or indifferent.

To accelerate your Soul's growth, embrace whatever is showing up Now, as both the fulfillment of your Soul contract, and as a gift of Love from the Universe. Greet whatever is appearing before you Now with this thought:

I see this as a gift of Love from a loving Universe, being presented to me Now for my growth and ultimate good.

**The blessing of power** Are you strong? Do you have power? Are you mighty? Are you determined, single-minded, and focused? Are you goal-oriented, driven, and committed to seek achievement at all costs?

Are you proud? Are you resourceful? Do you stand tall? Are you courageous, brave, and undaunted in the face of adversity? Do you see challenges as opportunities to grow and further strengthen yourself?

Are you faithful? Are you present? Are you awake? Can you find the blessing being hidden in every challenge you face? Can you find the blessing being presented to you in every moment of Now? Do you believe that anything and everything presented to you in every moment of Now contains a hidden gift or blessing, and serves the highest growth of your Soul?

Can you find the power that lives within you, that is available to you in every challenge, and rise to the occasion Now? Can you find the power that is always flowing through you, that always surrounds you, and channel it into a solution Now? Can you find the true power that lives within your Soul, and be lifted above your worldly problems into the eternal moment of Now?

POWER—Present Only When Ego Removed

Curing is not healing | Conventional medicine can treat and often cure a physical illness or wound with relatively little pain or discomfort. Sometimes the wound or the treatment leave a visible scar on the body, as a reminder.

An emotional wound may be harder to recognize and treat than a physical wound. Yet emotional wounds are as real as physical wounds, and often leave unseen scars. Conventional medicine cannot treat emotional wounds in the same way that it treats physical wounds. It may prescribe drugs to numb emotional pain, but merely numbing pain does not cure an emotional wound.

An emotional wound can only be healed when the Soul finds a spiritual meaning in the injury to the psyche which enables it to transform the injury into growth and restore the psyche to trust, forgiveness, and Love Now.

Forgiveness of the person or people responsible for inflicting an emotional wound is the initial step for healing. Sometimes others inflict the wound, sometimes we inflict it on ourselves, and sometimes it is inflicted by life. Whichever is the case, forgiveness is a necessary part of healing any emotional wound.

A significant step toward healing comes when we are willing, and then able, to release the anger, resentment, pain, sorrow, and sense of injustice held deeply inside that is our emotional wound. Through forgiveness we awaken to the Soul's perspective, in which there are no victims and no villains—only Soul Contracts being played out as agreed upon in Spirit. Our healing is, in fact, our release from the painful bondage to Ego with its distorted perspectives, and our return to the freedom, wholeness, and peace of our Souls—indestructible Spirits that always dwell in God's Space Now.

## Patience

**Patience, Ego and Soul** | The *Merriam-Webster Dictionary* defines patience as:

- 1 bearing pains or trials calmly or without complaint
- 2 manifesting forbearance under provocation or strain
- $\underline{3}$  not hasty or impetuous
- 4 steadfast despite opposition, difficulty, or adversity

For an ego-driven person, patience is a struggle against Ego's natural drivenness. For a Soul-aware person, patience is simply conscious acceptance Now of the rhythm of all things. The Soul doesn't have to try to be patient; patience is its nature.

The Soul's patience lies in its awareness that nature, people, events, and occurrences all have their own rhythms and timetables. Your Soul knows that your Ego may not like cold winters, but it also knows that impatience is not going to hurry spring.

When you are truly present as your Soul in this moment, there is no impatience. You accept what is happening Now in the rhythm and flow of all things. Whenever you feel impatient, simply relax, breathe, and accept what is Now, and your impatience will lessen. Whenever you feel impatient, stop and ask yourself, "Is this person or situation I cannot change or control worth losing my peace of mind over?" The answer is almost always "No."

Patience embodies wisdom. Patience gives you the time and perspective to respond intuitively and thoughtfully from Soul, instead of simply reacting from Ego, and then repenting of your hasty reactions. Patience allows you to intuit what is likely to follow from various actions and reactions, and so to choose the wisest response that serves the greatest good in any situation. Therefore, patience is a key to a harmonious, happy life and harmonious, happy relationships.

**There is plenty of time – don't panic!** "O Lord, give me patience – but hurry!" reads a bumper sticker. This is how Ego approaches patience. But patience is a Soul quality. The Soul doesn't worry or hurry; it knows there is plenty of time to be patient Now.

Patience is essential for **time-and-energy management**. It will help you to effectively manage your day, week, month, year, and life. When you are patient, you are present as your Soul; your mind is clear and your thoughts are intelligent.

When you are impatient, your emotions are agitated, your mind is restless, your thoughts are jumbled, and your Ego is running the show and creating confusion and chaos. Your Ego likes to keep control by keeping you under pressure, telling you, "Hurry! You're late! There's no time to relax!"

By keeping you under pressure and stress, Ego turns the time and energy you could be investing positively and productively in the Now into time spent in stressful states of anxiety, frustration, and fear while focusing on what might or might not happen in the future. So, you end up operating out of stress and impatience (instead of trust and patience), which wastes precious time and energy. This is how Ego generates inefficient time-andenergy management.

This moment is meant to be joyful, and joy is filled with patience. By hurrying and pushing impatiently to get through this moment or this task to the next one, joy is lost, and time is lost as well.

Think of a master archer preparing to fire an arrow. He does not rush to get the arrow into the bow, or to aim and fire it at the target. His movements are deliberate, focused, and patient. And when he releases the arrow with true aim, it speeds to the bulls-eye of the target. He knows that to rush is to prepare inadequately, with diminished results. A less experienced, hasty archer frequently misses the mark, wasting time and energy. Your Ego is an inferior archer, hurrying and rushing through the process and missing the target more often than not. Your Soul is the master archer—patient, deliberate, and focused in the moment. It knows you always have enough time to do what needs to be done without rush or haste.

Live patiently as your Soul in the Now, where there is always plenty of time, and nothing to fear.

#### Are you waiting or "agitating"? |

Ego says, "Hurry up and wait!", "When is this bus coming? Now I'll never get there on time!", "She said she'd be here at six o'clock and now she's ten minutes late!", "Hurry up – do you think I've got all day?", "Can't you move any faster? I'm going to miss my train!"

But the Soul says, "Wait. Hush. Relax. Be patient."

"But I have been waiting, dammit!" Ego says.

"No, you have not been waiting; you have been agitating yourself," replies the Soul. "There is a difference, you know."

Waiting is being fully present Now, enjoying this moment in a blessed calm, and trusting the future to unfold according to a higher Plan. Agitating yourself involves rushing, hurrying, or worrying, even while you're standing still or doing nothing, thus creating panic over possible future outcomes and leading you to fail to savor or even notice this moment.

When you truly wait, you are present and aware as acceptance Now, without any judgment. When you truly wait, you allow and witness the perfection that is always emerging Now.

When you are agitated, you rob yourself of enjoyment of all the moments that make up your life Now, by focusing on and worrying about what you hope or fear will happen in the future. As a result, you accomplish less with more effort and strain, and with less enjoyment. So, don't be agitated—wait! Stop, slow down, and savor this moment. Accomplish more with less effort and strain, and with more enjoyment.

Wait in patience and peace, and watch the best of you and your life emerge Now.

Wait in trust that everything in your world is perfect right Now.

Wait, totally present Now, and feel the blessed calm in this moment.

Wait ... Now. Trust life unfolding ... Now.

Perfection is at hand ... Now.

#### **Real strength**

There is a strength that allows you to lift heavy objects.

There is a strength that allows you to resist temptation.

There is a strength that allows you to wait patiently, even joyfully, without frustration.

There is a strength that allows you to trust life when circumstances seem to justify fear.

There is a strength that allows you to be Love in the face of fear, mistrust, and hate.

There is a strength in your Soul more powerful than all the forces the world can bring against you.

Are you willing to become that strong Now?

An unlikely gift | It's easy to be tolerant and patient when you feel happy, peaceful, and loving. Developing tolerance and patience requires, at some point, a relentless adversary who tests you in all your weak places and pushes you over your edge.

All growth in consciousness must be tested fully, often in seemingly adversarial ways. Understanding this allows you to see your adversaries as teachers and tests from God that serve your spiritual growth.

This is a part of many Soul Contracts being played out Now.

It is better to be late than to be the "late So-and-So" | To live in the Now requires patience. Impatient people who hurry through life live in the past and the future, and miss the Now that is their true location. This moment is only here Now; then it is gone forever. You can't be in a hurry – rushing through this moment to get from "here" to "there" – and be in the Now. You can't be impatient and enjoy life at the same time.

**Impatience** – missing the moments of life – can become a habit. If you never learn patience, the art of being present Now, you may find yourself looking back from your deathbed, realizing that you have missed out on most of your life. Impatience is really a way of rushing through life toward death.

Physiologically, impatience shortens your life span by stressing your body/ mind Now. Psychologically, impatience is living in the uncertainty of a fantasy future while creating stress, mental anxiety, and anguish Now. Why use the Now in this unproductive, self-destructive way? The next time you find yourself waiting impatiently for something to happen or for someone who is late to arrive, try relaxing into patience and enjoy the beauty, peace, and presence of the Now. This is the best way to "wait."

What if every moment were a hundred-dollar bill, and you had to be present Now to collect it? How many moments would you miss out on then? In reality, each moment is worth far more than one hundred dollars, but most of us rarely pause to "collect" it. Ask a dying man the value of a single moment. He will tell you a single moment is priceless.

Why wait till the end to appreciate the value of this moment? Why hurry through the Now when you will finally come to your senses toward the end of your life and realize then that this moment is priceless?

Surrender to this moment, whether you or anyone else is "late" or "on time." Relax, breathe, and enjoy this priceless moment which will never come again. Be present and patient in whatever you may be doing or not doing Now. Use this moment to enjoy and appreciate life, rather than to shorten it!

# Compassion

**Being compassionate** When you can accept what is Now, you can share the joys of the perceived success of others and also empathize with their perceived failures, disappointments, and sadness. But you can also see, through all judgments of "good" and "bad" that produce worldly joy and sadness, the inner person, the Soul, who is learning lessons that will help that person grow on his or her path in God.

This inner person is always the real person, here and Now, whether that person knows it or not, and whether you know it or not. Being present and accepting what is Now allows you to empathize with the "outer" person who may be lost in the dramas of "good" and "bad," and yet still see the inner or real person who is always OK, whether that person knows it or not.

This dual view is called **compassion**.

Imagine a self-centered CEO who is being catered to, pampered, and chauffeured while abusing others and ordering them around, taking them for granted, and acting like a schoolyard bully to get whatever he wants at work and at home. Can you see the sleeping Soul and the wounded child craving acceptance and love that is hidden behind the CEO's ugly ego façade? Imagine a homeless drug addict living on the streets, begging to feed his habit and fill his hungry belly. Can you see the face of Jesus in the beggar, as Mother Theresa did? This is true compassion.

The root of compassion is the present awareness that we are all One Now. The experience of compassion is the experience of Being Love in Oneness Now. When you are Being compassion Now, your presence acts as a healing light and a beacon of Love and peace to all who enter your space. So let the unconditional healing Love and light of compassion shine through you in the Now of God's Space.

**Compassion is part of Love** One definition of compassion is "to suffer with." Compassion intuitively identifies the quality of the other person's suffering as a sense of loss, of disconnection from his or her Soul, or God. Compassion is present as understanding, support, and Love for another in that person's suffering. And this loving presence mysteriously reduces or alleviates that suffering.

Your compassionate presence makes you a human Being, rather than just a human doing.

Your compassion helps compensate for the lack of awareness of Love, or the disconnection from Soul or God, that creates another's suffering now.

A suffering Soul may spurn your compassion. That's OK. Compassion is never misspent, is never conditional, and never depends on the acknowledgment or acceptance of others. Compassion is simply present with and for others Now, no matter how uncomfortable it may be. It is the presence of the Soul, aware of its Oneness in the Now. So, let compassion be your Soul's expression of Love and Oneness Now, in the face of the loss and suffering of those you meet on your path.

**Blaming and shaming** | Blaming and shaming are the ego's opposite version of understanding and accepting. When you blame and shame, you negate the person and reduce that person to his or her actions—and you reduce yourself to your ego.

Before you blame someone for something, stop and ask the following questions: "I wonder why that person did that?" "What have I done in the past that someone else might judge harshly?" "How would Love/Soul regard this person my Ego is judging harshly?"

Asking these questions can help you shift from judgment to compassion, and from Ego to Soul. Asking these questions helps you to remember that we are all imperfect humans learning lessons, and are all Souls on a path to God.

The next time you find yourself judging another, take a moment to put yourself in that person's shoes by asking the above three questions. Try to understand why that person might have done whatever he or she did. If you know the individual personally, you might ask him or her, as kindly as possible, why he or she did it.

Rather than judge, seek to understand with compassion those you would otherwise judge.

If you do this, you will free yourself from the toxic burden of judgment, and you and your relationships will grow in Love, kindness, and understanding.

**Inheritance** How many of us waste the precious moments of life Now fighting the shadows of our past, dwelling on parents' failures and abuses, reliving and not forgiving what they did to us, or did not do for us? By refusing to let go of past injustices, we embitter and diminish ourselves and our relationships Now. We also pass on our bitter, unhealed wounds to our children. This is the meaning of the scripture from Ezekiel that states, "The fathers have eaten sour grapes, and the children's teeth are set on edge."

But did this cycle passed on to us start with our parents? What about our grandparents or great-grandparents? How far back did it begin? That we will never know. But we can stop the cycle by healing it within ourselves Now, and not passing it on to the next generation.

It helps to understand that our parents abused or mistreated or neglected us because they were abused, mistreated, and neglected. Part of our healing involves forgiveness: regarding our parents with compassion, understanding, and, most importantly, Love.

But wait. What about our grandparents and great-grandparents? How were they treated, and mistreated as children? It helps to understand that they passed on what had been given to them and could not pass on what

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had not been given to them. Louise Hay wrote, "We are all victims of victims." That puts it in perspective.

We cannot go back to the past and heal our parents, grandparents, greatgrandparents, and so on. But we can begin to heal ourselves Now and stop the loveless cycle of abuse and neglect passed down to us through our family lineage. If we don't stop it now, we will pass it on to others, whether we have children or not.

Practice forgiveness with your parents Now and be healed of the wounds of the past you may still be carrying. Seek forgiveness for any perceived hurt or harm you may have caused others. Embrace your children, tell them you Love them, and ask their forgiveness for any hurt or harm you may have caused them.

Forgiveness heals the wound whose symptom is a lack of Love.

**True compassion** Compassion is not pity or sympathy. It is holding a space of blessing, acceptance, and Love for others to be who they are Now, and to become the unique persons and fulfill the particular destinies that are theirs alone.

The presence of compassion is God's Space, and it provides an opportunity for the healing power of God's Love to flow through us to others.

Be present as compassion Now, and let the healing power of God's Love flow through you.

True compassion is a two-way street | True compassion comes from having passed through, and grown through, profound loss or suffering. This enables you to understand, relate to, and "feel with" another in the midst of that individual's suffering. Your experience of loss, pain, and grief enables you to be compassionately present with another person experiencing grief. The presence of compassion is beyond words; sometimes no words need be spoken at all. When you are present as compassion, your silence and your simple gestures or words have healing power.

Compassion is not about giving unsolicited advice, telling people the "answer" to their problems, trying to make them feel the way you want or think they should feel. It is about being with them right where they are Now, as a steady presence of support, acceptance, and Love. It is honoring and trusting the process that they are going through Now.

And when they have emerged from the depths of their ordeal, they will fully recognize your support, know that you were with them when they felt lost, and realize that you were a beacon of light and hope in their time of darkness. And they will naturally draw strength from your presence and example in the future, and pass onto others what they received from you.

True compassion is Oneness, in action or in stillness Now.

## Forgiveness

The meaning of forgiveness | The inability to forgive old hurts imprisons you in your unhealed past. Forgiveness brings you out of your unhealed state of bondage to the past into the freedom and light of the Now. Forgiveness renders your unhealed past obsolete, holding no compelling interest or binding power.

Living in the Now, in the vibrancy of your connection to God, is so much more rewarding than any worldly justice, apology, or retribution your Ego desires from those who hurt you in the past. So, heal your mind of the past with all its hurts by choosing to live in the Now, where forgiveness is possible and freedom is found. Letting go of resentments | By holding on to old resentments and withholding forgiveness, you color your present with the darkness of your past. Then the past not only poisons your present experiences—it becomes your present experience.

Why continue to recycle your poisonous past into your present? Let the past be in the past. Forgive what happened then, and be present, happy, and grateful for what is Now.

Rather than drink from the dark and bitter well of the past, let it go and be here Now, in the unsullied present, where the water of life is sweet, pure, and crystal-clear.

**The freedom of forgiving** Do memories from your past siphon off your energy in the present? Do your thoughts and feelings keep you frozen in old patterns and unable to move forward in life? Do your memories of what did or did not happen in your past keep you in an emotional deepfreeze, unable to thaw and feel fully vital, happy, and alive?

Do you frequently go to your deep-freeze to revisit painful memories? Have you adapted your personality and your life around the frozen relics of painful memories? Are your thoughts and feelings reflected through the distorting prism of painful memories? Does your attachment to the perceived injustices you experienced in the past perpetuate your present suffering?

Can you see that the perceived injustices that wounded you in the past stopped long ago? That your holding onto and often replaying memories keep the past alive Now? Is it possible that you don't want to let the past go? Perhaps, without your story, your painful memories, your unhealed wounds, you could not garner sympathy and support as a "victim." Perhaps you will have to take risks, take responsibility for your life, and move forward into the unknown. Perhaps you will have to discover or create a new identity and a new life that do not revolve around what happened in the past.

#### VICTIM— Verify I Call Trouble Into Manifestation

Would you like to use the present moment to cut the rope that tethers you to the past and stops you from living in the Now? Would you like to practice forgiveness Now, letting go of old grievances and resentments and releasing all the negative energy they contain? Try the following process:

First, acknowledge each step or aspect of the grievance as it occurred from beginning to end. Picture it unfolding like a movie in your mind. It may help to write it down on a piece of paper.

Next, acknowledge how you felt about each step or aspect as it happened. Feel Now what you felt then. Relive the anger, hurt, confusion, sadness, or sense of betrayal as you replay the event in your memory.

Now, being completely honest with yourself, examine and identify how you have allowed these negative feelings to affect your body, your thoughts, your emotions, your energy, your relationships, and your ability to give and receive Love.

Now ask yourself:

 $\underline{1}$  Do I want to feel better in body, mind, and spirit than I generally do?

<u>2</u> Do I want to create and accept fulfilling relationships rather than persist in unfulfilling relationships?

 $\underline{3}$  Do I want to be able to give and receive Love unconditionally?

<u>4</u> Am I willing to let go of the painful stories of the past and practice forgiveness in order to find happiness and peace in the present?

If your answer is yes, then it's time to begin practicing forgiveness with the person or people who have hurt, disappointed, or betrayed you in the past. It is up to you whether you do this in person or simply within yourself. It is not always safe, necessary, advisable, or possible to directly engage the person in your forgiveness. The main thing is that your forgiveness be authentic. Such forgiveness frees you from painful bondage to old wounds and resentments, and from your addiction to a painful past.

In the practice of forgiving someone who has hurt you, you should decide if your forgiveness requires you to contact that person, and if he or she is safe to contact directly. If direct contact seems safe, appropriate, and necessary, prepare for contact with meditation and/or prayer. When you are ready, give that person a call. After the call, release the person and the past in Love and gratitude. If more contact seems safe, appropriate, and necessary, set up a face-to-face meeting, if the person is willing. When you meet, follow your Inner Guidance as to what to say and do. When the meeting is finished, release that person in Love and gratitude.

If contacting the person is not possible or advisable, if the person has died, or cannot be found, or if it feels wrong for any reason to make contact, simply hold them in your thoughts and forgive the person as a meditative, prayerful process, speaking aloud or silently in your mind.

By dealing with the past through forgiveness in the present, you begin to transform the painful experiences of the past into strength, maturity, and wisdom Now. The energy trapped in painful emotions becomes available for conscious use in the present. And you find yourself feeling more alive and vibrant in the Now, embracing the moments of life with acceptance, Love, and newfound freedom.

The tandem bicycle | Think of life as a spiritual journey on a tandem bicycle. Love rides in the front seat, and forgiveness rides in the rear seat. The safety and enjoyment of your tandem-bicycle ride depends on forgiveness and Love giving their all and not holding back. Without sufficient forgiveness, Love cannot perform at its best, and vice versa.

So, practice forgiveness and Love with yourself and others, and let your journey through life be safe and enjoyable from beginning to end.

**Complete forgiveness** | Why hold on to past sorrows? Why cling to old resentments and fantasies of revenge? Why let judgments cloud your vision of the Now? Learn to forgive and let go of what is already long gone, and to accept and embrace what is before you Now.

This is the way that leads to peace.

**Total forgiveness is not what you would imagine it to be** | Total forgiveness can be attained when you realize that the transgressing party has no role to play in your forgiveness.

Your forgiveness is not about them.

Focusing on them keeps you emotionally and psychologically imbalanced, and only hurts you. Your forgiveness is about your releasing of the past, with all its cares, concerns, or negative feelings; for the sake of your inner peace and your growth toward wholeness and freedom.

Total forgiveness is the **release** and **transcendence** of all ego-attachment to the wounding issues and events of the past, the release of all egoattachment to any future results, and the release of all attachments/ expectations of the person you are forgiving. Your forgiveness does not depend on or require anything from the person you are forgiving.

> Your release of the above attachments completes the process of forgiveness and sets you free Now.

So, let go of all ego-attachments to what happened in the past and be free Now.

# Belief

A belief is only a thought | What is a belief? It is an opinion firmly rooted in the hidden depths of the psyche, treated as sacred by the conscious mind, and vigorously clung to and at times fought and even died for by the believing ego.

Yet, despite the Ego's propaganda and promotion of any belief as "the truth," all belief is no more than cherished opinion. Many beliefs are not based upon provable facts, and many are not based on personal experience. That's why they are mere beliefs.

No belief is sacred, because all belief is merely a form of attachment to what one cannot know with absolute certainty.

Many long-lasting beliefs have been clung to desperately, proclaimed fanatically, and even fought or killed for. Some of these beliefs have changed over time, and some are still considered sacred and true by some people.

Here are a few: The earth is flat. The Sun revolves around the earth. The Sun is God. Women are property. God is pleased by human sacrifice. Having slaves is OK. If you don't believe in one particular God, you will burn in hell forever.

When someone comes along with a radical idea and tries to disprove or improve upon a cherished belief, masses devoted to that belief, which gives them consolation, and leaders with vested interests in that belief, which gives them power, may turn on and dispose of the "troublemaker" by imprisonment, death, crucifixion, wars, and other desperate measures.

If you have to have a belief, pick one that doesn't have a negative side and that doesn't need to be defended with anger or violence. For example, the belief that you are a Part of God, everyone else is a Part of God, that we are all brothers and sisters in God, and that the Golden Rule is the best guide in all our interactions and relations has no dark side and never needs to be defended by Ego.

If you lived on the basis of this belief and yet never experienced it as the truth in this life, you would still be a healthier, happier, more accepting, and loving person for it. And by living this way over time, you may come to know and experience this belief as the truth in the Now.

But the best way to live is to be conscious, present, and awake in this moment, meeting life with acceptance and compassion, imposing no judgments or beliefs on what is, responding intuitively from this consciousness, and trusting the wisdom and intelligence of your true nature and of the Universe itself to guide you Now.

The Now is where your true power and freedom lie.

Attachment to any belief is how Ego keeps you out of the Now. Remember, a belief is only an opinion.

The truth is beyond belief, in the Now of God's Space.

What's missing Now? | What's missing from your life? Love, friendship, health, wealth, peace, harmony, bliss?

How are you choosing not to experience whatever is missing from your life Now?

Do you feel or believe yourself unworthy of having these things Now? Are you afraid of having these things Now? Do you unconsciously prefer and continually choose your old familiar discomfort, pain, and misery instead of choosing positive things Now? If the answer to any of these questions is yes, the next question is why. Why do you think that? Why do you believe that? Why do you feel that? Why do you do that?

What messages, overt or covert, conscious or subliminal, are you sending into the Universe that say, "I don't want," or, "I am unworthy of," or, "I am afraid to receive Love, friendship, intimacy, happiness, wealth, health, or whatever is missing Now?"

When you discover this, you will begin to attract and choose for your life the good things that you previously avoided or drove away.

# Solutions

# Creating solutions

#### Solutions are deep-seated

The solution to your problem is hidden in the problem itself. You could say that the problem suggests and is a call for the solution. But you must choose the solution with at least the same energy and intention with which you chose the problem. (Unless you prefer the problem over the solution!) When new action, intention, and awareness are required of you, avoiding the problem and hoping it will go away by itself is irresponsible.

**Responsibility is the ability to respond**, and the **commitment** that leads to responding. Irresponsibility is not responding when you have the ability and the need to respond!

The medical practice of homeopathy is based on the theory that "like cures like." If a thorn enters your flesh, you can use another thorn to take it out. The cure for a hangover is said to be a shot of the liquor that caused the hangover – "the hair of the dog that bit you."

The same principle applies to problems. Start by **recognizing the problem as an event**, instead of perceiving it as a problem. Don't judge it as good or bad; just see it rather as a thing, a process presently unfolding in your life.

Now place that "thing" in your cupped hands. Visualize it there. Gaze at it, resting in your cupped hands. This is "the hair of the dog that bit you."

Now nod to it, in acceptance that it exists. Now give it a slow, increasing smile, accepting it as a process presently unfolding in your life, like countless others.

Now see that thing, the process you previously saw only as a problem, as a key to open the door of a much bigger issue in your life. This "problem" is in reality a key to the door of an opportunity to solve a deeper Soul-Contract issue that you came here to solve.

This Soul-Contract issue is likely to be concerned with a deep-seated loss loss of love, loss of trust, loss of faith, loss of meaning, etc. This deep-seated loss is connected to your perceived inability to do something Now to solve your current perceived problem. Deep down inside, your Soul knows how to solve your current problem. But your Ego holds you back by creating **FEAR—False Evidence Appearing Real**.

To find the solution Now, you must be honest and "Soul-fully" face, feel, and acknowledge this deeply buried secret of perceived loss which your problem is calling you to heal. Facing this deeper issue is your Soul and sole responsibility Now.

When you find within yourself the willingness, ability, and determination to respond, and you do what needs to be done from a place of trust and Love, a Soul contract is completed on your journey toward God, and healing happens naturally.

**The solution is Now** Is something troubling you? Why not attend to it Now? The longer you procrastinate and put it off, the more ill at ease and possibly diseased you will become. We often put off until "later" dealing with what is bothering us Now. We imagine that it will be easier to do then, rather than Now. But "then" will be Now when it finally arrives, and the troubling issue we have put off dealing with may be far worse by then.

So, instead of procrastinating and **prolonging**, deal with whatever you're feeling Now. When you address a problem, the solution is on its way. Invariably, things that seemed stuck will start to move and then to improve. You will be surprised where help will come from. And don't keep it to yourself; a problem shared is a problem halved.

By addressing the problem or issue, you are knocking on the door of a solution. The fear of "knocking" is the fear of facing the problem or issue. If you knew that no matter how uncomfortable or unpleasant facing the issue might be, the solution was waiting on the other side of the door, would you refuse to knock?

The fear that keeps you from "knocking" Now is only the fear which you create by projecting a future. When facing a problem, ignore the future. Stay in the Now and knock on the door, trusting the Universe to give you what you need for the highest growth of your Soul on the other side of the door.

Knock, knock!

Who's there?

It's me facing a problem Now.

Come on in. I'm the solution. I've been waiting for you to knock!

How To Live In The Now

#### Inner spaciousness

Where does creativity come from?

From an inner knowing.

So, where does the inner knowing come from?

From an inner spaciousness.

And where does inner spaciousness come from?

From a still alertness to what is Now.

In this stillness, in the silence, you allow yourself to merge with the issue at hand, and you and the issue become One.

When you see the issue from the vantage point of being One with it, the solution emerges naturally out of that Oneness.

How many times have solutions "popped" into your head when you were relaxing in the bath, taking a shower, walking in nature, or being silent, still, and present? The solution was germinating in your inner spaciousness, waiting to emerge from the stillness and silence within you as you became present in the Now.

**Finding a solution** | Most arguments are about one's expectations not being met. Arguments take you out of the Now, into the past, and what did or did not happen, or into the future, and what may or may not happen.

Even when an argument is about what is or is not happening now, neither party is truly present Now. Both parties are asserting or defending their viewpoints, attacking each other's viewpoint, and generally speaking without really listening to each other. Two egos are colliding headlong in a verbal train wreck, with a bad outcome for both.

The next time you find yourself in the midst of an argument, stop! Instead of trying to win, be right, and prove the other wrong, look at the other person with kindness and say sincerely, "I think we can find a solution to this problem which will make us both happy."

If that doesn't stop the argument in its tracks, then politely say, "I have to go now but please let me know when you are ready to find a solution that makes us both happy," and leave the room. There's no point in staying if the other person still wants to fight and is not interested in resolving the issue Now.

As an old saying goes, "When two dogs are fighting over one bone, the smart dog lets go and walks away."

**Untangle the knots** | What obstacles have you put in the way of being Love and finding Love? In reality, there is only one obstacle in the way of you being and finding Love – your Ego.

If you want to find and be Love Now, then be still and present Now as your Soul, which is a Part of God. And in the stillness of the Now, God can untangle the knots in you preventing the free flow of Love.

This is the key to the solution of every problem Now.

An answer is not a solution The word *answer* has its origins in the words "to swear," as in to make a sworn statement as to the validity of something. An answer, then, is an opinion presumed to be factual, limited to the question for which it is a response. An answer is a verbal or written response that explains or clarifies a matter or question. But an answer does not, like a solution, resolve a problem. An answer is rigid and limiting whereas a solution is flexible and unlimited.

The word *solution* has its roots in the words "to loosen, untie, solve, dissolve." A solution is a mixture of two or more substances creating the chemistry of a solution. A solution is not limited, as it can be adjusted to solve, dissolve, and resolve other issues. How To Live In The Now

A true solution supplies understanding and perspectives that clarify what is being sought, and a method that brings about the desired result. The methodology of a true solution can often be adapted to obtain other beneficial results in other situations or areas.

An old proverb illustrates why an answer is not a solution. It states "Give a man a fish and you feed him for one day; teach a man to fish and he can feed himself for a lifetime." The fish is the answer to today's hungry belly while the art of fishing is the solution to hunger itself.

Perhaps as you search for a way to stay in the present moment of Now, you are searching for a solution, not just an answer.

# chapter 20 NOW

The Present moment of Now

Finding the egoless Now

If you believe that God is Love, that every Soul is a Part of God, that God dwells in every Soul, and that every person has a Soul, then you believe that every person is a vessel or emissary of God and Love.

When you pray to God and open your Soul to God, God gives you Love, because God is Love. God's Love is continually given to your Soul because God dwells within your Soul. But the only way that you, as a physical body, can receive that Love is to connect to your Soul which, in reality, is God's Soul as well, since your Soul is a Part of God's Soul.

Your Soul is timeless and is Eternal. Your Soul doesn't know of yesterday or tomorrow. Your Soul only knows the eternal moment of Now. The only way you can connect to your Soul and receive God's limitless Love is to be present in the Now.

The Now is not a time—it's a space: God's Space.

You cannot think yourself into God's Space or "do" yourself into God's Space. You can only enter into God's Space through the gap between your thoughts and by being present Now with no thinking, no doing, no trying, no effort.

Be loving, be compassionate, be understanding, be trusting, be present, and surrendered Now and Ego disappears. Then you will sense God's Presence in your own Being and you will then be in God's Space Now.

> Now you can feel Love. Now you are Love. Love is not a thought but a true feeling, the language of your Soul.

Do not be disappointed if this feeling doesn't happen immediately. God is always here Now. And Love is always here Now. But you may not be fully here Now. You may have some clearing away to do first. Love may appear gradually, by degrees, like the dawn.

By being conscious of and honest about when and where your Ego is protecting your emotional wounds, you can recognize and acknowledge your Ego at work. Then, gradually, in countless moments of Now, you can surrender beyond your Ego and access your Soul.

Being in the Now empowers your Soul to guide your life and actions. Your Ego is powerless in the Now. It only exists in the world of time, memories, and projections of the past and future, of hope and fear. The Now is where Love is, God is, your Soul is, with no strings of hope or fear attached to the past or the future.

Let go completely, surrender beyond your Ego, and enter the Now.

It can only happen Now | Everything can only happen in the Now. The past is simply the Now remembered or forgotten. When you remember something that happened in the past, you are remembering it Now. When your thoughts project onto the screen of your consciousness, images or ideas about what may or may not happen in the future, you are projecting it Now.

The past is only a **remembered** Now, and the future only an **imagined** Now.

You can remember the past, but you cannot change it. You can imagine the future but you cannot know it with certainty until it arrives. And when it does arrive, it is the present!

But you can use the memory of the past wisely and create a better future by being present and responsible Now, by being loving and truthful Now, and by being the best person you can be Now.

Negative thoughts and feelings about the past or the future take you out of the Now and leave you powerless in the present. But if you address your negative feelings and deal with them Now, you can heal and overcome them.

Now is always the only fulcrum point of **power** where you can effect change.

POWER—Present Only When Ego Removed How To Live In The Now

In the Now | Life is what it is; and it's also what you make of it Now. If you are conscious of who You really are Now, and conscious of God's Presence in your life Now, and if you live in this awareness in all that you think, say, and do, then you will live in the Now and know the "peace that passeth understanding."

To be awake, aware, conscious, and present Now is the key to a life welllived. If this were all you knew, it would be enough for Now.

> In the Now is effortless ease. In the Now is inner peace and Unconditional Love. In the Now is Oneness and interrelatedness. In the Now, God is found. Be in the Now, Now.

**Now is all you have** | Everything is impermanent. Nothing that is born, created, or made will survive its eventual demise. Our sun will die; stars, planets, and space itself will vanish into black holes.

Do not take life or existence for granted, even though they are **transitory**. In our material world, scarcity creates value. Thus, if you truly knew the impermanence of everything and everyone, then everything and everyone would be invaluable to you.

Imagine your life as it is Now. Now imagine all the people and things you value in your life gone. Now is the only time you have to enjoy your friends and loved ones. Now is the only time you have to enjoy the things you value and Love. Now is the only time you have for anyone or anything.

Everything is impermanent.

Everything comes to an end and passes away. Now is all you ever have. Now is all there is. Be grateful Now for everyone and everything you Love and value.

Make the most of Now.

Savor the moment Now | When you learned to do something for the first time, your concentration, focus, awareness, and attention were on high alert. You listened, watched, heard, smelled, and tasted with rapt attention.

Once you had developed the basic skills required to operate in life, living became more and more automatic. And as you got used to things, they were no longer new, and you began to take them for granted.

To live in the Now in mindfulness is be conscious of everything as it happens, moment to moment, as if you were discovering things for the first time. And the truth is that each moment is new and is a moment of discovery. So why not approach the moments and all of life that way?

Give your awareness and attention to whatever unfolds before you, moment by moment, as if you are experiencing it for the first time, the last time, and the only time. For you will never experience this moment again.

If you can do this, you will begin to experience the moments of life with the enthusiasm, passion, and excitement you felt as a child when all was new. You will begin to experience the moments of life as unique, never to be repeated. In any moment that this happens, you are truly living in the Now.

Imagine that this kiss with your beloved is the only kiss you will ever know. How special would that kiss be? Imagine the same thing as you hold your baby in your arms. How precious is this embrace!

Imagine all your sensory delights only experienced once, Now. How you would savor each experience!

Yesterday is gone. Tomorrow is promised to no one. Now is all there is.

Savor this moment Now.

The wisdom gained Now | Now is all there is, ever has been, and ever will be. You can only live in the Now. The Now that was yesterday is but a memory of an experience, perhaps with wisdom gained.

The Now that will be tomorrow is a hopeful or fearful illusion—a fantasy, dream, or nightmare.

The Now well-lived makes tomorrow's yesterday a pleasant memory. So, living well Now is the best thing you can do for your future, the only leverage you have on tomorrow.

Now is here and, when it's gone, it's still Now. Now is forever and eternal. All you have is Now.

Relax and be where you are Now. Put your attention on this moment Now. Accept what is Now, exactly as it is.

When you can be fully present and accept this moment exactly as it is, your inner guidance will let you know what to do and say, and how to be Now.

**Stay here Now** | Do certain things or people annoy you – just push your buttons? Do you explode in frustration or anger over things that other people consider to be—or that in saner moments you know to be—minor or trivial?

Are the following things really worth losing your temper and peace of mind over – wet towels left on the floor; lights left on all night; food left out of the fridge; dishes broken; rush-hour traffic; rude people; your spouse taking too long to get ready? How many times have these or other mundane triggers flipped us into ego states of frustration, anger, and resentment? Must it always be so?

Try this: The next time you encounter a trigger and feel the flash of irritation and anger, stop, feel, and be conscious Now. Notice the content of this moment, inside and outside of you. Now breathe, notice whatever triggered you, notice the pettiness of the circumstance in the light of the bigger picture – that this is a moment in eternity, that you are an eternal Soul and thus a Part of God, and so is everyone else.

Now smile and chuckle to yourself at how You, an Eternal Soul in the Now of God's Space, nearly forgot who and where You really are, and how you imagined this moment of eternity was a curse instead of the blessing it is. Savor the Now. Relax, breathe, and attend to whatever triggered you. Return to the clarity, peace, and gratitude that is available in every moment of Now.

This is how you turn lemons into lemonade!

**Be a verb Now** Now can be an adverb. An adverb is a word that modifies a verb. A verb is a word of action. A noun is a word naming something that exists Now.

A verb is alive – it is happening Now. A noun is passive – it is merely existing Now. Be a verb as well as a noun. **Be doing and also being**. Be living as well as existing. Be loving, and also be Love.

Be a living verb and a noun existing in the adverb Now!

**Step into the Now** What is emotional pain? Emotional pain is a memory of something unpleasant from the past experienced in the present Now. It can also be a projection of a negative or painful future outcome experienced in the present Now. So, emotional pain is often the remembered past relived Now, or the projected future experienced Now.

Non-acceptance of what is Now—wanting what is Now to be different than it is—also creates emotional pain. In the case above, acceptance, followed by right action, is the cure – acceptance of what was in the past, acceptance of what is Now, and acceptance of what may or may not be in the future.

You grow by facing, accepting, and resolving issues, not by avoiding them. The past is unchangeable – but you can learn from it. By learning from your past, you can more intelligently engage the present, thereby creating a better future Now. Learn from your past, then let it go, and enjoy this moment Now.

Reliving your past errors and mistakes continually in your mind is not the same as learning from the past. You'll know you've learned from the past when you can truly accept it and let it go, and it no longer comes back to haunt you and rob you of peace Now.

Seeing your past mistakes as learning experiences makes it easier to actually learn from them and let them go. This enables you to feel better and perform better Now.

A baby learns to walk by first standing and falling, again and again, until it finds its balance. And once it finds its balance and can walk, it is filled with a sense of joy and accomplishment. It doesn't spend the rest of its childhood criticizing, judging, blaming itself, and feeling bad for all the times it fell over.

Don't dwell unnecessarily on your past mistakes; they were only experiences to learn from, and grow beyond. Learn how to learn from the past, and turn it into present wisdom. Learn how to let the past go and live joyfully in the Now.

Your new identity Now Who you are now as an ego is a story of your past. This past identifies who you were and have been up until now. But imagine that your past is forgotten, and your ego has no memories, no frame of reference, for its identity.

What is stopping you from starting fresh right now? Did you know you can be "reborn" in any and every moment of Now? Did you know that every moment of Now is fresh, new, original—**a first**?

Whether you are at home, at school, at work, or with loved ones, friends, or strangers, each moment, each place, each relationship is new Now. In each moment you can leave your entire past behind you, including your story about who you are based on what happened in the past; including your ego's little black book of secrets; including the very last moment before Now; when you made a "mistake," said something "stupid," or appeared "foolish" in your eyes or the eyes of others.

Whether or not you are proud of your past, happy with whom you seem to be, or satisfied with what you have, let it all go: It is done; it is gone; it is not your identity Now. Let your identity—let what you believe, think, say, and do in this moment—come from your true self, your Soul. If you do this Now, your Soul is your new identity Now. It is as if you are reborn in each moment of Now.

When people remind you of what they think you are, based on what you did and how you behaved in the past, smile and say,

"Thankfully, I am no longer that person Now. That was what I was then. Thank heaven I learned the lessons of my past, and for the spiritual growth that allows me to be who I am Now."

If they persist in reminding you of your past, and insist that you are now who you were then, don't defend yourself. Simply be who you are Now: a Soul who is Part of God. Gradually, they may come to see and appreciate the new you. If not, it's OK. You don't need their permission, approval, or agreement to be your true self Now.

There will always be naysayers who ridicule what they don't believe in or understand. And there will be those who, seeing a positive change in you, may be intrigued and want to find out more. Some may even want to learn more about what you know that changed you. But it's not your job to become a crusader for your newfound belief system of living in the Now. Each person has his or her own journey and timetable of awakening.

In the end, living in the Now, rather than talking about the Now, is your best testimony. People, like children, are influenced less by what you say and more by what you do.

Checking your Now pulse | As you earnestly try to live in the Now, check your "Now pulse" in random moments and see where your thoughts are. Noticing when you have slipped out of the Now into the past or the future enables you to be conscious of your mind's Thinker. The Thinker is always wandering backward or forward in time, taking you with it, and keeping you from being present Now.

The ability to recognize when you are not in the Now is a major growth step in consciousness. As you become more aware of the kind of thoughts you tend to think and the "places" they tend to take you, the gap between your thoughts begins to lengthen, and your capacity to enter and be in the Now increases.

Over time, the feelings of joy, clarity, and inner peace you experience in the Now become far more pleasant and preferable to you than wandering mentally into the past or the future.

If you persist in checking your "Now pulse," your wanderings away from the Now will become less frequent and compulsive, and your abiding in the Now will become more frequent and stable.

Over time the Now will increasingly become your usual state, and you will become accustomed to bliss and peace as you were once accustomed to stress and fear.

**The only way in is here, Now** You can only get There by being Here. Here is wherever you are Now. There is where you would like to be in the future. The only portal and point of access to anywhere is Here, Now. If you're seeking physical, emotional, or spiritual salvation, you can only achieve them Here, Now. If you desire a new car, a loving relationship, a successful career, or spiritual enlightenment, you must embark upon the journey that leads There from one time and place only – Here, Now.

Whenever the journey begins, at every point along the way, and finally when it reaches the goal (or There) at last, everything occurs at the same time and place – Here, Now.

The importance of this is that God/Being/Essence is always only here Now. This helps us avoid the trap of imagining that we are Here, God is There, and we must travel a great time and distance to finally find God in the future. When we remember that we are always Here, Now, and God is always Here, Now, life is no longer a desperate journey we take alone, but a thrilling adventure we experience with God.

So express your "Soul-full" gratitude for the knowledge that what you once sought, as if it were far away, is already Here, Now, with you. Find peace in understanding that what you seek and desire on your journey already exists Now in the unmanifested spiritual realm, in God's Space, and will manifest in your life in God's Time, in a form that serves your growth and highest good. And, regardless of what you seem to have or lack in worldly things, trust that God/Being/Essence knows and provides what you need when you need it for the highest growth of your Soul.

**Coming home Now** You can only experience the throb of life Now. Place your hand over your heart or your fingers on your pulse. Notice how each heart or pulse beat seems to chant the mantra, "Now, Now, Now ..." This literal "Now pulse" ever beats inside of you, to the life ever flowing through you, from birth to death. "Now, Now, Now ..."

There is never a time when you are not living in the Now. You can only remember the past or project into the future Now. You can only be happy, sad, afraid, mad, awake, or asleep Now. You can only be alive Now. You can only access God, Being, Spirit, Now. Everything only happens Now. This moment of Now is a portal open to eternity, to infinity, to God. In this moment of Now, you are one with Life, with God, with Infinite Intelligence. But you can only enter the Now as a Soul, by surrendering your ego and all its time-bound thoughts.

Listen to the pulse of "Now, Now, Now" beating within you. Feel your Soul flowing to the eternal rhythm of "Now, Now, Now ..." Let everything you see, feel, do, and experience call you home in this moment, Now.

Window of opportunity | There is only one window of opportunity and that is Now. In this moment Now, you can dissolve the pain of the past and the fear of the future. In this moment Now, your past is deleted and your future is seeded.

In this moment, the awareness, or lack of awareness, of God's Presence in your life will determine what you choose to do and be Now. And this determines what will soon be your past and your future.

Now is a window of opportunity. Now is the point of leverage, of power. Choose wisely Now, knowing your past and your future depend upon it.

Are you ready for your appointment? | Ever looked at the word "appointment"? It has a ring of official dom about it.

An appointment is not a casual coming together, but a formally arranged meeting.

You have an appointment with the doctor at 10 a.m., an appointment with an attorney at 12 p.m., and an appointment with an IRS accountant at 3.40 p.m. (Yikes!)

You pay special attention to appointments. You don't take them for granted. You do your best to ensure that you show up prepared and on time. If you knew you had an appointment with life, would you make sure you showed up prepared and on time? Well, you do have an appointment with life. Your appointment is Here and Now. The time and date are scheduled by God. Your appointment with life is always in the present moment. Don't take it for granted.

Are you prepared Now?

**Bubble of Now** Who doesn't enjoy a bubble bath? Young children love it; it's fun and laughter. It's heaven at the end of a long, stressful day; luxuriating in a hot bubble bath seems to soak your troubles away.

The mere thought of a bubble bath relaxes the mind. Imagine floating peacefully within a large bubble, protected from the world by its silky, transparent skin. Imagine that silky skin allowing people and the world to touch you but not hurt or harm you.

This is what it's like when you are awake in the Now. You can see and feel life but it cannot hurt or harm who You really are, your Soul. No thoughts or words can touch you in the Now, because you are beyond thoughts and words, and you are present in Eternity, in the bubble of God's Space.

**Eyes front!** The best way to enhance your future and heal your past is to be fully present Now. You can't be present Now if you have one eye on the future and one eye on the past. You can't be present Now if you have both eyes on the past or future. How often are you really present Now?

To live with vibrancy, vitality, and enthusiasm as you meet the challenges and tasks of life, be present Now. Live fully in this moment. Be present with both eyes on the Now.

Getting rid of ego Count how many times in a minute, an hour, a morning, an afternoon, or a day you use the words "me," "I," or "mine." ME stands for My Ego.

Ego is an "I" disease.

How do you recover from the addiction to ego? How do you heal your vision from the nearsightedness of I/me/mine and expand it to the bigpicture perspective of Oneness? By living in the Now.

In the Now, the ego has no point in the past or future to hook or distract you. In the Now you are One with God Who is Love. In the Now, you are Love, and Ego, which is Fear, cannot live where Love is.

You can be healed of ego-addiction; you can become who You really are Now; you can be all that You can be Now, by being in the Now.

Have you gone AWOL? Are your mind and your body in the same place Now? Often the body is operating Now, but the mind is elsewhere, lost in imagination and fantasy, in past recollections or future projections.

Your mind, easily stimulated by a smell, a sight, a taste, a person, a word, or a thought, suddenly races off, out of the Now, taking you along for the ride. It is no surprise that most accidents happen when we are distracted out of the Now in this manner.

How can your body execute its actions properly and efficiently if the pilot your mind—has gone AWOL?

Be present and aware Now, in mind and body, and your Spirit will guide your actions.

# At Home

When you live in the Now, you are always Home, in God's Space. So, put your feet up and relax, be Here Now, and make yourself at Home. **Just do it!** Is this the most rewarding moment of your life? If not, why not? You are surrounded by the beautiful earth, the bright blue or starry sky, the infinite universe. You are held, nurtured, lived, loved, and one with God Now. What more could you want than this?

So, is this the most rewarding moment of your life? If not, why not? What can you do Now to remember, realize, and experience that it is so?

Do that Now!

Just notice Now | A window is a clear pane of glass that reveals a particular view. A thousand windows reveal a thousand views. Windows can reveal backyards, city streets, golf courses, the ocean, a forest, or countless other views. But a window does not judge what it reveals. It simply offers a clear view.

You can also observe life in a non-judgmental way, by looking at the endless views of life through the windows of your Soul. You can notice and observe without thinking, evaluating, or judging. You can see what you are seeing, feel what you are feeling, and experience what you are experiencing without thinking, evaluating, or judging.

You can look and observe from your Soul instead of your Ego. You can notice and observe where you are looking from—is it from a place of Ego or a place of Soul? Just notice Now. Where are you noticing from Now? Your Ego or your Soul?

When you look and react with judgment and opinions, you are looking through the window of your Ego. When you look and feel without judging and reacting, you are looking through the window of your Soul.

You can always choose your viewing spot Now.

Past karma cannot exist in the NowMany people are consumedby the karma of past lives and the karma of their actions in this lifetime.Their thoughts dwell in the past, with regrets for their words and actions, or

with sadness or resentment over the words and actions of others. Or, their thoughts dwell in the future as they visualize the good things they hope will happen, and the bad things they fear will happen. By dwelling in the past and the future, they miss the Now, where life is, where God is, and where their power is.

Living in the past and the future is like riding the wheel of karma around and around, going nowhere, and never getting off. Karma is dissolved like mist in sunlight when you are present in the Now, because karma is the baggage clutched by the ego as it journeys through life, and ego is also dissolved in the Now.

By living in the Now, "bad" karma is purified and "good" karma is created. Your past karma cannot be experienced in the Now because the Now is God's Space, and God's Presence outshines all karma.

What is there to fear from past karma when you are in God's Presence Now?

**See Now** Do not seek to be in the Now. Just be Here Now. When you seek, you do not see.

Seeking is an **expectation of something desired in the future** that prevents you from experiencing the Peace of God's Presence Now.

You can only seek by looking into the future. But you can only see Now.

Instead of seeking Now, simply be present, see, and feel Now, with acceptance and Love.

Then you will experience the true fulfillment of "no seeking."

Slip into the Now | It is difficult to stay in the Now when your thoughts are whirring. Trying not to think only creates tension in you and stimulates even more thoughts.

Don't think, and don't try not to think. Just relax and allow yourself to be in the Now. Notice the gap that is always there, behind and between all thoughts.

Imagine removing a plug in your mind in the gap between thoughts. Imagine your thoughts flowing through the gap like water down a drain, until your mind is empty. Allow yourself to slip through the gap, into the Now, without even trying.

#### Simply slip effortlessly into the Now.

The new toy | Ever watched the awe, amazement, and wonder of a child with a new toy? If ever a person was in the Now, it would be a child with a new toy.

It's possible to recover that awe, wonder, and amazement we knew as children. It's possible to discover, like the child with a new toy, a newness in all our experiences, as they happen.

It is possible to be awestruck, enthusiastic, and passionate about the present moment Now.

**The rubbish dump** Everything that is of this world is impermanent. Nothing that is of this world lasts forever. Today's worldly prizes become tomorrow's bric-a-brac, relics of the past. Those trophies and awards you fought so hard for end up in the attic, a closet, a garage sale, or on a rubbish heap.

Now is the moment to savor. Once gone, it also becomes a memory, a relic of the past. Enjoy this moment. It's all you will ever really have.

**Just be here Now** You don't have to be intelligent, religious, spiritual, enlightened, or "special" to be Love, to be a Part of God. You simply have to be present in this moment of Now.

Who you were and what you did or didn't do in the past doesn't matter Now. Who you are being and what you are doing Now is everything.

#### Protective living Now |

Picture yourself standing still behind a pane of glass as tall as you are, inches away from you. Now picture another pane of glass the same size in front of you, inches away from you.

As you start walking, the panes of glass, behind you and in front of you, move in tandem with you. But these are no ordinary panes of glass. The pane of glass behind you stops your past from coming into your consciousness, and the pane of glass in front of you prevents your mind from wandering into the future.

You walk effortlessly in the Now, protected from thoughts of past and future. And you experience the spontaneous joy, peace, and bliss of the Now.

# This moment

Live in this moment | Learn to live in the moment. Learn to live as the moment. You can learn to be Love Now in relation to whatever presents itself to you. Learn to accept all the moments through which life evolves.

Now is all there is.

Love is who You truly are.

And all of life is a Part of God, Who is Love.

So live the moments of life with the integrity of your true nature, your Soul, which is Love.

**Be in this moment** | Release the present moment, for it is gone in the next moment. Just be present Now.

By the time your mind thinks about what is Now, that Now is the past. The best thing to do with the present moment of Now is to be in it Now. Being in the moment allows you to be the best you can be.

If you are thinking about being in the Now, you have missed the moment. Simply *be* in the moment Now, and it will tell you what to do.

**Go through this moment** Are you Houdini? Do you always find a way to escape from the present moment into fearful or hopeful memories or fantasies of the past or the future? When you have to confront an uncomfortable, unpleasant moment, do you slip out of the Now in your mind, seeking a more comfortable place?

Instead of escaping the unpleasant moments of Now, learn to go through them in acceptance.

This is how you grow.

Most fears are baseless; running away only makes them seem more real. Most unpleasantness is temporary; running away only prolongs the discomfort.

The key to "breaking through" is "being in" the Now.

Whatever you face becomes less fearsome, less painful, less uncomfortable. Whatever you face and feel, rather than avoid and escape, becomes a means of growth and a source of victory.

So, "burst through" the moment by being in it Now, and overcome your fears.

**The miracle in this moment** | This is it! This moment is just as it should be – perfect. Can you notice, accept, and appreciate this moment as it is? Are you aware that you are sitting in a chair, your eyes on these words, your hands holding this book or e-reader, your feet on the floor? Are you aware that you are resting on the earth, beneath a blue or starry sky, orbiting the life-giving sun, surrounded by countless galaxies in an infinite universe?

This moment is more than perfect – it's *miraculous*! Do you realize that God is here with you Now, in this moment? Are you conscious of God's Light blessing you, nourishing you, and evolving you Now? Do you feel the miracle of this moment?

### Are you passionate?

Can you be passionate about this moment? Can you smile at this moment? Can you say yes to this moment? Can you embrace this moment? Can you tenderly caress this moment? Can you kiss this moment? Can you surrender unconditionally to this moment? Can you become One with this moment? Are you passionate about this moment Now?

**Being passionate in this moment** | When was the last time you played a game without keeping score? When was the last time you created something without judging or evaluating it? When was the last time you were so passionately involved in life that you lost track of time and experienced timelessness? When was the last time you were truly happy, blissful, ecstatic? Your Ego is a relentless master, even a tyrant. It demands performance, constant striving, and improvement—even impossible perfection. Trying to live up to Ego's expectations is like trying to empty the ocean with a spoon. Good luck!

It's good to stretch yourself beyond your comfort zone, to improve your skills and performance, and to achieve meaningful goals. But it is equally important to relax, to laugh, to have fun, and to enjoy what you are doing Now.

Endless striving is an unhealthy lifestyle. It helps to remember that the **task** in front of you is never greater than the Power within You.

Try living in the Now with passion and detachment.

Do your best in each moment and circumstance, but release the results to God and trust in the outcome. Life isn't about winning or losing, but about living, learning, and growing. If you enjoy this moment, you will have joyful memories, whether you win or lose.

**Go deep** When we say a person is shallow, we mean that individual lacks depth. When we say a person is deep, we mean that he or she is wise, insightful, and worthy of being listened to. Few people would consciously choose to be shallow. But relatively few people consciously choose to be deep.

If you want to be deep, you must begin to do things deeply. When you breathe, breathe deeply. You will grow calm and relaxed, and your mind will become clearer. When you think, think deeply. Consider a matter from different perspectives, weigh various options, and reflect on it thoughtfully over time. When you feel, feel deeply: Explore your emotions thoughtfully, and be sensitive and empathetic to the feelings of others. If you do this, you will develop those Soul qualities that make one "deep."

Dive deep into this present moment. Plunge into the infinite depth of the Now.

**Experience the life-throb, the vibrancy, of this moment** You can experience the moment or you can think about the moment, but you can't do both at once. Thoughts are one degree of separation from the Now. Thoughts are the action of analysis or judgment about something, rather than direct experience of what is Now.

The complex minutiae and nuances of each moment are the substance of our experience in the Now. The mind cannot experience these while also analyzing and judging them with thoughts. Experience is a matter of the senses directly apprehended by the Soul. Thoughts are the ego's buffer against direct experience and against the Soul.

The senses make it possible to experience and discover the details of life in any moment, and they make life far more meaningful and adventurous. The simple joy of experience – the taste of good food, the melodious refrains of music or sounds of nature, the sensual subtlety of silk fabric or the pleasure of sex, the fragrant smell of a flower or aroma of coffee – enriches the moments of Now that make up a life.

Each life is made up of millions of moments—of highs and lows, joys and sorrows, pleasures and pains, gains and losses, victories and defeats. We tend to cloud and color the present moment with the memories of past experiences and projections of future possibilities. But Now is the moment to savor that will never come again.

Live in the life-throb of this moment. Experience its freshness, its uniqueness, its vibrancy. Live it fully—then let it go, and you will know the wonder of the Now.

**Special moments** | Do you remember special moments in your life? When you scored the winning goal? When you were praised by someone you admired? Your first kiss? Buying your first car? Your wedding? The birth of your child? Do you recall how those moments felt larger than life, and seem so even now in memory? Every moment is sacred, if you are present enough to notice. But we're often not present and fail to notice the sacred moments of life that come and go like our very breaths. Slow everything down. Be present to this moment. Slow down and smell the roses. Enjoy the view Now instead of rushing by on your way to some imagined future.

Witness the beauty around you. Taste the happiness, and feel the sacredness of this moment. Achievements and victories are theoretical without enjoyment and happiness, without you present and aware Now, where you are always held in the palm of God's Hand.

**Don't just do something – sit there!** Ever had days when everything just goes from bad to worse, when things seem to spin out of control, when your best efforts backfire, when you go from impatience to irritation to anger and finally to rage? When all hell seems to be breaking loose and you can't stop it, change it, or make it better?

Try doing nothing. Yes, "Don't just do something – sit there!" Doing nothing—merely being present in acceptance without interfering in or reacting to what you cannot control—opens you up to the Now, restores your balance, and allows the healing and transforming power of your Soul to flow into the situation.

So, remember, the next time when all hell seems to be breaking loose, "Don't just do something – sit there!" And breathe, relax, be present Now, and allow the healing power of your Soul to guide you effortlessly through this moment Now.

Anyone for a cup of tea? Certain cultures celebrate a tea ceremony as a way of slowing down, becoming present to this moment, and entering into the Now. But every moment can be a tea ceremony of sorts. Taking time to appreciate and savor tea is no more sacred than taking time to appreciate a flower, a sunset, or a friend. Even a coffee break can be a sacred ritual – be conscious of the aroma, the warmth of the cup in your hands, the taste and texture of the liquid sliding down your throat. Let these moments of stillness awaken your mind and body and all your senses to the beauty of the present moment, and to gratitude for the simple pleasures of life.

To be present in this moment—with awareness, acceptance, and gratitude in mind, body, and Spirit—makes this moment sacred. And you thought it was just a cup of tea!

Walking meditation | When you go for an exercise walk, you can make it a walking meditation as well. You can elevate your heart rate and your Soul at the same time. Take each step with awareness, feeling and seeing the beauty of this moment, enjoying the sensations of your body moving through the world, animated by the power of life always flowing through you Now.

Let your breathing fall into rhythm and harmony with your footsteps, and feel gratitude for life as you walk the earth with God Now.

Freedom from Ego | Would you rather have excitement or freedom? Is your need for stimulation, drama, excitement, and pleasure greater than your desire for clarity, peace, joy, and Oneness? Are you addicted to stress, pressure, hope, expectation, excitement, and all the emotions that seem to run the world of egos? Do you think attaining success and glory is the goal of life, and that it will make you happy and set you free? Did you ever achieve an important goal and taste victory and success? What happened then? Was it as sweet as you imagined? Did it last?

Achievements, and all the excitement and emotions they produce, happen now. And when the moments pass, the feelings fade. Some people chase achievement and its associated feelings as if it were a drug from which they need more and more highs. Such people have been called various names – driven, hell-bent, single-minded, workaholics. But, as with any "high," achievement eventually fails to satisfy as it once did. The high fades and the low comes to collect the rent. The real high everyone is seeking is only found in the Now by a Soul awakened beyond the illusions of the world. Winning a trophy, setting a record, earning a diploma, getting a raise or a promotion, or becoming a star, all have of themselves little value. They are all transitory. Most trophies end up in a closet or down in a basement. All records are broken sooner or later. A diploma, a raise, a promotion, all fade in importance as the demands of life press upon us and require us to be present Now and in every successive moment of Now.

Learn to act with detachment and enjoy action for its own sake, as an expression of living. Learn to achieve without ego investment, and enjoy achievement as the fruit of skillful action. Learn to recognize and acknowledge all the people and support that enable you to achieve any goal.

Learn to enjoy the peace of detachment from results, the freedom from ego itself, the simple joy of being alive Now.

Let go and let God in Now "Let go and let God." Those who put this wisdom into practice find release from their minds' grip and begin to see through a self-created reality that is not, in fact, real. That which you want to let go of has already gone and is part of the past. Only your thoughts and memories Now make it seem real Now. It is not reality; it is simply an illusion presently occupying your ego-driven mind.

Don't allow this moment to be robbed of its Presence by an illusion. Be present to what this moment is offering you Now, instead of clinging to memories, hopes, or fears of loss or gain.

This moment is **pregnant with opportunities** for learning, growth, and joy. God is always presenting you with a miracle Now in the form and content of this moment. As an initial step you can hand over your life in trust by letting go and letting God handle the details. An even better approach will be to simply let God in, in this moment. Then you will see there is nothing to let go of but illusions. Then you can accept and enjoy the beauty, the opportunity, the miracle of this moment.

Simply let go and let God in Now.

What's the matter? No matter, here's the solution! | What's the matter? You're concerned about the possible loss of something you value? Perhaps an opportunity, a house, a job, a relationship?

Take a moment to imagine your fear materializing in reality and the loss occurring. You'll still survive, you'll still be here, right? It may hurt; it may be inconvenient; it may be tragic. It may require adjustments; it may require you to discover new strength within and new resources without; it may require you to grow and develop new skills and hone the Soul's perspective. It's all only life unfolding on your path of growth and awakening in God. And on that path everything has value and purpose, and serves your growth and ultimate good.

Your Ego gains power over your mind by projecting fearful gloom-anddoom scenarios.

But Ego is only one talk-radio station you can listen to. There is a more uplifting station with better programs – the Soul's station, which you can always tune into Now.

Be still for a moment. Give your full attention to what you can see, hear, smell, touch, and taste in this moment. Notice the silence and stillness that are the soothing background of this moment. Be still and wait patiently in trust. Listen for your intuition to inspire and guide you. Don't react in fear; let yourself be moved in the moment by the Spirit. A real solution, a movement of Spirit, can't be anxiously forced. It is always revealed in the moment, when we let go of ego and become available Now.

This movement may be a feeling of peace, a gentle impulse to act, or a crystal-clear insight or solution popping into your head. Whatever it is, it will just feel right. It will be part of the Universe's plan for your life unfolding Now.

You need to TRUST—To Release Unto Spirit Totally and then To Rely Upon Spirit Totally.

Let go in trust and let God in. Learn to live in the moment without fear and anxiety over the future. Open your heart and your arms to receive the blessings that are right in front of you Now. Trust the Universe to give you what you need when you need it for the highest growth of your Soul.

Live in this way and you will know the peace and joy of Eternity Now.

Learning from this moment | When beset by troubles and problems, don't be hard on yourself. Don't see yourself as a victim of your own or of anyone else's actions. Don't fall into the trap of blaming and shaming yourself or anyone else. Don't obsess over the problem and worry about how you can sort it out. Don't look for a quick-fix "Band-Aid" solution.

Rather, stand back and ask yourself: What can this moment of Now teach me? Where in this problem or challenge is the gift for my growth? What teacher and lesson am I failing to recognize and embrace Now? Where am I giving my power away to others or to circumstances? Where am I refusing to accept responsibility for my thoughts, attitudes, and behaviors? Where am I coming from egobased fear of loss and not seeing and trusting the bigger picture? Which of my own thoughts are creating my present negative experience of reality?

You can address and remedy the problem by coming from Love/Soul Now. And from a place of Love/Soul, you can consider "right actions" you may need to take. Do you need to apologize sincerely to anyone for thoughtless, unkind, or hurtful words you may have spoken or actions you may have taken? Do you need to make any amends and repair any damage physical, emotional, or psychological—that you may have caused? What can you do Now to sort things out? What lessons can you learn from the past that will help you avoid similar situations in the future? By engaging these considerations and following through with right action, you are healing the past in the present. And you are doing this by coming from Soul instead of Ego, and from Love Now instead of Fear.

You cannot fail, you can only grow Vou often hear people say, "Life is unfair." But life is an endless stream of infinitely varied moments and events, and cannot be judged by any one moment or event or even any particular series of moments and events. There are moments and events in life that seem unfair or fair, wonderful or terrible, beautiful or hideous, peaceful or disturbing, joyful or traumatic, and so on. Only ego judges life in simplistic terms like "unfair."

Life is too vast to be any one thing. Life simply is. Period. Life is everything and contains everything. It is we who perceive fragments of life in terms of good and bad, ugly and beautiful, happy and sad, healthy and unhealthy, wealthy and poor, intelligent and stupid, success and failure.

Life is everything. It is an unpredictable, multidimensional "grab bag" where you pull out what you want or what you don't want, and always get **what you need for your Soul's highest growth** and ultimate good. Life involves having expectations and no expectations, and learning from the consequences of your choices, which include happiness and suffering.

Life is an infinite kaleidoscope, shifting every microsecond. Over time, in countless moments, you will know the full range and cycles of human experience – happiness becomes sadness, fear becomes Love, ignorance becomes wisdom, and separation becomes Oneness.

Life is unpredictable. Your Ego wants certainty, wants to survive, wants to get what it wants, and have its needs met. Your Soul knows it is Eternal, that nothing can go wrong ultimately, and that it can grow through all the challenges life provides. It knows that You are Part of God, that God is part of everything and experiences everything, and that God is alive in you and living through you Now.

So, rejoice in your Soul and be grateful for what is happening Now, knowing you are co-creating your life with God Now. Who would you prefer to have as your life partner, your co-Creator, other than God?

Enjoy the mystery unfolding right Now in the unpredictability of your life. You cannot ultimately fail, for you are growing through all experience Now. Trust the uncertainty and the challenges in all the cycles of your growth and evolution. Trust that you will be given exactly what you need, when you need it, for the growth of your Soul.

Trust the process of your life as it unfolds moment by moment. This moment is alive with possibilities. In this moment it is possible to know God Now. Savor the richness, the uniqueness, the preciousness of this moment Now. Embrace the aliveness of this moment Now. Accept and surrender into this moment Now.

Smile at this moment, say yes to this moment, relax into this moment, flow with this moment, be Love in this moment Now.

Live in this moment | Learn to live in the moment. Learn to live as the moment. You can learn to be Love Now in relation to whatever presents itself to you. Learn to accept all the moments through which life evolves.

Now is all there is. Love is who You truly are. And all of life is a Part of God, Who is Love. So live the moments of life with the integrity of your true nature, your Soul, who is Love.

A tender moment | To be peaceful implies gentleness and kindness. Can you touch this moment lovingly? Can you caress this moment gently, kindly, softly? Can you kiss this moment tenderly? Can you arrive and depart from this moment as a butterfly touches a flower?

Feel this moment embracing you Now. Feel God embracing you in this moment Now. Feel the smile of God in your heart Now. Trust God in this moment Now. Live in this moment Now. How To Live In The Now

**Slow down** Do you want to enter the Now? Try slowing down. When you brush your teeth, do it at half your normal speed. When you put on your makeup, tie your shoelaces, or perform any other mundane task, do it slowly with full attention.

Becoming conscious and present in mundane actions that you usually do automatically—without full attention, with a wandering, multitasking mind—brings you into the present moment. Being present while "doing" slowly, you start to "single-task," to feel and become the doing, rather than doing while thinking.

Slow down, single-task, and give yourself an opportunity to experience the Now.

#### There is no time in the Now

There is no time in this present moment.

There is only Eternity Now.

There is no God in the past or the future.

God is only here Now.

There is no past or future Now.

There is only Now.

The past is only a memory. The future is only a projection.

In reality, God is always here Now.

And Now is always **Eternity**.

There is no forever in time.

There is no time in this present moment of Now.

Time is just ego's way of perceiving Now.

Your watch tells you it is ten past two. But that's man-made time portrayed on a man-made device. Time is an **arbitrary construct of measurement**. We could easily have decided there were one hundred seconds in an hour, or twenty minutes in an hour, or ten hours in a day, and made the math work according to each calculation relative to the cycles of the earth around the sun.

But in reality, whether it is day or night, winter or summer, heaven or earth, this present moment of Now is always timeless and always opens onto Eternity. It is always the eternal moment of Now, no matter what your watch or your feelings tell you.

So, be fully present and attentive to what you are doing and how you are being Now, knowing that what you believe, think, say, and do Now will become your past and create your future as it unfolds in time.

**Grieving Now** | Grieving for the loss of someone or something in the Now is healing. The highs we experience when we gain something are counterbalanced by the lows we experience when we lose someone or something we Love.

Grieving Now over loss that has happened in the "past" processes that loss by our acknowledging and feeling the waves of energy released by that loss that are still washing over us Now.

The healing process only occurs in the Now, not in the past. So open up and feel your loss fully. Feel the waves of energy released by the loss that are still rippling out, still washing over you Now.

Feel and acknowledge to yourself what that loss really means to you, and how affected, even devastated, you really are. Take time to remember how important the person or thing was in your life. Remember the Love you felt for them or it. Take time Now to grieve properly.

You only grieve for people and things you Love. In the fullness of time, through proper grieving, you will realize that nothing is permanent, that nothing belongs to you, and that nothing based in Love ever ends, even when it dies or disappears. If you grieve over the loss of a life, know that the blessed "dead" are part of you always in Spirit. Know that you, and they, are never alone. Find your Soul connection to the departed in the Love that survives the death of the body. Speak to them in silence or out loud with true feelings, the language of the Soul.

Open yourself up to their Presence and send Love to them in Spirit. They are never far from you, even as they continue their spiritual journey beyond, for the Love that connects you keeps you close.

Trust Spirit Now. And trust Love, which is Eternal Now.

This moment | Can you remember a vital moment in your life, a moment of utmost importance, of exquisite aliveness, of maximum growth or awakening?

What about this moment Now? Why not this moment Now? Is anything really missing from this moment Now?

## Most people are standing on a mountain of gold looking at a pile of silver in the distance.

#### Anonymous

Source: 5000YearsofWisdom.com

# Time is the moving image of Eternity.

#### Plato 427-347 BC

Source: 5000YearsofWisdom.com

### chapter 21 Time

Understanding Time

#### Timeless |

There is no time in the world. **Time is man's invention**, a relative perception measured in relation to what has happened, is happening, or is expected to happen.

The world that operates in time is arising from a greater reality that is timeless. And you can tap into that greater reality in any moment by entering the Now.

Now is where God is. Now is God's Space. Now is timeless. Now is Eternal.

Now is Now.

Now is.

Now. ...

**Urgent or important?** | Just because something is important or urgent to someone else doesn't make it important or urgent for you. Yet people often want you to do for them things that are of little or no value or importance to you. As the saying goes, they want **their urgency to be your emergency**.

But don't let someone hand you his or her hot potato. Learn to ignore the urgency bell people ring to get you to attend to their needs. Be self-centered—centered in your Self in the Now. Listen politely, even compassionately, but with detachment. Then attend to what's important for you Now.

Before you can be of service to others without sacrificing your own needs, you must learn to focus on what is important for you to do, or to be, Now.

**Eternity with God** Now is where you always are, have been, or will be. You don't have a past or a future. All you have is Now. Now is not in duality and cannot be compared to yesterday or tomorrow. All comparisons, all perceptions of past and future, are illusions created by the ego in time, which is itself an ego illusion.

The Now is not measured in time. It is a space, God's Space. Now is Now in the same way that God is God. The Now cannot be described, just as God is indescribable. The Now cannot be conceptualized, only experienced by the Soul. And that experience cannot be translated into the consciousness of ego.

To trust in God is to trust in Now and to trust God Now. God can only be found in the Now by trusting Now. God is always in the eternal moment of Now. No wonder the Now is so exceptional!

**Eternity is Now** | Eternity is not forever. Eternity is not equivalent to endless time.

Eternity is timelessness.

Eternity is Now. And every moment of Now is Eternity. If you want to be with your beloved in Eternity, be fully present with your beloved in this moment of Now. It's as simple and profound as that.

#### Now exercises

Some people exercise their egos by jumping to conclusions.

Some do it by stretching for the truth.

Some do it by wandering endlessly in the future and the past. Some people run others down to build themselves up.

Some people walk over others to get what they want.

And most people have thoughts skipping through their minds most of the time.

But the best exercise is letting go and living in the Now.

When your mind wanders into the future, let go and be present Now.

When your mind wanders into the past, let go and be present Now.

When you are present in the Now, you begin to feel God's Presence.

Let go and be present with God Now.

# Power best expresses itself in gentleness.

#### I. Ching 50 BC-10 AD

Source: 5000YearsofWisdom.com

### chapter 22 Power

#### The only Power

#### True Power

The desire for power is paramount in politics, government, economics, society, and in certain personal relationships. But what passes for power in these terms is different than true power, which is of the Spirit.

True POWER is Present Only When Ego is Removed. True power flows only through the Soul that is present Now. But even the Soul is not the Source of true power, only a channel. The Soul is Part of God, Who is the Source of true Power.

True power flows Now, and is an aspect of God's Presence operating through Souls who are present in alignment with "God's Will" Now. When you can be fully present in God's Presence Now, God's Power will flow through you, guide you, help you, and help others through you. Then you will be truly power-filled. All power other than this is ego-based, cannot last, and carries within it the seeds of its own destruction. We can see this in the example of all the so-called powerful nations that have come and gone. A nation or person that rises by ego power will fall, because ego power always fails and falls in the end.

True power is not measured in might of arms and armies, in wars won, or in numbers killed or conquered, but in the depth of the Spirit in you and its fruits of transformation and Love through you.

> True Power is the movement of God's Presence in the world.

Only those who grow in the consciousness of God, and who embrace the Truth that they and everyone else are a Part of God, become truly **power-filled**.

**The power to choose** | Ego always wants to be more powerful than it is Now. And it is often prepared to pay almost any price to attain this desired power, which it hopes to use to control others and situations, and to avoid vulnerability in life.

The price of choosing ego power can be losing Love, losing integrity, losing compassion, losing perspective, and losing touch with your Soul. When you choose ego power, either the balance of power shifts between you and those close to you, or tension is created between you and those who do not accept your efforts to have power in the relationship.

For all the above reasons, ego power is incompatible with healthy relationships. It can also adversely affect your work, career, financial well-being, as well as your physical and mental health.

Your point of true power is only in your Soul in the present moment of Now. True power includes the wisdom of Universal Intelligence. It contains the knowledge that God provides everything you truly need, when you truly need it, for the growth of your Soul; and that everything that happens in your life serves your ultimate good and growth. This true power, wisdom, and knowledge give you the limitless confidence called "faith" or **Soul Power Now**.

## A few more ways into the Now

This important moment

#### Naming |

Do you want to enter the Now? Try the **name game**. Look around and notice the things around you. Consciously identify everything around you now. If you see a blue lamp, look at it, fully present—its shape, its structure, its color—and say, "blue lamp." Look around and name each thing you see, observing its shape, its color, its qualities, and name it out loud. Be fully present and aware of each thing you see as you say its name.

Enjoy the feeling of being present Now.

Alarms | Alarm clocks are used to wake you up into the so-called real world. But you can use the same alarm clock to wake you up in the Now.

Set your wristwatch, desk clock, or mobile/cell phone alarm to ring every fifteen minutes, every half hour, or every hour, as you choose. And whenever you hear the ring, stop, be present, and say thoughtfully to yourself,

"Being ... Here ... Now."

#### Animals

**Pets are great teachers** | Do you want to learn how to stay in the Now? Get a pet. Do you want a fun-loving way to stay present in the Now? Hang out with your pet. Pets give Unconditional Love, as they have no apparent ego. They are effortlessly present and experience life as it happens, without thought.

Playing with a pet (and petting a pet!) keeps you in the moment by awakening your senses of touch, sight, hearing, and even smell.

It opens your heart.

Because pets naturally approach and respond with Love, many people are more comfortable and loving with their pets than they are with other people.

If people were as open, receptive, giving, sharing, and loving with each other as they are with their pets, then, as Louis Armstrong sang, "Oh, what a wonderful world!"

**Learning from animals and birds** Have you ever watched an animal or bird for a prolonged period or frequently over time? Like pets, animals live in the Now, where life is simple, even when it's hard. They function instinctively with an extra sense unknown to the usual human senses. They have the innate wisdom of Universal Intelligence accessed effortlessly in the Now.

By staying in the Now, animals and birds just know what to do and when to do it. They are in life, experiencing it as it unfolds. They are living from moment to moment without mental complications or existential anxiety. It is almost as if they trust that life will provide for them what they need when they need it.

When you learn to live in the Now, you can also tap into a Universal Intelligence that allows you to simplify your life and enjoy each moment as it unfolds. By trusting that God will give you what you need when you need it for the highest growth of your Soul, you can be like the animals and birds who live in the Now, trusting Life.

#### Caution

**Choose caution over doubt** Doubt is different than caution. Being cautious in the Now does not mean being in fear, but being present and aware of what is, and of what is possible Now.

Caution pauses to **intelligently assess** the varied possibilities and options in any situation.

Doubt creates uncertainty and insecurity. This undermines your intentions, so that they fall short of their target. This creates a self-fulfilling prophecy of non-accomplishment, which reinforces this cycle of doubt. Doubt is not conscious and present in the Now. Its fearful focus on the past or future hampers your ability to function effectively in the Now. Yet the antidote to doubt is not reckless or willful action, but a cautious, clear-headed optimism and a "can-do" spirit. This enables you to move beyond doubt, to say yes to the present moment, and to rise to meet its demands.

Say yes to Now, with a can-do spirit, trusting that the Universe will give you what you need when you need it for your Soul's growth and highest good.

#### Prayer

**Prayer in this moment** When you pray, pray for the ability to be fully in this moment with God. Have a sense of wonder at the **magnificence of God** and **the mystery of life**. Believe that the present moment is alive with possibilities and opportunities. Imagine, believe, *feel* that God is with you Now, and *Loves* you Now.

When you pray: remember, believe, and *feel* that God is continually showering you with an abundance of life and Love for the growth of your Soul. Be fully present, let go, and surrender into the Now, where nothing exists but you and God, and where all thoughts are dissolved in His Presence.

Be swept away in the Now.

#### Problems

**Problems or opportunities** | Is your life full of problems? Does it seem like problems just come one after another? Do you have a problem right Now in this moment? You have a difficult boss? A malfunctioning computer? A scheduling conflict between two important events? A son or daughter doing poorly in school? You don't get to spend enough quality time with your family?

Of course, these are legitimate problems. But are they nonstop problems? Are they problems right Now? Do they necessarily prevent you from experiencing the **peace of the Now**? Must you suffer these problems in every moment until they are solved? Can you only know peace and joy when all your problems are solved? We suggest that the answer to these questions is "No!" We suggest that only Ego allows problems to pre-occupy it continually. We suggest that what Ego views fearfully as problems threatening its happiness and survival, the Soul views serenely as life happening Now for its growth and ultimate good.

Let's do a little experiment right Now. Take a moment to relax and breathe a few deep breaths. Now close your eyes, take another deep breath, and completely let go.

Now visualize a mountain stream slowly trickling down, down, down the mountain. See a leaf floating in the stream, perhaps becoming lodged in certain moments on rocks, moss-covered logs, or the bank, and then being swept along again.

Now imagine that you are that leaf, and the stream is life carrying you slowly toward the sea. Imagine that the moments when the leaf appears stuck on the temporary obstacles which it inevitably encounters on its journey downstream are what your Ego calls "problems."

Can you see that there is no "problem" bigger than the stream carrying you along? Can you see the wisdom of letting go and trusting the stream whenever a "problem" arises?

Now try and see the real You, You as a Soul, You as Part of God. This "real You" really is who You are Now. Your Ego may see you as an overworked mom or dad, or as a victim of difficult circumstances. But that's only a fraction of your human personality, a role you are playing in moments, at this particular phase of your life. And every problem you will ever face is a temporary snag in the stream of life which will sweep you along forever.

Find moments in your busy schedule to relax and let go. Find moments to become present and experience the real You. Find moments to float peacefully in the stream of life which is always sweeping you along Now.

You can be your real self Now and still attend to all the duties and responsibilities of your human life, serving those you love with gratitude and joy. You can face and address all the challenges your Ego calls your "problems" while seeing them as opportunities for growth. You can learn to do all these things in the Now from a place of trust, surrender, and gratitude.

Remember, your Ego is where all your problems are located. And your Soul is where the solution always is. When you come from Love, from Soul, from God, you begin to see the opportunities for growth that all your problems are in reality.

#### Stretch

**Stretching** | Before exercising, it helps to relax, stretch, and warm up the muscles you are about to exercise. When you stretch or exercise your muscles, you may experience pain if you push beyond their limits. Yet correctly and carefully done stretching and exercising are good for you, even when some pain is involved. It makes your muscles stronger and more supple, and makes you healthier overall.

The same principles apply in your efforts to stretch beyond your current limits and your present capacity to be in the Now.

Spiritual growth requires stretching and exercising your consciousness and your Soul in the Now.

If you want to feel the exhilaration of new energy and awareness flowing through you, be willing to stretch and exercise beyond your present limits Now. Be gentle and relaxed, but disciplined and committed. You can stretch further than you think.

Don't worry, you won't break!

#### Tears

**Tears are the words of the heart** | How does your heart speak in the Now? In silence? In joy? In peace? In sadness? In tears? Tears of joy or sadness come from the heart, and are the heart's wordless words. Tears of joy or sadness are the salty truth squeezed from the heart.

The heart's cleansing tears wash the past clean in the Now. Those who have not cried have not yet lived fully. Never be ashamed to cry, to allow your heart to fully release its emotions in tears.

Hearts full of held-back emotions are heavy and full of heartache, yearning for release.

Hearts released of emotions are healthier, happier hearts. Give your heart full permission to feel, express, and release itself, and let your tears flow Now.

#### Transparency

**Be transparent** | From a subatomic perspective, you are virtually transparent. You are composed of atoms, and an atom is 99.99999999999999% empty space.

You are also consciousness, which, as far as we know, is also transparent, and has no mass or substance at all. The same is true for the thoughts, images, and feelings that our consciousness perceives and creates. And it is true for the Soul which we are in reality.

Holding onto or clinging to thoughts and emotions, likes and dislikes, opinions and judgments, stories and beliefs, makes them seem more substantial than they really are, and makes you seem less transparent than you really are. Whatever you cling to seems more real than it is. Whatever you cling to becomes an energy blockage that can impair your emotional and spiritual balance and well-being. It can even make you ill. Whatever you cling to, to the degree that you cling to it, limits, defines these attachments and controls you. Also interfere with your relationships with others and with yourself.

Choose to be transparent by letting go of whatever (or whomever) you find yourself clinging to – your relationships, opinions, beliefs, regrets, resentments, hopes, and fears. Noticing what you are clinging to, and observing the thoughts and emotions passing through you, bring greater awareness and detachment into play. You can experience all your experiences, high and low, with awareness and detachment. This allows you to release the blockages that are your attachments so that you can be fully present in this moment.

Present in the Now, you begin to experience the pure, transparent energy of life flowing freely through and around you. You begin to experience your own transparency, and that of all the thoughts and feelings that pass through you.

So, be transparent. Don't hold onto or cling to anything. Don't allow anything to hold onto or cling to you. Allow the pure energy of life to flow unhindered, effortlessly, through the transparent Consciousness that you are.

Wherever possible, consciously come from your Soul, be Love Now, and live in God's Space which is only accessible Now.

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Neville Berkowitz Johannesburg, South Africa

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NOTES