

# SPIRITUAL LOVE

*Spiritual Love is within you,  
you simply have to let it out.*

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# Spiritual Love

## Introduction

How would you feel if you knew, without a shadow of a doubt, that you were Spiritual Love as your essence?

That the real eternal and immortal part of you is Unconditional Love or Spiritual Love if you prefer the term?

I believe this and reinforce that belief every morning with my prayer and meditation routine. There are definitive steps I experience as I consciously think about being Spiritual Love. These steps are the chapter headings of this book. I have fleshed out each stage to provide a context for each chapter heading.

I spent a lot more effort on the last chapter on Inner Peace and spelt out numerous subheadings in alphabetical order.

I trust that you enjoy and benefit from this book as much as I have done in writing it for you.

In Love and Light

**Neville Berkowitz**  
Johannesburg  
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## Chapter 1 - Proving that you are Spiritual Love as your essence

How can I prove this to you?

The proof is easily done from a mathematical or scientific viewpoint, but proof from a spiritual viewpoint is reliant on feelings, which are the language of your soul and Spirit.

Let's start off in a less serious vein and let me show you mathematical proof that the Love of God is 101%.

### Beauty of Mathematics!

$1 \times 8 + 1 = 9$   
 $12 \times 8 + 2 = 98$   
 $123 \times 8 + 3 = 987$   
 $1234 \times 8 + 4 = 9876$   
 $12345 \times 8 + 5 = 98765$   
 $123456 \times 8 + 6 = 987654$   
 $1234567 \times 8 + 7 = 9876543$   
 $12345678 \times 8 + 8 = 98765432$   
 $123456789 \times 8 + 9 = 987654321$   
 $1 \times 9 + 2 = 11$   
 $12 \times 9 + 3 = 111$   
 $123 \times 9 + 4 = 1111$   
 $1234 \times 9 + 5 = 11111$   
 $12345 \times 9 + 6 = 111111$   
 $123456 \times 9 + 7 = 1111111$   
 $1234567 \times 9 + 8 = 11111111$   
 $12345678 \times 9 + 9 = 111111111$   
 $123456789 \times 9 + 10 = 1111111111$

$9 \times 9 + 7 = 88$   
 $98 \times 9 + 6 = 888$   
 $987 \times 9 + 5 = 8888$   
 $9876 \times 9 + 4 = 88888$   
 $98765 \times 9 + 3 = 888888$   
 $987654 \times 9 + 2 = 8888888$   
 $9876543 \times 9 + 1 = 88888888$   
 $98765432 \times 9 + 0 = 888888888$

Brilliant, isn't it?

And look at this symmetry:

$1 \times 1 = 1$   
 $11 \times 11 = 121$   
 $111 \times 111 = 12321$   
 $1111 \times 1111 = 1234321$   
 $11111 \times 11111 = 123454321$   
 $111111 \times 111111 = 12345654321$   
 $1111111 \times 1111111 = 1234567654321$   
 $11111111 \times 11111111 = 123456787654321$   
 $111111111 \times 111111111 = 12345678987654321$

Now, take a look at this... 101%

From a strictly mathematical viewpoint:

What Equals 100%?

What does it mean to give MORE than 100%?  
Ever wonder about those people who say they are giving more than 100%?  
We have all been in situations where someone wants you to GIVE OVER 100%.  
How about ACHIEVING 101%?

What equals 100% in life?

Here's a little mathematical formula that might help answer these questions:

If: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26.

If: H-A-R-D-W-O-R-K  $8+1+18+4+23+15+18+11 = 98\%$

And: K-N-O-W-L-E-D-G-E  $11+14+15+23+12+5+4+7+5 = 96\%$

But: A-T-T-I-T-U-D-E  $1+20+20+9+20+21+4+5 = 100\%$

THEN, look how far the love of God will take you:

L-O-V-E-O-F-G-O-D  $12+15+22+5+15+6+7+15+4 = 101\%$

Therefore, one can conclude with mathematical certainty that:

While Hard Work and Knowledge will get you close, and Attitude will get you there, it's the Love of God that will put you over the top!

(Source: The Internet circa 2009)

## **Back to reality**

OK so I can't provide you with the same mathematical or scientific proof that you are Love as your essence, as stated earlier. This awareness is based on an emotional feeling, as feelings are the language of your soul and Spirit.

## **Back to the beginning**

However, I would like you to come on a journey with me to the beginning of creation, and you may then begin to remember that you are Love as your essence.

Your memory may be a bit vague as it's over 10 million years ago, and a lot has happened to you in that time, so a lapse of memory is understandable on your part!

Once upon a present moment of Now there was a Thought. Where did this Thought come from? The mind of Source/Oneness/God. (Let's use Source for simplicity's sake).

Everything that is created comes from Thought. Visualisation flows from Thought and creation flows from visualisation.

In the beginning, there was a void, and that void was infinite, and Thought was without a form. The Source thought and visualised Itself and created Itself into Being; now there was Form.

What made the Source Create Itself? Love of Itself - as it's the very essence and purpose of this contemplation and visualisation of Thought. (Sorry, no mathematical or scientific proof but hang in there as this gets interesting!)

The Source of Love for Itself created this expansion of Form of Itself and, guess what? In this expansion of Form we were all created as part of this Form of the Source. We are all part of this Divine Intelligence we call the Mind of the Source. Each of us is a part of the Source.

When the mind of the Source expanded into contemplated Thought, this Thought was lowered to become a vibrational frequency that emitted Light. Billions upon billions of Light Beings were created as part of this Light. We, as Light Beings, were there at the beginning and we will be there immortally and eternally. We are part of the Source, who is Light and Love.

When we received the flow of Love from the Source, we had no way of capturing and retaining this flow, so our Souls were created as the memory banks of the flow of Love and the emotions that emanated from this flow.

Our Souls developed a stillness or a memory bank. Our souls are housed within our Spirit, the part of the Source which is our Light. Our Soul's memory bank retains the images of our visualisations that are created by us via our thoughts.

All our thoughts flow to and from the Source, and the Source grows and experiences Life through us.

If you "*buy*" this explanation of Creation, with You as part of the Source, then you will appreciate that "*your thoughts create your reality.*" You will also appreciate that the part of the Source that is You, is your Spirit, of which your Soul is a part, and, is within you now as a human being.

So, if you are still reading this and allowing me some latitude that this may be true, then you will realise that, in your essence, you are Light and Love, as the Source is Light and Love as Its essence, and, so much more, as It is All That Is.

Now for the litmus test of proof!

When you do an act of random kindness for someone, and no one knows what you have done, how do you feel inside of you?

When you give someone appreciation, admiration and respect for something they have done how does that make you feel inside?

When you see, hear or meet someone who represents Godliness, as you perceive it to be, and you feel reverence for them, how does that make you feel inside?

When you see something in Nature that takes your breath away due to its immenseness, grandeur or beauty, how does that make you feel inside?

When you feel unconditional love for someone or something, how does that make you feel inside? Feelings, or emotions, are part of your Soul's stillness or memory bank, through eternity, and is the language that expresses the Light and the Love that you are.

That is the most proof I can offer you this side of the "*veil*" that separates our life as human beings from our life as beings in Spirit.

We now come to the divide between faith and proof. As Tagore said, "*Faith is the bird that feels the light and sings when the dawn is still dark.*"

If the above resonates with you and becomes part of your belief system and it makes you feel "*good*" then adopt it. For those of you who don't want to adopt it, please continue your search for more proof. Providing you share your findings, we will all learn from what you do or don't discover, in your journey of understanding who and what we are and if we are, or are not Light and Love, as I have postulated above.

This journey of understanding that you are on, or an awakening, if you prefer, has no destination, so I hope you enjoy the ride as much as I do searching for the unanswerable on this side of the "*veil*".

My advice to you is to stop now and then, have some fun and an ice cream. I often think about the people having a sumptuous dinner on the last night of the ill-fated Titanic's journey and those who refused those amazing desserts! Always make time for an ice cream on your journey ahead.

## Chapter 2 - The answer is so simple

For those who have given me the benefit of their doubt and are still reading, I want you to throw caution to the wind and visualise that you are a part of Source and that part is within you as your soul.

The Source I believe in is a “*God of Love*” as spelt out in various biblical verses. Quite simply then, you are Love at your essence. If the Source is Light and Love then you are both Light and Love, at your essence.

Okay, so then why don't you feel like that?

You mean you don't feel like you radiate Light and Love and that people aren't beating a path to your door and treating you with such reverence that they are convening a special sitting at the Vatican to immediately announce your canonization as a Saint, foregoing the five-year statutory waiting period for canonization!!

Gee whiz, I wonder what went wrong?

I will let you into a secret of what went wrong; it's a little three-letter word – EGO - Edging God Out. That's it in a nutshell - your ego is blocking out your Source-created and ordained Light and Love that is inside of you as your soul.

How can it be that something as small as a three-letter word can block out the greatest power in the world- Light and Love?

I want you to look at the Source's creation of a sunrise or sunset and see the magnificence of that picture in front of you. It is immense, covering as far as your eyes can see.

Now hold your index fingers in front of your eyes and see if you can see anything but blurry fingers. Your ego has the same effect upon your soul's good intentions to fill you with Light and Love for all to experience this ordained goodness from you.

There is no Sermon on the Mount, no flashes of lightning and emergence of the Ten Commandments, no awakening from the Bodi Tree, to awaken you to become “spiritual” and resonate with the Light and Love that is your essence. You are that already!

By allowing your ego to dominate your thoughts, you are putting sugar in your gas tank and wondering why you are not on the road to your spiritual nirvana.

Simply become consciously aware of when you allow your ego to get into the driving seat of your life and determine your level of health and happiness.

You want a happy relationship with your significant other in your life. You want your children to be surrounded with love and bliss and to be the little darlings they appeared to be at birth and while in the cot. You want your family to be loving and supportive of you. You want your in-laws to open their eyes to who you are and not the “*enemy*” who stole their child away from them. You want your friends, family members and neighbours to see the real you - the person who is Light and Love. You want your co-workers, and especially your boss, to be so thankful that you work with them, and, if you are self-employed, your staff and customers/clients to recognise how fortunate they are to be involved in your business with you.

It's all yours for the taking and receiving - simply replace the driver in your life with your Soul and stuff your ego in the trunk, if not thrown out of the car!

Let the Light and Love of your essence come shining through always and in all ways as you allow your soul to guide you in everyday matters.

To do this metamorphosis of the ego-based caterpillar into a beautiful soul-based butterfly requires one simple lesson.

*“You're kidding me! How can one simple lesson throw ego from the driver's seat of the car of my life into the road and allow my soul to drive me?”* you are probably thinking in disbelief.

Well here it is - simply think, say and act upon this statement:

*“What would Love do now?”*

That's it – lesson over for the rest of your life.

There is nothing more I can tell you to do. I have written 15 books to date. There are hundreds of thousands of spiritual and religious books available for you to read, and all you need to do is this. Simply follow this easy instruction - "*What would Love do now?*" and your life will be blissful beyond belief.

If you choose not to follow this simple instruction, then you will continue to know the friction of the ebb and flow of your life, as you have experienced to date.

There are a million excuses you can think up to explain to me and yourself why you cannot possibly think, act and say "*what would Love do now*" to your significant other who would abuse you to death if you did that. How your children would wipe the floor with you and become even more difficult to control if you gave them the gap of simply loving them without criticism or direction for their wellbeing. What torture your in-laws would put you through if you didn't protect yourself from the selfish needs of your spouse or partner. And so you can go down the list of the people in your life who would "*throw you to the wolves*" if you approached them with "*what would Love do now?*"

Okay, so you are now between a rock and a hard place in your life. You want to know bliss and be Light and Love but your ego advisably says "*don't let down your defenses - you will be run through.*"

So, what you gonna do- Brighteyes?!

Stay stuck? Continue to moan and groan and act like the victim in your life?

How is that working out for you so far?

It's your move on the chessboard of your life, what's it gonna be - sacrifice another pawn or be checkmated - or change your life's strategy to "*what would Love do now?*"

If you have any other choices you would prefer to do to exhaust your ego-based options, please go ahead and do them, if you think it will be in your long-term best interests. Your Soul has waited patiently for most of your life this time around, so another few months or years is nothing to an immortal soul who has eternity on its side.

Sometimes, life feels like a boxing match against Muhammad Ali in his prime. Jab, dodge, punch, round after round. You can surrender, and it will be the bravest and cleverest thing you ever do.



## Chapter 3 - Surrender

Surrender is not what it appears to be. When one surrenders spiritually you move ego out of the driver's seat of your life, and you invite Source into the passenger seat, and maybe, into the driver's seat for a while.

Source has equipped you with a part of Itself so that you can handle your life without needing to rush into Its arms to solve your problems. You create your life via the thoughts you have which create your reality on earth and your spiritual destiny as well.

Just as Source's initial thought was to create Itself out of the void and with it billions of Light Beings like you, so you have the power of thought creation as well.

Carefully considered, conscious thoughts will serve you best. Of course, the only thought you need is "*what will Love do now?*", but I am getting you to this thought process via a gentler, easier terrain than a giant leap onto this highest plateau of thought processes.

Many people consider that what surrender means is saying "*God, here are the problems of my life, I hand them over to you to solve for me and let me know when it's safe for me to come out from my hiding place*".

It would be so easy if this were how life worked. Do what you wanted and then at the first sign of trouble and hardship - "*here we are God - over to you to solve for me. Call me when you have sorted it out so I can go back and do what I want to do*".

Dream on!

Source made you as a part of Itself, as Light and Love, so that you would use your thoughts to create your reality and so expand the experience of Itself by the results of your thoughts.

You can surrender to Source and, unless it is a real emergency, Source will slip into the passenger seat, once you have ejected ego out of the driver's seat, and used your soul to drive the car on your life's journey.

Surrendering enables Source to be your co-Creator as a Navigator, only if you listen to your Navigator via meditation and via prayer when you call upon your Source.

The process of surrender is based on sincerity and thoroughness of thought, speech and action. It is not a "*band-aid*" to temporarily solve an issue but is a major operation of belief, faith and application to the best of your ability to be as Godlike as possible.

Being vulnerable is how the process of surrender begins.

## Chapter 4 - Vulnerability

Have you ever seen your dog, when being reprimanded by you, rolling over and exposing its belly to you with its paws in the air in total submission and trust? Somehow, instinctively your dog knows that they have done something wrong and wants to beg your forgiveness in this form of complete submission. Your dog knows to trust you and is willing to risk harm being inflicted by you because of the act of submission, of being vulnerable, and believes that it's unlikely to warrant physical punishment from you. You may verbally reprimand your dog, but instinctively your dog trusts you to not harm it physically.

Of course, if you have punished it physically in the past for similar actions then your dog will run away to a, hopefully, safer place until your anger has subsided and it's safe for your dog to re-appear.

Why did I choose your dog to illustrate the point of vulnerability?

Let me use something which you will find in *Spiritual Laughter*, a joke book found on *PersonalEmpowerment.co* under the heading tag - **Laughter**:

### How Enlightened Are You?....

If you can resist complaining,  
If you can understand when your loved ones are too busy to give you any time,  
If you can take criticism and blame without resentment,  
If you can ignore a friend's limited education and never correct him or her,  
If you can resist treating a rich friend better than a poor friend,  
If you can face the world without lies and deceit,  
If you can conquer tension without medical help,  
If you can relax without liquor,  
If you can sleep without the aid of drugs,  
If you can honestly say that deep in your heart, you have no prejudice against creed, colour, religion, gender preference, or politics,

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

Vulnerability requires trust in oneself and, hopefully, in the other party/ies to be reasonable, and forgiving.

Vulnerability is letting your ego's guard down and trusting your soul to guide you in openness, integrity and trust.

Yes, there will be some people who will attempt to, and maybe even succeed, in taking advantage of your openness, honest and trusting approach and abusing you in some way.

However, you will soon develop a sixth sense of learning who to trust and who not too. The reward of being open, honest and trustworthy and it being reciprocated back to you is a synergistic power that will make any relationship blossom. Soul is connecting to soul, and the Unconditional Love that is the essence of one's soul, finds its soulmate's Unconditional Love, and this creates an unshakeable, synergistic, bond of Unconditional Love.

This soul connection between the two souls in question brought about by vulnerability and surrender is not a fleeting occurrence. This soul connection of Unconditional Love has a history of eons of years of immortality and eternity in Spirit. This visit to the earth plane came with amnesia of this soul connection, which amnesia is now blotted out and the spiritual connection reignited.

So, you can imagine what causal events are set into motion for eternity when someone decides to abuse a vulnerable person. This abuse may be physical, mental, through authoritarian positions of power, and so many ways that man and woman find to damage the trust of a vulnerable person.

The “*gain*” of such abuse is usually short-lived, and the “*loss*” could be forever or, at least, for what feels like forever.

My understanding of the Spirit World is that it is based on various levels where the adage occurs “*birds of a feather flock together*”. You spend what appears to be forever with similar “people/spirits”. Being in the same space as a murderer, rapist, etc. for what appears to be forever is the causal result of the abuse meted out by a similar person on a vulnerable person on earth.

In the space of vulnerability and surrender, one suspends the need to be judgmental, manipulative or controlling in any way. You are totally accepting of “*what is*” or what occurs. This acceptance is the teaching of Jesus to turn the other cheek.

The Golden Rule is: “*Do unto others as you would want to be done unto you.*”

It is unlikely that any sane person would want someone else to physically or mentally abuse them. Unfortunately, many, if not most, people criticise, lie to, control, judge and manipulate other people as well as numerous other negative behavioural traits too numerous to mention.

The Judicial System is not based on the principles of justice but on who has the better legal person representing them!

The distinction between acceptable moral behaviour and the legal system is so huge that they hardly belong in the same sentence!

The long-heralded and trusted commercial practice of “my word is my bond” is treated as the epitome of naïveté in the 21st Century.

So, where does that leave you as a willing participant in the world of vulnerability and surrender? Where do you think?

Is it worth it to adopt an altruistic approach of being vulnerable and to surrender in your approach to yourself and relationship to others?

In the relationship with yourself, I believe that you should have inner integrity, drop your ego’s protective role and be vulnerable and surrender to become the best version of yourself you can be. You will be a beacon of Light and selected other people will be attracted to the Light that you are. Some of these people will also be beacons of Light and others may be on an aspirational path to becoming beacons of Light, and they may slip up from time to time but be heading in the right direction.

Then there are the ego-based people! Some of whom will be self-absorbed, self-centered and selfish but decent human beings who need to learn how to operate with others in a more selfless way.

Then there are the egomaniacs who are controlling, manipulative and judgmental, abusive, intolerant and those are their good points! These people are toxic and should be avoided at all costs. Unfortunately, many bosses or managers fall into this category, and they have the power to determine your livelihood and career prospects.

If you don’t have many other job or career opportunities, then you are going to have to learn to “*suck it up*” and suffer in silence. Find a way to get rid of the frustration you feel from these toxic people. Doing physical exercise is usually a healthy option.

If you can relocate within your existing employer’s business or change jobs, then that may be a better move for your sanity’s sake.

Spouses or parents or others in a familial relationship that are egomaniacs is a trickier position in which to be involved. As a child, you have limited options until you can leave home. Learning how to protect yourself by visualising a protective shell around you, much like a tortoise or turtle, could work for you. Depending on financial and other relevant issues, obtaining a separation or divorce may work for a spouse in an abusive relationship with an egomaniac.

Egomaniacal siblings, other family members, including in-laws, have also to be dealt with and obtaining psychological assistance may be required if you are in such relationships.

The first rule is to get out of the toxic environment as quickly and frequently as possible and, preferably, forever. It will be difficult to be a beacon of Light of vulnerability and surrender when an egomaniacal person is present in your environment.

Of course, theoretically, this place is precisely where you should be as your Light should help dispel the egomaniac's darkness. But I can tell you from bitter experience that that's what is called "the long game " and while I have had some successes and sizeable personal spiritual growth, it's not for the faint of heart!

If you can be a beacon of Light in such a difficult place, and, you have the fortitude to stick it out, you will experience a spiritual growth-spurt of note. But the chances and the likelihood of continuously being physically and mentally attacked are like being in a war zone 24/7 for a prolonged period.

You deserve to have FUN, which I describe as Find Upliftment Now, and you should rather relocate yourself to be with other beacons of Light than being in the toxic environment of an egomaniacal person.

I believe that you will have a spiritually and emotionally rewarding life by consciously choosing to become vulnerable and to surrender to become a beacon of Light and Unconditional Love.

## Chapter 5 - Appreciation

The word appreciation has three accepted meanings -

To be thankful for something or someone;

To have a full understanding of a situation;

To increase in value as in an asset appreciates in value.

I would like you to consider the fourth meaning as it applies to yourself and the people in your life:

To be both grateful and to value the role that you play or someone else plays in your life.

This "*improved*" definition of appreciation is based on your feelings about the role that you or someone else plays. You feel enhanced when that appreciation is acknowledged. You feel more than you felt before that acknowledgement.

Let us say that you were feeling 50% as good as you can feel and with that acknowledgement you increased your "feel good" factor by say, another 20% to now feel 70% as good as you can feel.

With those thoughts in your head you then felt elevated, and in this higher place of appreciation, you then considered other factors in your life that you were both grateful for and valued highly. For example, your improved health or your improved relationship with another person in your life or an increase in favourable financial news positively affecting your life or an upcoming vacation.

Now your elevated "feel good" factor is at the 90% level of how good you could positively feel about your life. Suddenly everything seems to be coming up roses, and your inner smile is growing and growing.

At this point, if you are a spiritual person, your elevated "*feel good*" factor puts you into a more ethereal space as you begin to feel a part of the Source that you are inherently and your feeling soars to be 100% as good as you can feel.

Now you are walking on clouds, and anything and everything is possible. Not only is the world your oyster but heaven too.

What a feeling!

And all you did was to change the definition of appreciation to include gratitude and valuing the role that you, someone else and your Source played in your life, and your feelings did the rest.

It all began with a thought as the basis of creation. None of the physical attributes of your life changed. You simply appreciated the role that you, someone else and Source played in your life. You were grateful and felt valued, and you were feeling better about yourself and then as good as it's possible for you to feel.

Now I would like you to reverse that process and to look at depreciation.

In depreciation, things lose value, and your feelings reduce, and you feel diminished.

When your thoughts turn to loss when you or someone else makes you feel less than you were feeling before, you feel diminished, and you start to shrink emotionally and physically. You feel bad about yourself and if the intensity of those thoughts increases you begin to feel worse, and eventually you succumb to ill-health and depression. Even thoughts of suicide may be entertained if this feeling of a continually depreciated lack of value of yourself is heaped upon you by yourself or by someone else relentlessly for a prolonged period.

Your life and its future hang by a slender thread of thought. Either your thoughts of feeling appreciation make you feel like a superior human being, or your thoughts of feeling depreciation send you down suicide alley.

Now you may begin to understand why "your thoughts create your reality" is a valuable spiritual adage.

Let me attempt to explain to you in a superficial way that all we are is a flow of energy which vibrates at a certain frequency. Everything else you perceive also flows at their specific vibrational frequency. Solid objects are at a low frequency while your soul and Spirit is at higher frequencies. Simplistically, you can feel the "vibe" of a happy or a sad person. You can be happy and walk into a room of sad people, say at a funeral, and your mood will drop. You can feel sad and walk into a party of happy people laughing and joking and your mood lifts.

If you can harness the feeling of appreciation by being grateful and finding the value in anything and everything then your vibrations will lift and lift and you will eventually get to a place above the friction level of life.

It sounds simple but requires fortitude and determination. These are necessary to develop the habit of assessing anything and everything from a position of gratitude and valuing how it improves the quality of your life and those around you.

It is more than simply thinking positively and blocking out the negative thoughts.

You must assess both the positive and negative issues as they are but look for the silver lining in both instances. Identify what you are grateful for, even for the so-called “bad” things, as gratitude for them makes you appreciate the so-called “good” things in your life even more, and you increase the value of these “good” things as they impact on your life.

In the case of an argument between two people, there is a spiritual saying that goes: “*You can either be right or be happy but not both at the same time*”. If you are right in the argument, then the other person is wrong, and if we are all Oneness, then some part of us is wrong and unhappy. If you are happy then as Oneness everyone is happy!

Mother Theresa said, “*You can either love someone or judge them but not both simultaneously.*”

The need to be right is quite simply an immature ego need based on an underlying feeling of insecurity, which is expressing itself as a feeling of superiority.

If you want the benefits of living an appreciative life and feeling as good as you can feel, you must come to terms with your ego and adopt a soul-based life of seeking what to be grateful for in every instance and assessing the increased value it adds to your life.

Life comes down to feeling love or feeling fear, instance after instance. Love is soul based, and fear is ego based.

The interesting thing about a fear that I have discerned from myself and others is that it's not the fear of loss that is paramount but rather the fear that one doesn't have the ability to handle what needs to be done to overcome the perceived potential loss.

It's the lack in self-confidence to handle the forthcoming issue that creates the fear. Most things are hard the first time and then, over time and with practice, become easier and then virtually automatic and without thought, let alone the initial feeling of fear at the outset.

Watching a very young child trying to walk or tie their shoelaces for the first time or their first day of school or asking someone out on their first date or their first day at work and so on is usually a trying experience. The lack of self-confidence is merely a lack of experience. There are people who inherently know that they can do something previously untried because they know that if they do fail it's only a learning experience and not fatal.

Self-confidence stems from being appreciated, and lack of self-confidence stems from being criticised. These expressions of appreciation or criticism can be internal or external, for yourself or others and, often, from both sources which reinforce the messages.

Choosing to be appreciative of yourself and others requires an optimistic and opportunistic way of looking at each instance as a thought process.

I know that the following saying is hackneyed by now but an “*attitude of gratitude*” is the only solution to achieve the “feel good” vibration. To that I can add an “attitude of increased value”, but it's not as catchy!

If this is a road you would like to go down then know that it's a conscious mindset or thought pattern process. You must catch yourself thinking depreciative thoughts as well as saying or even acting in a way that depreciates you or someone else or something else.

I am writing this as a South African who travels to both the United Kingdom and the USA as well as watches TV and movies from both areas and reads information from both regions.

In my assessment, overall, the USA values positive, winning ways and the UK have made an art form of self-deprecating humour, which, I must admit, I enjoy more than USA humour.

However, the point I am trying to make is that it can become a mindset for people to be self-appreciating or self-deprecating and as most people try to fit into their culture class they need to be aware of “*swimming upstream*” to remain self-appreciating.

Have you ever done something that you enjoyed thoroughly? How did that make you feel? If you decide to live an appreciative life, then you need to have the same passion and enthusiasm in appreciating everything you think, see, say, hear, touch and smell. Bring that passion into play and

become enthusiastic in your appreciation. Enthusiasm is from the Greek meaning to be divinely inspired.

You can look at a flower and say “*that’s nice*”, or you can look at a flower and see the miracle of its creation in radiating beauty and giving of its pollen to propagate life. It’s the same flower, but it’s how you appreciate it that affects you and the flower.

You are affected positively at a vibration level when you appreciate something or someone. Your vibrational frequency increases and rises and the same thing happens to the flower.

At a level, we cannot see and understand, we are all connected in Oneness and the positive or negative thoughts, words and actions we use affect everything.

In my book *How to Live in the Now* I refer to research by Dr Masaru Emoto into the power of thought in his work *The Hidden Messages of Water*.

I reproduce page 123 and page 124 of *How To Live in the Now* where I spell out the vibrational impact of our thoughts, words and action:

### **Be “brainwashed” with Love-filled water**

Research into the power of thought by Dr Masaru Emoto, initially published in *The Hidden Messages of Water*, a New York Times bestseller, is 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 intrinsic energy vibrations or frequencies. You are made of matter and spirit, and you also have your energy vibration 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 phial of water to be tested. Conversely, the words “*you fool*” put onto another phial 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 litre of water.

It’s no surprise when you think about it. You know how you feel when you are praised and, conversely, when you are criticised. 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 non-verbal messages you send to yourself and others, or that others send to you.

Our brains are 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 others, for they are registered in the water of our beings. Fill yourself and others with Love-filled water by being Love Now.

In his book, *The Secret Life of Plants* by Peter Tompkins, the treatment of plants via words of appreciation and depreciation had similar results to Dr.Emoto’s research with water crystals.

Non-verbal communication is said to be more than 70% of one’s ways of communication person to person. So, what this means is that although you don’t mouth the words over 70% of the communication you use is ‘felt’ by the other person. No doubt, plants, animal, minerals and other ‘non-people’ feel that too at an energy vibrational level.

How many times have you scolded your pet with a frown and they go skulking away to get away from your wrath? Why don’t you experiment with your indoor or outdoor plants and see what the consistent use of appreciative and depreciative words expressed to them have on their growth or decay?

Now let’s move onto the value of appreciation in a relationship, whether it’s your intimate relationship with your significant other, a relationship with yourself or with a friend or work colleague.

Appreciation is the key to any relationship. What you acknowledge, like, admire, respect or love about yourself or another is what needs to be appreciated consistently and continually verbally and non-verbally.

A simple '*post it*' note on a bathroom mirror saying 'I Love You' to yourself or your significant other will make that moment last a long time. A simple pat on the back to a work colleague to say 'Well Done' will develop good vibes all around.

There are numerous ways to show your appreciation, but the real issue is the consistent and continual way it's done. Hopefully, this becomes so second nature to you that it's how you express yourself verbally and non-verbally to everyone and anything. You will not lack for friends that is for sure!

While I write this my two best friends, my sons, Michael (27) and Jonathan (23), have their lovely girlfriends at our home. Watching their young love blossom is a treat indeed for me and no doubt for all four of them too!

As a "philosopher in training" I wondered what happens to the bloom of love and why the divorce rate is so high. What is the secret of happy couples? How can I advise my sons to ensure that they have every opportunity to become one of the happy couples in the long run?

I ponder about when admiration and respect turn to criticism? When and where does contempt arise? What causes defensiveness to come to the fore? When does the relationship hit a brick wall?

What are the triggers that cause some 50% of couples to end up in divorce court?

What have happy couples done right to keep that bloom of love and for it to flower into a healthy and wonderful relationship for many, many, years together through the cycle of life where good and bad times occur.

For me, the trigger words are mutual respect. But appreciation flows from respect as like, admire and love flows from appreciation.

So, what happens to cause respect and appreciation to reverse and become criticism and contempt?

We usually treat total strangers with respect. We enquire how we can help them, and we are usually polite and respectful as we wait for their answer.

When a tired spouse arrives home and grunts "what's for dinner?" and the other spouse busy with whatever they are doing snaps back "chicken and salad" or retorts "I've been too busy, order take-outs" then one wonders what would have happened if they spoke to a total stranger like that?

Does '*familiarity breeds contempt*' as the adage goes?

I traced this adage back to 1584, so it's been around a long time and, no doubt, has stood the test of time.

So, what happens to certain couples who have been together a long time and still treat each other with love, respect and appreciation? What do they do to each other that differs from the others who fall back on the adage - *familiarity breeds contempt* - as if it's acceptable behaviour?

Before I attempt to answer that question, let's see if it is familiarity that breeds contempt or whether it is mediocrity or unhappiness that breeds the contempt?

The excitement of the courting stage of like, infatuation and love is usually done through rose-colored glasses, and any perceived shortcomings of the other person are swept aside as irrelevant or, at least, something that can be sorted out later.

Man, the hunter, is chasing its prey and the woman is running away but looking back hoping that she will be caught. Fun, games, laughter and happiness abound.



Once the fanfare of the nuptials or the moving in together is accomplished and the day-to-day grind of making a living and surviving life's issues returns then the fun, games, laughter and happiness tend to take a back seat and irritability and squabbling start to work their way into the relationship.

Those perceived shortcomings that were swept aside in the courting phase seem to be much larger now as each party begins to focus on what's wrong with the other person and the relationship more than what's right.

The downward spiral now takes on a life of its own. The mediocrity of day to day survival and the increasing unhappiness is not correctly addressed and nipped in the bud, but because of the proximity of living together, familiarity is blamed for the criticism and the building contempt. The couple turns away from each other in all aspects of their relationship, and the result eventuates as a brick wall between them.

So, what do the happy, long-term couple do differently?

From the outset of their relationship, they become vulnerable and trusting of each other. They turn inward towards each other. They communicate and share their secrets and trust the other party to respect this vulnerability as they are naked in all aspects of their life. The other party willingly supports them creating a synergistic relationship of helping each other and being there for each other through the thick and thin times. They share everything together. Being each other's best friend, their admiration, appreciation, respect and love for each other grows day by day. Their loyalty and trust in each other are implicit, and they value their relationship above all else. They come first for each other, and when their children arrive, they find the time, by making the time available, to still be there for each other as before. Well brought up children are also taught to respect the "mommy and daddy time", and the respect and love of the parents for each other is the best thing the parents can do for their children, as children may not listen to their parents but they never fail to emulate them.

Seeing a couple who have been married for 50 years plus walking hand in hand and looking at each other with such love and friendship is a sight to behold. Their battle scars of surviving life's challenges together may be visible but knowing their intimate companionship has won the day against all comers and that they still have each other's hearts in their keeping is a treasure beyond any measurable wealth.

A few days ago I went to the funeral of a close friend and work colleague's 90-year old father. The Rabbi described how the recently departed man and his wife of 63 years ended each day by holding hands and falling asleep together. I walked back from the grave with my friend and her recently widowed mother. We remarked how unseasonably cold it was for that time of the year and the widow said: "I hope he isn't too cold in that grave". Her unconditional love for him continued past so-called death.

In summary, the ever-loving couples' overriding factors are unconditional support of, and respect for, each other and this is most likely to develop into an unconditional love for each other too. It seems so simple - give unconditional support, admiration and respect for your significant other, and, in return, you will receive unconditional love forever.

My acronym for RESPECT is:

**R**ecognising **E**ach **S**oul **P**olitely **E**nsuring **C**orrect **T**ribute

Appreciation is the catalyst that develops respect and love. Most times it is not what happens to you that affects you, it's the interpretation by you of what has happened to you.

For example, your spouse or partner may say something which they consider to be endearing and you take it as an insult. They may call you "their little pudding", in their mind implying their bundle of sweetness and you may have got on your bathroom scale that morning and seen numbers you have never seen before, and you are feeling overweight.

At that stage, it is better to say *"I am feeling upset about your comment and before my anger develops into an argument and a fight ensues, can you explain why you called me "your little pudding" and I will then tell you why I am angry?"*

Communication channels are immediately opened and because you have mutual respect and admiration for each other a civil conversation can take place ending with a hug and a kiss to soothe ruffled feathers.

The other, more disastrous way, of anger boiling over into a fight and someone sleeping on the couch for a few days, is regrettably a well-known story in many homes.

The difference in the first approach is one of conscious response and, the other approach is, an unconscious reaction and, most likely, overreaction.

A conscious response is a choice you make when you are a person who operates in, and, achieves, *'awareness, growth and inner peace in their life'*. These words happen to be the sub-title of my book, *How to Live in the Now*.

Making a conscious choice is a habit and like any habit can be learnt by continual repetition. Learning to appreciate your spouse or partner's words and behaviour and to look at them in a positive light will enhance their feeling of being appreciated. Who doesn't want to feel appreciated, so they will keep saying and doing things to be appreciated. This appreciative attitude of yours towards them is called being 'stroked positively', and like a cat, they will come back for more and more stroking.

Their feeling of being appreciated and admired will lead them to respect and love you even more as their emotional needs are being met with this positive reinforcement.

Operating consciously, when it's time to make them aware of any shortcomings on their part, they are much more likely to interpret your consciously chosen words as loving words rather than criticism.

The term, *'kid gloves'*, has its derivation from using the skin from young goats, known as kids, to make very soft and gentle gloves. Idiomatically, the term is used to signify handling something gently and with great care.

If we all consciously wore kid gloves when dealing with our loved ones, we would discover heaven on earth! The unconditional love found in Spirit as the Love and Light of the Source would be evident in the lives on earth of all those wearing kid gloves and using them as prescribed above.

When the power of love overcomes the love of power peace will reign in relationships, families, neighbourhoods, cities, states and countries.

Peace begins with inner peace, and that, by having admiration, respect and love for yourself and your significant other creates a cornerstone of the foundation of your life.

## Chapter 6 - Gratitude

Gratitude is usually seen or experienced as a thankfulness for something or someone who has given us a benefit. It is well used in most religions as thanks to a Higher Power such as Source/Oneness/God. Gratitude is an important constituent of the feeling of love as it is in spiritual love.

However, in thinking about how I can open your mind towards gratitude as a part of spiritual love I wanted to begin at the other end of the gratitude spectrum. That end where you are or could be deprived of something or someone.

If you have a special person or object in your life and it is summarily taken away from you, could you get to a place of total trust in your Higher Power to say *"thank you for depriving me of this person or this object which I value?"*

Can one be grateful for being deprived of someone or something of current value to you?

Thank you for losing my sight or my hearing or my sense of touch or my sense of smell or my sense of taste. Thank you for taking my child or my partner or my parent. Thank you for the loss of the roof over my head. Thank you for losing my job or my business. Thank you for the loss of my health. Thank you for the loss of my arms or my legs. Thank you for the loss of my marriage. Thank you for stripping me bare emotionally and for my depression.

At the initial stage of such loss, the emotional wounds are very raw, and gratitude is most probably the last emotion one feels. However, the losses I have spelt out above happen daily to people across the world, and, if you believe in random chance, then you are more of a fatalist than a spiritual person.

In time, a spiritual person is more likely to become accepting of this loss and to begin to look for the meaning and purpose of the loss. The time taken will vary between spiritual person to person and, in truth, will be more dependent on their level of trust in their Higher Power to co-create their life with them.

For the saintly ones who have surrendered their life to their Higher Power and have absolute trust in Them, they could potentially fall to their knees in gratitude immediately upon receiving the loss and be grateful for such deprivation in their lives, knowing that this is "The Will of God/Source/Oneness/ or Other Deity".

These saintly people are then immediately open to discovering the meaning and purpose such a loss carries for them at a spiritual level for the growth of their soul.

As you can imagine these saintly people have total trust in their Higher Power, and, quite frankly, the number of people likely to do this are pretty thin on the ground.

However, if these saintly people can be grateful for this personal loss immediately it occurs, can you imagine how grateful they must be in their usual day to day lives for all that happens to them in a positive way? If this level of trust they have in their Higher Power is so strong within their spiritual love, then they must be the most grateful people around.

Their happiness will be evident for all to see as they express gratitude for everything and everyone who crosses their path. They will be shining examples of Light and Love. Gratitude will pour from them like an overflowing fountain. They will be welcomed wherever they go as they are the embodiment of happiness, abundance and bliss. Their spiritual connection to their Higher Power will shine from them as they lead a frictionless life of surrender and acceptance of what is occurring now and now and now ....

Nothing will concern them. They will be saying YES to whatever life brings them. They will spread their arms to the heavens and ask their Higher Power to shower them with whatever they need for the highest growth of their soul to be At One with Oneness/Source/God/ or Other Deity.

Now that is Gratitude with a capital G!

So, as we revert to the beginning part of the gratitude spectrum we look to express gratitude from the usual standpoint of “thank you for our daily bread”.

Gratitude is an integral part of most of the religions of the world. It is also the usual response to a benefactor or someone who has done something for you that improves your position or well-being from where you were to what and where you are now or going to be in the future.

While gratitude can be traced back through thousands of years in a religious setting, it has only emerged into the practicing psychological arena since 2000. The explanations given for this are that psychology focused more on understanding distress than understanding positive emotions. Today, psychologists are looking at the relationship between the short-term emotional state of gratitude and the individual's differences in the frequency of maintaining that emotional state of gratitude.

Most religions have stressed the need to express gratitude as frequently as possible to ensure that the maintaining of the euphoric feeling of gratitude is sustained for as long as possible.

For example, strictly observant Jews recite over 100 prayers of gratitude to Hashem (God) in the form of blessings throughout the day. In Islam, the prayers five times a day are based on prayers of gratitude to Allah. Christianity regards gratitude as the heart of the gospel. Gratitude in Christianity shapes emotions and thoughts as well as actions and deeds. In Hinduism gratitude and appreciation are the keywords for a better life and gratitude is seen as being a quality of the soul.

So it appears that gratitude is the elixir, or magical potion, for a wonderful life.

How does gratitude differ from appreciation which I covered in the previous chapter? According to the Oxford English Dictionary, the word gratitude means the quality of being thankful; readiness to show appreciation for and to return the kindness, whereas, appreciation is the recognition and enjoyment of the good qualities of someone or something. In essence, gratitude includes appreciation whereas appreciation does not require gratitude.

So gratitude appears to be more than appreciation, a sort of appreciation on steroids!

Now let's look at the beneficial aspects of gratitude on the giver and of the recipient.

The giving of gratitude probably benefits both parties equally, and this is unusual as usually the recipient, in most cases of receiving, is deemed to be the more fortunate one than the giver. However, in the case of identifying and the giving of gratitude, the benefits to the giver are meaningful and substantial.

Controlled studies at universities and by mental health professionals both report much stronger positive emotions by the person showing the gratitude and the time frame of maintaining this “feel good” positive emotion lengthened as the frequency of showing such gratitude increased. These controlled studies showed that differing types of expressing gratitude also heightened and lengthened the “feel good” positive emotions of the giver. For example, writing a daily gratitude journal sustained, heightened and lengthened the “*feel good*” positive emotional factor of the giver, whereas, sending a communication of gratitude and following it up with a personal visit was not as sustaining, but was more effective, than simply sending a communication of gratitude without a follow-up visit.

So what are the benefits of these “*feel good*” positive emotions?

To start with a higher level of subjective well-being. They are happier, less depressed, less stressed and have a higher level of satisfaction overall in their life. They have a more welcoming attitude and better social interactions and more easily develop social relationships. By using the positive “*feel good*” emotions as a buffer, they are less likely to succumb to feeling bad about themselves, and if that is allowed to fester, it could lead to depression. The buffer of gratitude protects them from falling down that slippery slope of feeling bad and the possibility of depression that

may follow. The buffer of gratitude reinforces the positive aspects of themselves and the memories of how they have felt the *'feel good'* positive emotions, and it's not all 'doom and gloom'. When you have this feeling of subjective well-being, you are more in control of the external and internal environments that you are subjected to. You expect things to go well and not to go badly. Your self-acceptance and attitude towards your personal growth and your purpose in life give you a life of meaning to what is important to you. You feel you CAN DO what you have your heart set on doing.

When you are beset by difficulties, you have a perspective of being able to deal with the issues and to seek help and support from others who you trust to assist you. You feel capable of determining a plan of action and of acting on it to resolve the difficulties. You have an attitude that accepts that problems are really opportunities in disguise and that you are likely to grow from the experience of resolving the difficulties in time.

Because you are coming from an *'attitude of gratitude'* in your life, you are not likely to fall into the trap of negative thoughts and negative reinforcement that you can't cope, and you will avoid the fact that you have a problem and maybe it will go away on its own? You will also not fall into blaming yourself and self-loathing and feel that you are useless and look to bury yourself in substance abuse creating a negative self-fulfilling prophecy of how bad a person you are.

Even your sleeping patterns will improve due to you feeling good about being grateful for who you are and what you stand for in your life will reinforce positive thoughts and drown out the negative thoughts and self-doubts that may have plagued you in the early hours of the morning as you lay awake in the past. A good night's sleep is the panacea for a wonderful next day of feeling good about yourself and the world around you.

Your happiness levels rise, and your stress levels fall when you have an *'attitude of gratitude'* in your life. Now, who doesn't want that to happen in their life!

Handling the changes and transitions of life, which are inevitable and sometimes happen at the most inopportune times, can be much easier handled if you are in a *'feel good'* positive state of mind. Your CAN DO attitude should make light work of the transitions and changes, and you will see the new gifts that are emerging.

My acronym for CHANGE is **C**learing, **H**ealing **A**nd **N**ew **G**ifts **E**merging.

When you are expressing and living a life of gratitude, your feelings of altruism increase and you are more likely to be thinking past your needs to the needs of the community or to an even wider audience out there to receive your beneficence.

You have a lot to give and to share, and you are bursting to do so because it makes you feel so good about yourself. When you give to others, you want to hug them, in gratitude, for receiving from you.

I am going to end this chapter with a few quotes about gratitude:

*"If the only prayer you said was thank you, that would be enough."*  
— Meister Eckhart

*"Walk as if you are kissing the Earth with your feet."*  
— Thich Nhat Hanh

*"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."*  
— Ralph Waldo Emerson

*"True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is suffi-*

*cient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not."*

— Seneca

*"Some people grumble that roses have thorns; I am grateful that thorns have roses."*

— Alphonse Karr,

*"We must find time to stop and thank the people who make a difference in our lives."*

— John F. Kennedy

*"You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance."*

— Kahlil Gibran

*"Gratitude is not only the greatest of virtues but the parent of all others."*

— Marcus Tullius Cicero

## Chapter 7 - Joy

Joy is defined by various dictionaries as:

A: the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires: (delight)

B: the expression or exhibition of such emotion: (gaiety)

C: a state of happiness or felicity: (bliss)

D: a source or cause of delight

E: a feeling of great pleasure and happiness

Joy as an emotion is experienced by these words, but joy within one is much more unbridled.

Joy is already within us and is one of the components that is the part of Source/Oneness/God which we call our soul.

Our soul is a many-faceted unseen "*thing*" or "*no thing*". Our soul is the part of Oneness/Source/God and as such, is part of All That Is, which means that it is "*every thing*".

Joy is part of our soul and is within us always and in all ways.

So experiencing joy is not undertaken by an externally based catalyst that enables you to be joyful but by an internally based catalyst that allows and enables the joy within you to come out.

In the first definition from the Miriam Webster dictionary, the evoking of joy comes from well-being, success, good fortune or possession of assets. These are usually externally based catalysts that evoke the feeling of joy. One can see the reverse process of not feeling well-being, failure, bad fortune and being dispossessed of an asset as evoking the opposite of joy, which would be despair. So in this definition of joy, it deals only with the external factors contributing to joy, and that does not feel like the inherent quality of joy which is part of one's soul within and as such cannot be harmed, damaged or converted into despair.

Perhaps it's time to capture the real feeling of joy within and allow it to be experienced as its rightful place as part of our soul.

Joy is your inner being and, as such, it's time now to unearth your joy and allow it to be unleashed. The starting point for this unveiling of permanent joy is to leave the ego behind completely and to come from one's soul of unconditional Love and Light. Now you have an opportunity to experience joy from within and to know how to access it whenever you want to experience it. Joy is waiting for you to call it from within yourself. "Ask, and ye shall receive" applies to joy because it's within you to simply be unearthed.

Now you can enjoy everything because you are using joy as the basis of your life by coming from love and coming from soul. That is why I continue to reinforce the watchword of Spirituality, which is, "what would Love/God/Soul/Joy do now?"

You will experience the height and depth of this joyous moment of now as you are in the space of now, or God's space, as I call it. It's truly a holy moment you will experience.

This is why Joy is an emotional feeling far greater than appreciation or even gratitude; it is feeling the unlimited potential inherent now and experiencing it in this moment of now as the part of Oneness/Source/God that You are.

Then joy is boundless; then joy is All That Is.

So Joy becomes another name for Oneness/Source/God. In your joy, you have become Godlike, and that is all Oneness/Source/God ever wanted you to feel and to be. The path to Oneness/Source/God is through this joy.

## Chapter 8 - Bliss

Bliss is joy on steroids!

Having experienced joy as Oneness/Source/God and become Godlike, you enter a state of bliss. Bliss is the connectivity to eternity and immortality that is All That Is - the ever constant and consistent reality that is in everything and everyone within our universe and countless universes.

The bliss I am referring to is within you, and you are now within the heart of Oneness/Source/God. That is the distinction between joy and bliss. In joy, we feel the part of Oneness/Source/God within us, and we feel joyful. But in reaching the nirvana of bliss, we feel being in the heart of Oneness/Source/God and knowing the epitome of being Godlike as we are in God's heart.

This state of bliss is only found by looking and being within, initially within ourselves as we reach the state of joy, and then, within the heart of Oneness/Source/God to reach the state of bliss.

The state of bliss is not found by looking for anything or anyone, It's found by tuning into the eternal and immortal state of beingness that is Oneness/Source/God. This state is ever present in Spirit and is experienced as the unconditional Love and Light that beings passing over into Spirit become aware of as often described in near-death experiences (NDE's) of these beings who return back into their bodies on earth and after that recount their stories.

(For those interested in these accounts of NDE there are many books on this subject, and I have read numerous. More recently, medical specialists and the like have also experienced NDE's, and the credibility of their accounts have created books sold in their millions.)

Feeling this bliss of unconditional Love and Light is experiencing heaven on earth. You will experience it again when inevitably you pass on from the earth plane into Spirit. Depending on your words, thoughts and actions on earth this time around will determine the level and intensity of the unconditional Love and Light that you feel in Spirit.

Being able to replicate this bliss known in Spirit in your life on earth has been the desire, aim, purpose and objective of people on earth who choose to lead a religious and/or spiritual life.

Many of these people through the ages have chosen to spend their time on earth in isolation to achieve this feeling of bliss. However, in my humble opinion, the reason for coming to the sensual paradise that is earth, is to use your five senses by living a life of sensual experiences and also to strive to find bliss.

The saying that "life is for the living" means that we should be saying YES to life and experiencing everything while being conscious that we can do so and still be Godlike in our approach to these sensual experiences.

For those who are capable of tuning into the Heart of Oneness/Source/God and, for example, seeing, listening to, feeling, smelling, touching and tasting an edible flower, they may describe the blissfulness of this moment as nirvana or the highest high they have ever experienced.

Sitting on a mountain top, fasting yourself to leave your senses, spending all day and night in silence and stillness for days, months and years, is simply replicating the eons of time you will be spending in Spirit.

What is the purpose of reincarnating as a Spirit/Soul within a baby on the earth plane, with the sole intent of doing what you have been doing for eons in Spirit?

Life on earth is to authentically find and enjoy sensual delights coupled with soulful living to be Godlike in your thought, words and actions.



That is why I continually reinforce the saying “*what will Love/God/Joy/Bliss do now*” while you are using your five senses to enjoy, and in some cases, endure, life on earth.

Bliss is attainable for you and you may already have had a momentary glimpse of it.

I recall two instances when I experienced this feeling of bliss, even before I consciously developed my spiritual awareness, when now, I can tune into this feeling of bliss when I decide to follow the path that works for me to do so.

The first experience was the time my first son, Michael was born on 12 September 1989. After witnessing and photographing the birth, which was unusual in those days, I went into a state of euphoric bliss, as I am sure many parents have experienced. This state of bliss remained for weeks with a feeling of being frictionless, and an ecstatic euphoria engulfed me in a cloud of Love and Light.

The second instance was around 1991, a friend and I went to a day-long meditation retreat to experience breathing and drumming. The purpose of the retreat was to reconnect to your birthing experience, and one of us did the session, and the other was the Watcher to “protect” the other person. We then reversed roles for the afternoon session. My friend had done it before and assured me it was both safe and enlightening. I must add that I am not a “retreat type” person for these things, but I trusted my friend and said YES to life.

She went first, and after some serious deep breathing, the monotonous, rhythmical drumming began, and within 30 minutes my friend and the others participating were in some trance, and they were experiencing the pain or pleasure of their birthing process many years before. Some people were hopping around and pulled at their arms or legs, and others were more calm and serene, and this went on for maybe an hour or so. It was obvious to me that this trance they were in was real and when I questioned my friend afterwards she could not remember jumping up and down and pulling at her left arm for about an hour. She was left with a feeling of wholeness as if the birthing experience was incomplete before and felt completed after her session.

My parents had told me that my birthing process was a bit complicated as my twin brother came out normally but I was what was called a ‘breach baby’ and had to be turned around and came out feet first. I always claimed that my good soccer playing skills came from that!

It was my turn for the afternoon session, and I lay down on the floor as instructed and remember doing the deep breathing exercises and hearing the monotonous, rhythmical drumming. I have no recollection after that.

The people running the retreat came around to check on me, and my friend said that I hadn't moved a muscle and they bent down to see if I was still breathing. The Organisers exclaimed that this was most unusual and instructed my friend to check that I was still breathing from time to time. When it was time to come out of this trance-like state I woke up and felt the best I have ever felt in my life. I was in a blissful state, and I could experience everything as if it was in 3D, like in a 3D movie we may watch today, but which wasn't around in 1991.

This event took place on a Sunday, and I can remember sleeping that night as soundly as I could have ever slept. The next morning I went to work, as usual, and it felt like my feet were not touching the ground. Not literally of course, but I felt totally frictionless and euphoric. I sailed through the day accomplishing everything with effortless ease and a permanent grin on my face. This feeling carried on for four days, and by Friday morning I started to ‘come back to reality’.

This event happened more than 25 years ago, and I remember every detail as if it was yesterday.

In recent years I have managed to find a system that works for me to achieve that state of bliss as an extension to the meditation I do.

To show you a glimpse of how I manage to find this bliss, it's when I can be supremely conscious of being in the present moment of Now, in what I call God's Space, and I feel like I am on the lead-

ing edge of the wave that never ends. The correct responses come to me and are dealt with effortlessly as life is frictionless.

Also, there are times when I feel that state of bliss come over me during the day when I am working on something that seems to need some "help from above". The same feeling of bliss also comes over me occasionally when I am helping someone with a personal issue, and I assume it's a form of channeling.

When I wrote over 600 pages on GuideSpeak.com in 90 days in the second quarter of 1995 while running my global business; helping a failed marriage partner deal with her long-term issues; attending to the needs of my sons and running a large home, I know I was channeling in this state of blissfulness.

During those 90 days, once I had put my sons to bed, I would write everything out by hand at night and well into the early hours of the morning. The next day I would look at what I wrote the night before and think to myself *"I don't know where those words came from because I didn't know any of it before writing it down."*

I am sure that you may have also experienced this feeling of blissfulness at some stage of your life. The reason I have opened myself up to tell you of my experiences is to be vulnerable and encourage you to tell your story, in your way, about experiencing being in a state of bliss, whether for a moment or for longer.

It makes us realise that we are co-Creators of our lives with Oneness/Source/God and that we can tap into the tuning of this vibrational frequency, I am calling the heart of Oneness/Source/God, where we can experience being blissful.

To assist you in finding this state of blissfulness I am going to describe it to you more fully.

See bliss as something eternal and immortal that is an unchanging reality that fills, or permeates, our universe and the countless other universes that we don't know about while living on the earth plane.

Bliss is a state of unity consciousness, or Oneness, connected to everything and everyone in creation. For example, it sees water in its four parts simultaneously. Water is a liquid that we drink, a solid as ice, a gas as it evaporates and as energy that feeds the growth of all living things. You go beyond the three-dimensional world of our senses into the fourth dimension of Spirit, and the bliss is everything and everywhere. All you have to do is become attuned to it, and it's yours for the taking.

On the earth plane we can get to bliss by being appreciative, grateful, joyful, knowing inner peace, being unconditionally loving, having awe and reverence and having wisdom to know that bliss is who we really are at our essence, as a part of Oneness/Source/God, who is Light and Love or bliss, if you prefer.

The starting point for becoming blissful is being and not doing. Being grateful, being appreciative, being peaceful inside of ourselves, being unconditionally loving to ourselves and others, being reverent and in awe of the journey to becoming Oneness, being wise and knowing who we truly are at our essence.

Bliss is not a fluctuating emotion; it's a consistent state of being as a prelude to feeling at One with everything and anything. I experience it as if there is a cloud surrounding my head, my forehead and "third eye" (the space between my eyebrows) throb and my eyes want to close with heaviness. It is as if there is a calming hand on top of my head slowing everything down in absolute peace and stillness.

It's achieved by tuning in and is not action based. You cannot force a radio station at a frequency FM101.1 megahertz to appear and play on your radio. You can't hit it with an ocean going liner to

force it to budge and to play your favorite music. However, you tune in with a gentle move of the dial, or the pushing of a button, suddenly your favorite music is playing on FM 101.1 megahertz.

Where do you find this bliss? It's not '*over the rainbow high up high*' and it's not in the centre of the earth; it's in your centre where your soul abides. It simply needs to be let out! The trick is knowing how.

The reason I am writing this book - Spiritual Love - is to give you the tools to find this blissfulness within you. Each chapter deals with a specific tool to assist you to be able to tune in and ultimately find the bliss that you are and that you seek. We each need to find our specific keys to unlock the inner door that houses this bliss. This is your life's journey, meaning and purpose if you desire it. If you are reading these words, it's likely that you are on your own path of inner-knowing and seeking answers and solutions to becoming the best person you can be.

There is a miracle unfolding for you:

**MIRACLE - May I Recognise A Conscious Light Evolving**

## Chapter 9 - Abundance

Abundance is something that is usually treated as a materialistic state. Being abundant usually creates a connotation of wealth and overflowing physical stores of wealth and personal bulging waistlines.

What good is all the physical wealth in the world as you take your last breath? Who is more abundant, a beggar in the street or the world's wealthiest man on his deathbed?

Abundance is an attitude, not a bank balance.

There are more suicides per capita among wealthy people than poor people, of which there are some 896 million surviving on less than US\$1.90/day, according to the World Bank in a 2016 statement based on 2012 statistics.

The universe is abundant. Everything is possible via thought creation as outlined in the first chapter of this book. Everything you ever wanted can be made manifest in physical form as it is first created in a Spiritual form via your thought processes.

You can create an adulterous relationship by thinking and agreeing to open your legs or unzip your fly. You can create the world's largest business by putting your thoughts into action. Everything you want or need is available for you, as long as you realise that the Law of Cause and Effect comes along with every thought, even those thoughts you don't put into action.

The abundance is there for both so called "good and evil thoughts". The Universe does not judge! The Universe is abundant, and the Creator wants to experience everything through you. There are moral and legal codes which have been formed to create a just and civilized world but you have free will and with it, the consequences of your thoughts, words and actions, which consequences can be classified by you as "*good or bad*".

The attitude of abundance sees you doing the best with what you have. This attitude says you deserve the best by being the best you can be. If you scrimp and save every last cent, then you are not trusting the universe to provide for you. You will receive whatever you want once you have given away everything you have with an attitude of abundance. Can you get to that place of trust? Can you have that amount of total confidence in a loving universe?

Simplistically, how do you feel when you have gone through your cupboards and collected all those old clothes and unwanted things and take them down to a charity store and given them away. You feel good, and you also have a sense of relief that you finally cleared those cupboards. After that, new things come into your life, and the cupboards start to fill up again. By adopting a more carefree attitude to life, you allow the flow of abundance to come to you and through you to another.

It's a dark and stormy night, and the power lines have been struck by lightning, and your home is pitch dark. You stumble and fumble to the cupboard, find some candles and a box of matches and start putting up and lighting the candles. Very soon your home is aglow with light and looks both romantic and pretty. You could have hidden under the blankets in fear until the sun came up the next day or you could have been proactive and lit some candles. The lack of power in your home remains but your determined attitude to share the light made all the difference to you and your family. The candles and matches were your abundance which you shared and became more trusting and carefree about your current predicament.

Knowing that you will be given what you need by a loving Higher Power, you can look to see how you may best be of service to others. There will be a need for what you can provide or do for others and in the giving there will be the corresponding balance of your receiving - but have no expectations of that in your giving.

If in that giving you feel passionate about what you are doing and time seems to fly past then know that this may be your life's meaning and purpose, which you have now discovered by your giving of it.

Your decision to do something in giving to others should be made to the best of your ability. You should set the bar as high as you can and deliver in the best way you can. By having the expectation of doing and being the best you can be in your giving, the corresponding receiving you experience should be of the same standard of excellence. This balancing act is not desired from you but is a natural law of the Universe in the balancing act that keeps everything in check.

Most people have a scarcity mentality and not an abundant mentality. They consider life to be a zero sum gain. If you win, someone has to lose the equivalent amount. The universe is abundant, and thoughts create more and more abundance for all continually. If you want to have an abundance mentality, then be happy for all, even those who may beat you in some way. There is plenty to go around so if someone beats you and receives their "*prize*" congratulate them and wish them well. If it's an 'enemy' then not only congratulate them but pray for their wellbeing. This action will unlock so much abundance for you, and it will come from a direction you were blinded to before as you had your eyes firmly fixed on the prize that the other person or even your 'enemy' received.

Allow me to tell you my personal experience in this regard. Single-handedly, and with limited financial resources, I pioneered real estate economics in South Africa with a publication called *The Property Economist*. I worked 18 hours a day, six days a week, for six years to develop a large client base who subscribed to this research and forecasting report. I had little time to do the consulting my clients requested from me as I was producing two reports a week, 50 weeks a year. Also, I was continually on national radio, television and printed media and giving speeches a few times a week and often thought of the saying 'be careful of what you wish for'!

Once I had made a market for this service a Competitor entered who used to work for the country's largest insurance company, and he had been developing his research databases paid for by the Insurance Company. He came into "*my*" marketplace, and my ego was very bruised!

After a few days of pouting, I decided to drop my ego and allow my soul to come to the fore. I prayed for this man and for the success of his new business as my direct competitor.

Within days my life changed! With his arrival on the scene, I realised that he could have all the "*grunt*" work of collating research and selling that to the marketplace. I would focus on the interpretation of the research and do the forecasting, which was my specialty, and this also enabled me to spend more time consulting to my large client base.

I redesigned my service, now only producing two forecasting reports a month, instead of two research and forecasting reports a week, and had so much more free time for the more lucrative consulting side of my business.

This consulting business grew into Institutional Investing for many clients where I charged a lucrative fee for the money I invested for them. This grew into a global business with Associates in seventeen countries on five continents. After that my business grew further into developing and investing in real estate for my own account and those of my various partners in different ventures.

If this competitor had not arrived and I had not prayed for his wellbeing, I would probably still be a 'long in the tooth' Real Estate Economist and Publisher!

When you wish others well, and for them to be successful, you adopt an abundant mentality. You know there is plenty to go around, and you may even assist them to grow and prosper. The Law of Attraction takes notice and gives you more of what you have given the others. Giving creates receiving as the cycle of life turns and turns.

Another form of developing an abundant mentality is to have expectations of what is the best for you. If you create these expectations of you deserving the best, you raise the bar, and your expect-

tations see you stretching yourself more to obtain the best. While this is occurring, you are signaling to the "*Powers that Be*" that you deserve the best and "*They*" manifest that for you.

You probably know a few of life's so-called "*Losers*". Those negative people who are the perpetual victims and they keep coming up short in life. Their approach to lowering the bar also creates such manifestations for them.

I use this example not to judge them but to illustrate the point that what you think and expect is what is likely to come to pass in your life. Your thoughts do create your reality!

Feedback is a vital part of creating an abundant life providing you learn from what has transpired. That way there is no such thing as a failure or even a mistake, they are merely learning experiences along the path of life. The success you seek may very well be buried in the mistakes and failures you have incurred. Feedback will allow you to find that elusive success you seek.

I think you will agree with me that our perception of Oneness/Source/God is the epitome of abundance. God is everything and everywhere and is the highest bar we can set when seeking abundance in life. So to be Godlike in our thoughts, words and actions will ensure that we experience the most abundance possible. That is why I keep reinforcing the saying in all my writings "what would God/Love/Bliss/Abundance do now?"

When you are in the present moment of Now, a holy moment, you create space for the effortless creation of your desires. However, the important thing to know is that you must not have a specific outcome in mind as this will take you out of the Now and into the ego-based future. This projection will negatively affect the flow of creation of your desires.

You can have an intention but not be specific as to the outcome you desire. You may want something or someone, but the Universe may deem that you need something or someone different.

For example, you may want to win the lottery, but the Universe may consider that you breaking your leg and ending up in a hospital is what you need.

Why, you cry, did I deserve to end up in a hospital with a broken leg when I wanted to win the lottery? Perhaps, the Universe decided that the Nurse attending to you is your future spouse and how else would you have met her?

I have used extreme examples to illustrate the point of having intentions but not specific outcomes and to allow the Universe to handle the details for you as you stand in the Now, this holy moment, in total trust.

Being generous and giving of nature can happen even if you are a beggar in the street. A beggar sharing his scraps with another beggar is perhaps the height of generosity!

The flowers in the field give their beauty, radiance and pollen without asking who is worthy to receive. Give what you can, where you are, to whomever needs it. By giving you are making space for receiving potentially even more than you gave, but that should not be your desired outcome.

Happiness flows from an abundant mentality. What makes you happy? The difference between happiness and bliss is that happiness usually comes from external factors whereas bliss is an inside job. So back to what makes you happy? Most things we do intentionally has as its unwritten objective the desire to feel happy. We buy nice clothes, drive a nice car, live in a nice home, have nice friends, go to nice entertainment and so on, all for the feeling of happiness it brings us. This happiness is usually short-lived as we continually seek more and more happiness. Why don't we simply be happy as a state of mind without the need for external factors to make us happy? Why don't we identify all the external factors in our life that we have and be grateful for those to begin with? Why don't we be grateful for the non-material aspects of our life and be happy with those too? Now we are adjusting our mindset to recognise what we have to be so happy about that we may have been taking for granted.

Perhaps one day we can reach a place in our thoughts where we are simply happy to be alive right now. No external reasons, simply happy within ourselves.

There was a famous song made in 1988 and sung by Bobby McFerrin called "Don't worry, be happy". It reached no.1 on Billboard Hot 100 where it remained for two weeks. The originator of the statement was Meher Baba, an Indian Spiritual Master, who has been an influence in my life. The success of the record was that people resonated with wanting to be happy. If one could achieve a place of happiness without any external factors needed for this happiness, then life would be blissful.

A focused intention is a powerful tool in creating abundance. Light from a torch or lamp spreads outwards and weakens as it spreads. A laser beam is light which is focused, concentrated and can cut diamonds.

You must have such focused intention if you wish an abundant life. A good intention is encased with power to make it materialise. The Universe orchestrates the manifestation and timing thereof. Once you have committed yourself with focused intention, then you unleash Providence to rally its troops and come to your aid in surprising ways and means.

Probably the easiest way to negate this form of creative manifestation is to judge someone or something. When you make such a judgement, you create mental waves in your mind as you toss your opinions around justifying the judgements you have made. If you are a judgmental person, then you probably have numerous and continual judgements churning around in your mind, and there is no place for silence and stillness to emerge. You can never know peace of mind when your mind is not still, and a gap cannot be found to access the space of Now/God's space/the holy moment where bliss reigns. Whatever happens, learn to accept 'what is' and move on with your life.

The thing about judgement is that it stops you thinking and unearthing the real facts. It's easy to judge and not to think something through.

What would people say who judge you? Would they say you are lazy or a bad parent or an ill-mannered child or... or... or...but do they really know enough about you and why you may appear to be lazy or a bad parent or ill-mannered. There is always cause and effect; things don't just happen on their own.

Before one judges, if you are determined to judge, then at least explore the issue fully to get all the relevant facts and then make an astute observation rather than judge.

Imagine a Judge in court taking one look at you in the dock and pronouncing a judgement of your innocence or guilt and, if guilty, announcing a prison sentence.

So why do people do that with their family, friends, colleagues and so on?

You can only do one thing at a time - either judge someone or love them - it's your choice. If you want to have an abundant life of bliss, then there is no choice – it's love only.

"*Knowledge is power*" is a well-known saying. What happens with knowledge is that the organising ability of the Universe empowers you with the composite consciousness of other issues that surround and enhance this knowledge to make it even more powerful.

It works like the compound interest of one's savings in a bank. Interest on interest, knowledge upon knowledge as it grows and grows.

From this knowledge comes the ability to take advantage of the opportunities that come your way or that you unearth armed with this knowledge. Abundance grows with such opportunities should they be grasped and worked correctly.

Seek knowledge to become abundant in life.

One word that describes an abundant life is love. This is not the love of romance; it's the love of Oneness/Source/God - its Unconditional Love or Spiritual Love.

If you could live for one minute of your life feeling Unconditional Love, you would know what bliss feels like.

To know the love of God and to be in God's heart is to be blissful and to know Spiritual Love, which is what this book is attempting to unearth for you. It's inside you; it's the part of God inside you, it's your soul and your Spirit connected to Oneness/Source/God, who is such unconditional Love and Eternal Light. All you have to do is let it out!

You deserve the best. Why shouldn't you go first class through life? Who are you to shrink yourself and believe that others go first class and you can sit at the back? You are a part of God. You deserve to go first class through life. Believe it and see it. Visualise yourself going first class through life. Believing is seeing! Know abundance and claim it for yourself. You are abundant - know it, believe it, practice it, be it.

Abundance is more often than not seen as money in our materialistic world. What is money other than a piece of paper printed by the Government with a number on it telling you its value? How can one piece of paper be worth \$1 and the similar paper be worth \$100? Because you have been brainwashed to believe it.

Money is simply a way to put value onto the exchange of, goods and services but the abundance is the goods and services, not the money. Those goods and services create material abundance, and the limitations of producing or creating them are what determines your material wealth. Without any limitations, you could produce unlimited widgets and hours of service labour. Without limitations, you could be the materially wealthiest person ever to have walked the earth in 5000 years. All it takes is to remove the limitations.

We live in an age where these material limitations can be removed for the first time in recorded history.

I can give you the secret that has plagued man since the beginning of time. I can show you how to be the materially wealthiest person in the world.

Before I show you, as I believe in being abundant and sharing all my knowledge, I would like to know what you intend doing with the billions and billions and trillions you will be earning? Are you going to hoard it? Are you going to live in a palace like a King or Queen? Are you going to share it with the world?

You decide because I am going to show you anyway.

Today, it is possible to create a software product once and to distribute it globally via the Internet and to get paid, say \$1 or \$100 for its use or ownership. There is no additional cost after you have produced the finished software and there is no, or very little, marketing or financial cost involved in getting it into the hands of the buying public and their money back into your hands. An extremely useful software goes viral and spans the globe via social media.

So, if you could produce something that the world wanted and needed as a software product, it would spread virally within minutes, days, weeks. Everyone who saw it and wanted it would know to go to your website or another such as istore, or Google Play or amazon.com and to download this software and pay you the price they consider it is worth to them.

If you doubt me about the viral spread of such information, then think how quickly bad news spreads around the world. There can be few consumers on the earth instantly unaware of the death of a leading global figure or a Tsunami wreaking havoc or an earthquake levelling cities or a major terrorist attack like 9/11.

The abundant machinery is therefore already in place to spread the good news of your software so it can be reached by every conceivable consumer. The abundance is there for your software to be downloaded and used by billions of people around the world. The abundance is there for you to be paid in any currency and be transferred to your chosen currency anywhere in the world where you want your bank account to be located - even in tax-free havens.

All that is missing is your world-clamoring software!

So for the first time, there are no limitations to amass as much material wealth as possible.

And you don't feel abundant?

Bill Gates of Microsoft has done it. The late Steve Jobs of Apple did it. It's possible to do but do you have it in you to do or are you putting your own limitations in the way of your unlimited ability to create unlimited material wealth?



I have taken you down this road of potential massive material abundance to show you that you have the potential to be as abundant as you want to be but it requires the magic formula of a software product.

Now massive spiritual abundance is also available for everyone and anyone by simply being unconditionally loving to yourself and to all who join you in Oneness.

Given a choice, once you have experienced spiritual abundance and the bliss that you feel, the desire for material abundance pales into insignificance.

More importantly, material abundance is for this lifetime on earth, but spiritual abundance is for eternity. For me, it's not even a choice to make, but you have your well-being journey, and you must make your choice.

Bill Gates is probably coming the closest to having both the material abundance as one of the world's wealthiest men and, hopefully, he, and his wife Melinda, are experiencing the spiritual abundance of sharing virtually all of their wealth through their Foundation focusing on uplifting the world's poor and destitute. In my humble opinion, they are truly the real Hero and Heroine of our time.

Abundant people are the glass half full, positive, optimistic people. They see the solution opportunities within the problem and not simply the problem. They are the victors in life and not the victims.

The world is an abundance of nature. The interactivities of all of Nature, including man, are so abundant, and the cycle of life and the food chain of nature is always giving.

It would be prudent to be praiseworthy of all that we eat and consume that required something to give its life so we can use it or consume it.

We live in a world of duality which creates the contrast of opposites. We experience life via these contrasts. We know joy and blissfulness as a contrast to sorrow and misery. We know light because we have darkness for half our day. In Spirit, the Light is permanent and eternal, and we come to the earth's plane to appreciate the contrast of the duality of life. These contrasts are natural phenomena as well as choices that we make through our thoughts, words and actions.

We choose whether to experience abundance or scarcity in our lives.

We choose to finish our homework, graduate and earn a good living or to play hooky, miss school and flunk out. With 70% of USA prison inmates not finishing high school, they chose a life of scarcity.

If we know our life's purpose, then through the choices that we make we can experience the passion of abundance. To know your purpose and follow it with a focused, intentional passion unlocks the unmanifested bounty in Spirit and makes it manifest on the earth plane at the correct time regarding your needs, not wants. These needs are to do with your spiritual growth and differ from your material growth's wants.

Assumptions play a role in creating abundance. Assumptions are made based on past experiences. These past experiences create what is termed socially acceptable conditions. When we start to question those assumptions, we shake the tree and see what falls out. Always be ready to question assumptions and look for better answers and solutions. Abundance can be created through this role of questioning things, people and assumptions. 1+1 doesn't always add up to 2 and 'outside the box' thinking can create and present some amazing increases in abundance for those confident enough to question the status quo. Virtually all growth comes from such questioning and solution finding via inventiveness and creativity.

Those who give and give and give are usually not so good at receiving. Sometimes their desire to be givers is a signal that they would love to receive as well, but as it's not forthcoming, they blindly give and sometimes consider themselves to be unworthy of receiving.

Receiving and giving are two sides of the same coin, and unless you receive, you have nothing to give. Be a receiver and be humble in the receipt but know inside you that you are worthy of receiving as well as giving.

Saving and spending also go hand in hand. You earn and save so that you can spend and you are part of the cycle of life. If you only earn and save, then you strangle the chord of life as by not spending you are not allowing others to make a living and ultimately, perhaps, buy your goods and services.

Being of service is the passion many find and create their abundance from that place. Serve all with a smile and an open heart, and you will reap the rewards of an abundant life.

If you are charitable in your thoughts, words and actions, this opens up your heart and soul and connects to your Spirit. Sometimes you may not have money or possessions to share with another in need. You can share a wave or a greeting and let them know that they are not invisible to you. One day all you have and treasure will be given to others, and you have the opportunity now to share with those you deem need your largesse today.

By giving some of what you have you create a vacuum which will be filled by your receiving. Do not expect a dollar in exchange for a dollar. You give because the Universe works in a mysterious way; Its wonders to perform!

Be abundant in your charitable giving and be humble in your receiving and all will be well with you.

The state of Oneness is utopian abundance. When you can get beyond the physical presence to a place of Spiritual presence, then you will feel connected to All That Is.

You may remember when you fell in romantic love and you and your partner felt like one mind, one body and one soul. You were blended seamlessly, and you felt the highest high you thought imaginable. Now project that to feeling at One with everything and everyone in your world and then with everything in the Universe.

We are all One with All That Is. All the abundance in the Universe is who we are a part of. You are abundant without measure if you only truly believed it and experienced it.

Our ethical value system is the unshakable bedrock on which we guide our life. If these values are what society considers to be true values and they can be simplified by saying they are the values that enable us to hold our head up high in total transparency of our thoughts, words and actions then we will know abundance.

You can be a beggar in the street, but if your ethical values are sound, then you are abundant. You can be the wealthiest person in the world and have got there by being dishonest and conniving others then you are on poverty row.

Physical wealth is not how abundance is measured. Maintaining and increasing a strong and true ethical value system acceptable by society and being Godlike is how the Universe will measure your abundance.

## Chapter 10 - Compassion

Compassion is not simply understanding how another is feeling and being supportive of them. Compassion opens the door to go beyond the sensual physical world and enter into the Spiritual realm where we can come to know Oneness and to be a part of All That Is.

We usually feel sorry for another which already takes us out of our pre-occupation with our own selves and enables us to think about someone else. For many people, this is a huge step as they are usually so wrapped up in themselves that there is no emotional space to connect to another if it doesn't impinge upon themselves.

This feeling of empathy for another is the first step on the road to feeling compassion for someone else's current position in life.

When we feel passion for something, it derives from how we feel about something or someone and ultimately how it will make us feel better about ourselves.

When we feel compassion for someone we go beyond our feelings for ourselves, and we include another, or others, in our emotional field.

Passion is inward looking, and compassion is outward looking.

Compassion is without a desired motivation or result. You do not feel compassionate for someone so that you derive a benefit by showing such compassion. This is manipulation, not compassion. Being compassionate is not a tap you turn on when the time is opportune. Being compassionate is a mindset and probably better described as a '*soul set*'!

Being compassionate is knowing that the care, concern, empathy, understanding and desire of improved well-being for another is because you are Love at your essence, and so are they. By your compassionate thoughts, words and actions you can remind them of this currently overlooked fact. By coming from Love and Light towards their current plight, you reawaken their consciousness that they too are Love and Light and that the current temporary position they find themselves in will pass and they will remain as Love and Light eternally and immortally.

Pain is inevitable in the sensual physical world of duality we live in, but suffering is optional. Suffering is the ego's cry for attention. We can pander to this ego's need for attention to calm things down but too much pandering, and we have someone who will enjoy the attention and wallow in self-pity which is likely to be followed by anxiety and depression if left unchecked.

Compassion comes from knowing that we are all One and that if the other person is hurting in some way, then you are also hurting. Conversely, if the other person is happy and blissful then you too are happy and blissful.

Compassion is more than understanding at a physical, sensual level that someone needs your support at that moment. Compassion is how the spiritual part of you is expressing itself at this moment. By being compassionate, you have opened up the channel of communication from your Soul to the other person's Soul. Your Love and Light is connecting to their Love and Light. Now things are going to happen because your ego and their ego's needs have been sidelined, and your souls are connecting, and Love and Light are working their magic.

Being compassionate is simply opening up the channel of soul communication, and it is a state of being who You truly are at Spirit level.

Now the term 'spirit level' has another meaning. In the construction industry, one uses a spirit level to ensure that the construction work is level. There is a liquid bubble that has to rest between two lines on a piece of wood or steel to determine that the construction material is level.

Being compassionate also requires a level balance. Being compassionate requires the counterbalance from the other party to enable their soul to respond and not their ego. If their ego responds the spirit level goes out of balance and giving more compassion may result in their increasing self-pity.

In the ideal world we should be compassionate as part of our nature, but unfortunately, people tend to take advantage and treat our kindness for weakness. Be compassionate but not at the expense of your own well-being. Be compassionate to yourself first and foremost. In this way, the Light and Love that you are can be kindled first within yourself and then shared with another or others.

Compassion is a state of being. It is not something reserved for one type of person and not for another. That behaviour is more akin to concern, which is ego-based because you feel superior to someone or something and you show them concern and consideration to assist them in some way because you think they need it now.

Compassion is an overflowing fountain and is not directed at something or someone specifically. It is for everyone and everything. Compassion is the unending flow of Love and Light from you to yourself and everyone and everything in your orbit. The sun's rays shine on everything and everyone without any form of discrimination as to who deserves to feel the sun and who does not. The same for compassion - it is non-discriminatory in any way or form. It is pure Love and Light and your showing it, is, in fact, coming through you, not from you. Oneness/Source/God has deemed you to be the right vessel for this Love and Light of compassion to shine through to someone or something.

Mother Theresa is quoted as saying "*you can either love someone or judge them, but you can't do both simultaneously.*" If you truly love them, then they will feel the Love and Light that you are at your essence, and it will connect to them at their essence of Love and Light. This essence is the part of Oneness/Source/God we call our soul, which is connected to your Spirit, which is connected to Oneness/Source/God.

The willingness to be completely understanding is the key to taking you from judgment to love. All the troubles that man has come from the lack of interest in being understanding of another. Reacting to life's issues and judging them from your own standpoint creates the causal effect of life. One man's terrorist is another man's freedom fighter. People who do not feel heard and understood are the ones who wreak havoc as they explode to attain negative attention because they weren't given the positive attention they sought to be heard and fully understood.

Somehow we don't have the time and the patience to hear and fully understand others, but we have the time and energy to fight back and cause even more damage to all concerned. Most times we listen and wait to interrupt with our viewpoint. When we realise that the words "*silent*" and "*listen*" have the same letters, we begin to understand that silence and listening go hand in hand.

When people feel that they have been fully listened to and fully understood, then they will be much more compliant to finding a win:win solution to the issue at hand.

So compassion boils down to fully listening and hearing, fully understanding and, after that, the flow of unconditional Love and Light through you to another. Compassion is Spiritual Love.

## Chapter 11 - Empathy

Empathy is more than compassion. Empathy goes beyond completely listening and hearing and fully understanding to absolutely feeling what the other person is seeing, hearing and experiencing within themselves. Empathy is standing in the other person's shoes and experiencing all their various emotional states. Empathy is the merging of their emotional states with yours.

There is still much debate in psychology and psychiatric circles about the role of empathy and how it originates in all creatures, including humans, as well as its function, and absence in disorders such as autism, borderline personalities and the like.

I am going to leave those discussions to people qualified and experienced in those fields and focus on the spiritual angle of empathy.

Being empathetic, spiritually, means to know inherently that the other person/mammal/bird/fish/insect/etc. and you are One at a level unseen by those on the earth's plane. What affects them, positively or negatively, affects you as Oneness.

To use an analogy, if you drop a phial of poison into a swimming pool, it will contaminate the rest of the water. It may be so diluted that you will not suffer any direct consequences but your water supply is negatively affected. More and more poison dropped into the swimming pool will eventually be very negative to your health and well-being.

We cannot contaminate the sea with effluent waste, chemical waste, plastic bottles and the like and not expect the fish we eat from the sea to contain high levels of mercury, lead and other materials that are hazardous to our health.

We are One whether we like it or not. We exchange the air we breathe with all living things. We consume water and food from the earth. Our bodies change as they shed and replace 98% of all its atoms in less than one year, according to Dr Deepak Chopra, famous Spiritual Author and Medical Supremo. The body makes a new stomach lining every five days, a new skin once a month, a new liver every six weeks and a new skeleton every three months. According to Dr Chopra, your body replaces and replenishes itself anew every three months.

We are interchanging everything we are with other things in our orbit to be blended human beings. We are One at a physical level on the Earth plane, and we are One in the Spiritual plane where we are all part of All That Is, or Oneness/Source/God if you prefer to select the name that you relate best to.

In reality, empathy is our middle name, not because we choose to be so at an emotive level but because we are blended physically with everyone and everything on earth, and we are One in Spirit.

Whether we choose to recognise that blended self on earth and Oneness in Spirit and think, speak and act accordingly with "what would Love do Now?" or to selfishly and self-centeredly believe we are unique and somehow special, is a choice we make with every thought, word and action.

To accept or deny our blended earth self and the Oneness we are in Spirit determines our life's journey on earth.

If compassion is Spiritual Love, then empathy could be termed Spiritual Bliss. Bliss is love without a reason to be happy, it is Unconditional Love and it radiates throughout all existence of our universe and countless other universes whether we want it to or not.

This Spiritual Bliss is eternal and immortal.

## Chapter 12 - Inner Peace

Inner peace is what we all crave. Who doesn't want to know the peace that passeth all understanding as the Bible calls it?

To be at peace within yourself immaterial of what is raining down on you. To not give anything or anyone permission to access your inner peace.

To state "*thank you but I prefer my inner peace to what you are offering me*".

When I sat down to write this chapter on Inner Peace I had a thought nagging away at me that I have already written so much about finding Inner Peace. And then I went back to [GuideSpeak.com](http://GuideSpeak.com) - *The Book of Inner Peace* and read what I/We (a channelled work!) wrote in 2005.

I have decided to reproduce the beginning part of this book within this chapter on Inner Peace. You can then get a taste for this book and, if you want to, you can go to [GuideSpeak.com](http://GuideSpeak.com) my other spiritual website, to read *The Book of Inner Peace*.

In the intervening 12 years since 2005, I have learnt a lot more about inner peace. In essence, though, everything I write is designed to give you inner peace because that is the result of knowing that you are a part of Source/Oneness/God, who is Inner Peace, Unconditional Love and Light.

After introducing you to the *Book of Inner Peace*, I have then added more information about inner peace in an alphabetical format using some 70 topic headings.

Here is the beginning part of *The Book of Inner Peace* from [GuideSpeak.com](http://GuideSpeak.com)

### Inner Peace is your Birthright

Inner Peace is your birthright. It is Who You Really Are.

You are a Part of God. You are pure Love. God is Love. God is Peace.

You are Love. You are Peace.

Inner Peace is your birthright eternally.

You are Inner Peace.

For you to be Who You Really Are, a Part of God, you have to have a vision of God.

To be a Part of Something you have to see that Thing so that you can see yourself, really see yourself, as part of that Thing.

Because God is All There Is, a Oneness, God is Everything. So whatever you see God as is what God is.

Some people see God in their child. Some see God in the face of their lover. Some see God in a flower, some on a crucifix, some as a statue of Buddha,

Some as an old man with a beard on a cloud. Some as a man, some as a woman, some in an ant, some in a giant redwood tree.

Some people see God in themselves. These are perhaps the fortunate ones. Some people see themselves in God. These are the ones who have remembered Who They Really Are, a Part of God.

But for God to be God you must have a vision, a feeling, a something, to feel a part of.

For you to become, again, the inner peace that you really are, and always will be, you have to envisage yourself to be a Part of God. First, you have to keep a vision of God within your inner sight, to then see yourself as a part of that Vision.

Once you have that vision or feeling, and once you can envisage the part of God that you really are through your inner sight, then you will know, once again, Inner Peace.

Inner Peace is Who You Really Are, to find Inner Peace, you simply have to become Who You Really Are, the Part of God that you are.

God is Love; God is Peace. You are Love; you are Peace.

Welcome home into the loving arms of God.

Welcome home My child, where have you been? What did you become? Were you happy when you were that, where you were?

Did you remember that you are Love always and all ways?

Did you remember that you are Inner Peace always and all ways?.

## **Transparency is your Inner Light**

Everything you think, say, do, act out is seen. Nothing is hidden from Our view. However, We respect your free will and will not interfere in your choices.

We will not judge, control and manipulate you or anyone else. The Universal Spirit Laws apply to all thoughts, words and actions. They are inescapable and have infinite patience in their balancing acts.

Now you know all is seen, all is transparent.

With this knowledge that all is seen, how would you like to live your life now in Love or Fear?

Would you have Inner Peace if you lived your life in Fear?

Would you have Inner Peace if you lived your life in Love?

Be consciously aware that everything is seen, make this knowledge of transparency your inner light and so, in love, find Inner Peace.

## **Denial of Love**

You are Love. If you are not Love, then you can only be Fear. So when you are not Love, not loving, you are Fear, being fearful, or full of fear.

Therefore, when we deny love to another for whatever reason, we deny being Who We Really Are, Pure Love, the Part of God We Really Are.

When we deny being Love, then we become Fear and fearful.

The result of that Fear is Pain.

The Pain that you become and are experiencing is not because someone denied you love, it is because you denied him or her love in return.

If they denied you love, and you did not care, why would you suffer any pain?

If they denied you love, and you cared, then you have two choices:

Firstly, deny them love in return and feel the pain of becoming Fear, no longer Love, and no longer Who You Really Are.

Secondly, when they deny you their love, you love them back and see if you experience pain. If you are Love, then you experience Inner Peace. If you are Fear, you experience pain.

You are Love. If you deny yourself, love, then you become Fear. The pain that you feel signifies your experience of becoming and being, fear. The pain is experienced emotionally, spiritually and physically. When you experience pain, it comes because you have separated from being Love, separated from Oneness with God.

When you know the love inside of you, you experience happiness and eventually bliss.

Therefore, the choice is always Love or Fear. Love or the denial of love.

When you close your heart to love, you damage yourself, not the other person you are trying to hurt. You are stabbing yourself in your heart. The other person may not even care that they have been denied your love. However, when you no longer become Love, by denying love to others, you deny love to yourself, you become Fear, fearful, no longer Love and loving.

When you deny being Who You Really Are, Pure Love, and you choose to become Fear and fearful, you will know pain.

The pain that you will know comes from your Ego controlled mind. This pain eventually becomes manifested in your body as illness, sickness, disease. Your denial of love, to others, and then yourself, is the cause of your pain, your illness, your sickness, your disease.

If you want Inner Peace, be Who You Really Are, Pure Love.

If you deny Who You Really Are by becoming Fear instead of Love you will not know Inner Peace, you will know pain, illness, sickness and disease.

It is your choice Be Love or Deny Love. Be Love or be Fearful.

## **You are not your body**

You are Spirit. God is Spirit; you are part of God.

As a Spirit, you have a Soul, which has chosen to inhabit a body for its current visit to the earth plane.

This body was not chosen randomly. This body was purposefully selected to be a specific vehicle for you to experience life on earth. Why do some people have beautiful bodies while some are judged as ugly, some gorgeous, some judged so-so, some judged disfigured? Why are there beauty queens and why are some people disfigured.

Why are bodies so important to people and, maybe, to you?

Why do people seek perfection of their bodies?

Why do some people hide their bodies and not allow others to see them?

You selected your body, in Spirit, to help you heal your Soul, so you can always grow and evolve, as a Soul representing your Spirit's journey throughout eternity.

AGE - Always Growing Evolving - is seen by the body to be the enemy of time. Bodies age and gravity wins! Minds age and are Always Growing Evolving.

When your mind is controlled by your Soul, which is Pure Love, then Age is your desired state.

When your mind is controlled by your EGO (Edging God Out), your body's enemy is age as gravity always wins.

So when you are Love, you are your mind, not your body. When you are Ego, fear based Ego controlling your mind, you are your body

Your body is not Who You Really Are; it is an illusion. Your body was selected, by your Soul, in Spirit, to help you heal your Soul on its journey. Your body is perfect. Your body is perfectly created for its purpose for you to eventually see past the illusion of the body to the love-controlled mind. You are Spirit; your body is an illusion. By focusing on your being Spirit, Pure Love, you will know Inner Peace as you – AGE - Always Growing Evolving. By focusing on your Ego-controlled body, you will not know peace as you Age in time and gravity wins.

It's your choice: Love controlled Spirit or Ego controlled body.

So that should give you a taste of the remaining 15 chapters in the *Book of Inner Peace* found on [GuideSpeak.com](http://GuideSpeak.com).



## **70 Topics on Inner Peace**

Here are 70 topics arranged alphabetically to give you the knowledge and awareness to find Inner Peace:

### **1. Acceptance**

Accept what is - not what you would like it to be. After that, you can plan for a better future and know the steps you must climb to ensure this better future comes into being.

Accept yourself and others more fully as you, and they are now.

Accept who you are, warts and all.

Accept that people are doing the best they can from their level of consciousness or awareness.

You would not expect a ten year to graduate from high school - make allowances for where people are, and acknowledge where they are not, when making your expectations of what they are capable of delivering. Acknowledge that everyone is facing their own demons and battles in life and trying to keep it all together. Reassess your expectations of others to avoid continual disappointments and your lack of inner peace.

Be a mirror of acceptance and love for yourself and all others - right here, right now.

Always remember the watchword of acceptance - This Too Shall Pass.

### **2. Alignment**

In our life, we often experience things in contrast to what we would prefer to happen to us. This contrast is not in alignment with who we really are as our authentic self. We use this opportunity as a wake-up call to realign ourselves with who we really are, our soul, our Higher Self and with Spirit. This realignment will put us on the path of inner peace.

### **3. Anchor**

Your authentic self acts as your anchor or bedrock in your life. You can return to this anchor time and again if you feel yourself drifting out of alignment with your authentic self.

### **4. Anger**

Any expression of anger you feel or express means that you have drifted from your anchor of inner peace. Anger is a contrast to your authentic self which is love and peace. Identify the anger, try and understand why you are feeling angry and see if you can bring love into play instead of fear of loss, which is usually the cause of the anger. Inner peace is a choice you make with every thought. Change your thoughts, and inner peace is available to you, even in the midst of your outburst of anger.

### **5. Appreciate**

Appreciate life with all its ups and downs. Life is precious. Only surround yourself, wherever possible, with people who you appreciate and who appreciate you. Let this mutual admiration develop into acceptance, like, respect and, ultimately, unconditional love of yourself and each other.

### **6. Atmosphere**

See the air that you breathe as being full of inner peace. Imagine an atmosphere of love that you breathe in and breathe out. Create an atmosphere of inner peace within and outside of yourself.

## **7. Attachment**

Learn to sever the cords of attachment to what you want in your life and trust the Universe to give you what you need, not want, for your inner peace.

## **8. Awareness**

Become aware or conscious that you are a soul and not a body. Your soul is attached to your Higher Self, which, in turn, is part of Oneness/Source/God, who is Inner Peace, Light and Love, eternally and immortally. You can return to that inner peace by the choice of your thoughts, immaterial to what is happening in your life right now.

## **9. Be**

Simply Be - no thoughts, no words, no action, simply be in stillness and silence right now and in every successive moment of now.

## **10. Believing**

Believe that you are Love as you are a part of Oneness/Source/God who is Love, Light and Inner Peace - eternally and immortally - as you are at your essence.

## **11. Beauty**

When beauty is felt in the heart, it leads to inner peace. Beauty prized elsewhere is ego-based and will lead to disharmony.

## **12. Bliss**

As I have highlighted before on the section on Bliss - it is an emotive expression of knowing that you are experiencing Inner Peace, Love and Light at this present moment of now.

## **13. Calmness**

If there is calmness in the centre of your being you will not need other peoples' approval of you nor object to their presence. You will not feel the need to bring someone or something to you nor push them away from you. You will be totally accepting of what is occurring in your life and treat everyone and everything with reverence and respect.

## **14. Caring**

If you desire inner peace, then you must stop caring about what other peoples' perception is about you. You only have to face yourself in the mirror each night and be proud of your behaviour that day. You are only accountable to yourself and your Co-Creator,- Oneness/Source/God - and to no one else.

## **15. Change**

The only person you can change is yourself and only if you want to. If it's time to make such a change to give you more inner peace then remember that the acronym for CHANGE is:

**C**learing **H**ealing **A**nd **N**ew **G**ifts **E**merging

## **16. Cherish**

If you cherish yourself and others, then you value your relationships and develop, nurture, protect and enhance them. Such cherishing comes from love, the precursor to inner peace.

## **17. Choice**

Choice is a proactive step. If you choose to live a life of inner peace, then you have decided what to include and what to exclude in your life to make that choice a reality. Such choices are self-determined and not the outcome of other peoples' choices as they affect you. To not make a choice for inner peace is also a choice. It may not be the choice you would have made but your indecision and inability to make such a choice for inner peace may see that someone else's choice affects you positively or negatively. Remember you always have a choice. Choose inner peace if that is what you desire.

## **18. Co-creation**

If you can align your soul via love to your Higher Self, then you can co-create your life with Oneness/Source/God who is Inner Peace, Light and Love and so much more.

## **19. Compassion**

Using your access to your soul, which is love, by coming from such love, you can bring love and understanding to yourself and others by bringing inner peace, light and love into your and their lives right now.

With such compassion, you help dissolve bigotry, prejudice, hatred and enmity which are all usually based on ignorance and lack of understanding.

People are quick to judge something in preference to thinking it through, and by bringing compassion into the equation such ignorance is dispelled, and understanding takes its place.

## **20. Concerns**

You can acknowledge someone's concerns about something or someone without being drawn into their negative vibrational energy field. You can acknowledge their viewpoint while still standing in your place of inner peace.

## **21. Consciousness**

The commencement of being inner peace is consciousness or awareness of who you are at your essence - a soul connected to your Higher Self which, in turn, is part of Oneness/Source/God, who is Inner Peace, Light and Love and so much more - eternally and immortally.

## **22. Contentment**

Contentment is a state you reach where you need nothing more to be happy, joyful and blissful. Contentment can be reached without any material possessions as it's a state of mind, not of a bulging bank account balance.

Contentment is another name for inner peace.

## **23. Courage**

It takes courage to say no to anything and anyone who threatens your inner peace. This courage comes from the strength of purpose in choosing inner peace first and foremost for your life right now.

## **24. Creativity**

When you align your soul to your Higher Self and Oneness/Source/God you tap into the creative might that creates universes. Anything and everything is possible especially attaining inner peace.

## **25. Daily**

The daily practice of choosing inner peace whenever you have to make such a choice helps reinforce this seeking of inner peace. We can all manage to get through one day at a time no matter how bad things appear to be. Throughout each day reinforce each decision you make with the desire for inner peace.

## **26. Defending**

A quick way to lose your inner peace is to defend your point of view. Simply state your viewpoint and have no ego to defend. You have your viewpoint, and they have theirs. Trying to defend your viewpoint will require a major ego involvement on your side, and this will take you away from your soul and ultimately from inner peace.

People will always come from their level of consciousness or awareness and will have their thoughts about your viewpoint. People look at things as it affects them and they do not compassionately stand in your shoes to understand your viewpoint. Expecting them to do so is usually a bridge too far. Simply state your viewpoint and listen to theirs. If their viewpoint is an improvement on your viewpoint, then adjust your viewpoint to accommodate what you have learnt from them, and thereafter, let that be your new viewpoint until possibly someone else helps you to see an even better point of view and so on. Nothing can disturb your inner peace unless you allow it to. This acceptance and non-ego involvement will bring you inner peace.

## **27. Detachment**

If you knew that you would never fail and lose anything of value to you how would you act? Would you be more positive and say "yes" to life on every occasion?

If you detached yourself from the outcomes of life and focused on your inputs into life would you think, say and act with a belief of "what would Love do now?"

So what is stopping you right now from acting in this manner of "love always and in all ways"?

Be detached from the outcomes of your life and focus on the inputs of love and you will know inner peace.

## **28. Disturb**

Nothing can disturb your peace of mind unless you allow it to. Some people enable disturbance by inviting it into their lives. Once you can discern the difference between what is important and what is urgent in your life, then you can control the level of disturbance that you allow and enable in your life. What is important is invariably your priority for what you want to achieve in the present moment of now. What is urgent is usually someone else's priority for what they want to achieve in their life and which involves disturbing you to achieve it in this present moment of now.

You can control your mind and those around you by placing barriers to ensure that you are not disturbed. If a car alarm goes off next door, you can easily decide not to let it interfere with, say, your meditation. You can simply smile and be proud of yourself that a car alarm is not worth giving up

your inner peace for. If a screaming child cries for your attention, you can deal with it if it is an emergency that requires immediate attention. Alternatively, you can deal with it in a variety of ways depending on your personal circumstances. If you have a partner, then they can be in charge of the child while you do what you need to do undisturbed. If you don't have a partner and your child is too young to understand that you need some alone time then you are going to have to rearrange your timetable to do the "do not disturb" things once the child is asleep or being attended to by someone else.

## 29. Diversity

Somewhere in our reptilian brain we seek commonality with others like us and repel others who are not like us. We feel safer with the known and fear the unknown. This unknown disturbs our inner peace. We have to retrain our brain to accept that diversity brings strength as the blending with others enhances our strengths and brings new knowledge and skills to the fore which we can use to strengthen our position.

The fear of the unknown should rather be looked at optimistically as the trusting of the universe to bring us what we need, not want, for the highest growth of our soul. The known has limitations whereas the unknown has limitless boundaries.

Imagine a painting in a monotone single colour whereas using all the colours available to us we can paint a kaleidoscope of colours and contrasts enhancing the painting's appeal. The same for all peoples and all experiences - don't hold back - life is an adventure - diversify and enjoy the palette that life offers you via diversification. Overcoming the fear of the unknown will aid our path to inner peace.

## 30. EGO

I have written a lot of the role of ego in one's life in my various books. EGO, as I define it, is **E**dging **G**od **O**ut and, as is obvious, once you allow your ego, or someone else's ego, to show itself, your inner peace is threatened.

Simply identify when the ego is arising in each moment of now, and, if it's your ego, keep it in check, and, if it's another's ego, then realise that they are operating from some form of fear. This fear requires the ego-driven other person to puff themselves up with their ego to protect an emotional wound or scar that they have suffered.

See the ego for what it is - a cry for help and attention. The other party may not be as spiritually evolved as you are and they may not recognise their ego's role in their lives and their need for attention.

If you want to attain and or maintain inner peace then the ego-driven person, or your ego-driven needs, are an impediment and have to be either dealt with or avoided, as soon as possible.

## 31. Fighting

Fighting is the extreme opposite of inner peace and is an ego-based activity.

It is possible to stop a fight before it starts with a few simple phrases - for example, "is that so?", said without being provocative, simply expressing the possibility that what they said could be correct. Another example, is "you are right" - said because you chose to be happy rather than right. A fight is like a tug-of-war, it requires two people to pull on the rope. If you simply let go of your end of the rope, the fight is over.

You have surrendered but not submitted. You have chosen to recognise that your relationship is more important than one difference of opinion between the two of you. This awareness is real strength, not the temporary victory that comes with being right.

### **32. Flow**

There is a flow in the Universe. This flow is the vibrational rhythm of eternity. Within this flow, everything works to perfection. The sun rises, and the sun sets. Day evolves into night. You can try all you like to compress or enlarge one second, but you are fighting against the entire weight of the Universe's vibrational rhythm, which only knows the present moment of now.

When you learn to surrender to this vibrational rhythmical flow, then life becomes effortless and frictionless, and you will experience inner peace.

### **33. Focus**

Your life is dependent on your focus. What you focus on is what will materialise for you.

You carry a powerful magnifying glass with you and where you place the intense focus of this magnifying glass is what your outcomes will be.

Focus on adulterous relationships, and the outcome is divorce and damaged people. Focus on loving people and accepting them for who they are right now and the world will be your oyster.

Focus on putting more time in at work at the expense of your loved ones and unhappy families will result and the work will never be finished as the harder you work, the more work will come your way.

No man on his deathbed said, "I should have spent more time at work".

Focus on a balanced life of work/play/rest/ family/religious/spiritual/ lifestyle, and you will know the inner peace of self-satisfaction.

Focus on being love now and now and now...

### **34. Forbearance**

To be patient, have self-control. Restraint and tolerance are a definite step towards finding inner peace. Bear up when you are stretched to your limit and have the will to hold on with self-control and restraint. Remain patient and be tolerant and then the magic will happen. The person, people or event that have tested you to the limits of your comfort zone miraculously change, and you are rewarded with inner peace.

### **35. Forgiveness**

Forgiving others is a step towards releasing the inner hurt you feel, but true forgiveness results in for giving you the ability to move on without thought of loss and only the gain you have from the experience. You have gained knowledge and wisdom from the person/people/events that occurred, and that will strengthen you for the next hurdle in your life that will eventually lead you to the winning post where inner peace is your reward.

Think about the person/people/events that occurred which adversely affected you and the loss that you felt. Be thankful that the circumstances came to a head - no matter how ego-devastating it was, because now you know that they were toxic for your well-being and eventual inner peace.

Your error in judgement of trusting them was thankfully brought into the Light so that you could see them for the frauds that they were. This awareness is what is meant by for giving yourself the opportunity to escape from them and find your GAIN - (God And I Now).

From this place of GAIN, inner peace is a stone's throw away.

### **35. Friends**

When your two best friends are your heart and your mind, and they guide you on a path of loving kindness to yourself and others, then you will know inner peace.

### **36. Giving**

There are very few things that can make you feel like a worthy human being than giving something to someone. The recipient is happy to receive but the Giver gains as much, if not more, by giving. The truth about giving is that you are not giving. It's Life that is giving to Life - you are merely the conduit transferring something to someone.

All you have one day will be given away - the shroud you are buried in or cremated in, has no pockets. It is better for you to give while you are capable of giving and of feeling the inner warmth that comes from such giving.

The only pre-condition for giving is that you must give with as much love as you are capable of feeling when giving. Knowing that Life has chosen you to have so that you may give on Its behalf is a blessing you should be very thankful for.

Life has allowed you to keep Its wealth - in whatever form - and to use it before passing it onto the next beneficiary. This is something you should be very grateful for. If you abuse the wealth - in whatever form - that has been entrusted to you, to be a Custodian or Steward for the next beneficiary, then you must expect that the cause and effect of such abuse will be visited upon you. It is a Universal Law. Conversely, if you administer the wealth - in whatever form - justly and with integrity then it will increase, and you will have more of such wealth to benefit you.

Giving with such knowledge and awareness and, with as much love as you can muster, will ensure you know inner peace.

### **37. Harmony**

At a spiritual level, all we are are energy vibrations.

At a physical level, we are mind-body-spirit. To operate at maximum performance to ensure a well-balanced life our mind-body-spirit need to be in vibrational harmony with each other. This awareness is the basis for unity consciousness.

We often hear that we must have a healthy body and a healthy mind but seldom do we hear that we must have a healthy soul as well.

Health is achieved for all three components in different ways. A healthy body requires the correct nutritional diet, correct exercise and good rest. A healthy mind requires the correct stimulation to increase the brain cells. A positive attitude of gratitude further develops a healthy mind. A healthy soul requires inner knowledge that the soul is part of Source/Oneness/God who is Love and Light. Blending these health avenues together requires harmony and ultimately energy vibrational harmony finding an equilibrium, a point where inner peace is reached.

### **38. Grace**

To experience grace, you must be in harmony with your mind-body-spirit. You experience grace as awe, gratitude and unconditional love for everything in nature, including people and Source/Oneness/God.

Experiencing the gift of life as grace gives you spiritual freedom and harmony with All That Is. Grace becomes inner peace.

### **39. Gratitude**

By acknowledging that everything you are has come from Oneness/Source/God creates gratitude. Having an attitude of gratitude is easy to do when you get what you want but harder to do when you get what you don't want.

Your wanting is the issue, not the gratitude.

If you are a parent, you will know that you cannot give your child everything they want. Not all things are good for them, let alone age appropriate. You know what your child needs for their well being, and you give them what they need not what they want. You know that you made the correct decision even if your screaming child may disagree with your decision!

Your Omniscient Father/Mother whom we call Oneness/Source/God also knows what you need and gives it to you. You may want something or someone else, but you need to accept what you

receive knowing that it is for the eternal growth of your Soul. If it comes with issues and problems that need to be resolved harmoniously, then you can be certain it's a life lesson for your soul's journey! Suck it up and find a harmonious way to resolve it and then watch how you grow and thrive after that.

Changing your attitude to one of gratitude for whatever is showing up in your life enables you to say "yes" to life and embrace it in Light and Love.

Now you are on the path to find inner peace.

## 40. Happiness

Earlier on in this book, I expressed that happiness is usually associated with external factors which result in you feeling happy. I went on further to suggest that if you choose happiness as a way of being now, via a thought process, then you will know what bliss is. Happiness is a choice you make with a thought now. It really is that simple.

I can show you contrasts in duality where the same event happens to two people. One is happy about it, and the other is unhappy.

A life-threatening disease can make one person understandably depressed while another person receiving the same news can be happy if their belief system tells them they soon will be with their loved ones in Spirit and be pain-free.

In one of my books *A Spiritual Meander* found as a free e-book on PersonalEmpowerment.co, under *Topic 51 - Amazing Grace* - I quote from *Fortune Magazine* that 44% of those who have ever won large lottery prizes in the USA were broke within five years. Additionally, 33% of large lottery winners declared bankruptcy, meaning they were worse off than before they won the lottery.

So winning the lottery may make you very happy but you have a big chance of going broke and declaring bankruptcy.

Happiness is an internal decision and is a pro-active choice to decide to be happy whatever befalls you.

This decision to choose to be happy is the building block towards finding inner peace.

## 41. Humility

Humility or being humble is prized by all major religions as a necessary trait to become Godlike. Humility stems from the root in Latin for being grounded – humilis - implying from the earth - humus (earth).

To be humble is a strength and not a weakness as it is perceived to be in an ego-dominated world. When one is humble you acknowledge your intrinsic self-worth but you also have the perspective that you are a part of Oneness/Source/God. As such, by simply looking up to the stars and sensing the eternity of universal life, one is humbled to be a minute part of All That Is.

Being humble enables you to think of yourself less than an egoist who usually only thinks of himself. This does not make you less; it means that you have the perspective of eons and you know that your place in eternity is very small but meaningful nevertheless. The egoist blots out eternity with his selfish and self-centred thoughts and can only see himself and his immediate needs now. Humility has its roots in submission to Source/Oneness/God, the recognition of the talents and virtues that others also possess and giving the admiration and praise that they deserve for these character traits and resulting actions.

Pride and boastfulness are the opposite of humility and usually stems from the need to be praised externally because, for some reason, they do not feel this inner praise and self-recognition. This insecurity requires them to be feted and recognised by others and to be publicly acknowledged by others.

'Pride comes before a fall' is an adage that has been proven time and again that man's gods have clay feet.

Humility is a necessary building block towards knowing inner peace.



## 42. Hurt

Being hurt in a personal way can either be physical or emotional. Physical hurts or injuries usually have a finite period of physical recovery. Broken bones usually heal in six weeks, and a cut to your physical body takes a few days and perhaps a few weeks to heal up as “good as new”.

Emotional hurt is usually a much deeper wound and may never be healed unless forgiveness and ultimately forgetfulness occur. The subconscious mind can dredge up an emotional hurt of decades earlier and convince you that it is happening now all over again.

The thing about being emotionally hurt is that it can only be emotionally damaging if you give it permission to be so. If a beggar in the street swore at you and made some unkind verbal attack upon you, would you give the beggar any thought? Most probably, judging his or her lowly station in life, you would simply shrug it off as the rantings of someone who is drunk or high on drugs. If the same comment were made to you by your partner or someone who you admired and liked at work, or at play, you would be shocked to hear it and immediately feel emotionally wounded by their comments.

Whether or not they were drunk or high on drugs at the time they made the comment, you would take it to heart, and it is likely to affect your emotional well-being.

While one must always be open to criticism and self-improvement, it is up to you to decide to give permission to others to emotionally hurt you.

The self-doubt about whether they may be correct in their statement about you should give you room to pause and internally interrogate yourself within to see if there is truth in their assessment of you. If there is and you want to seek self-improvement then, by all means, thank them for their observation and begin working on improving that area of your life. This process will be a step towards achieving inner peace.

If you are humbly confident that they are erroneous in their assessment of you and that, perhaps, they are referring to their shortcomings as reflected by you, then you can reject their comments under the label of “Erroneous comments made about me” and file it away in your mental filing cabinet. You do not give them permission to hurt you and, in fact, you chose to ignore the comment as though it has never been made.

Providing you are not simply putting your head in the sand and choosing to ignore their valid comments then you can be calmer and at inner peace through such a process of not giving permission to people to hurt you.

## 43. Inspiration

At a physiological level, to inspire means to inhale the breath of life. At a level of divinity, to inspire means truthful communication with Higher Beings. At a practical level, to inspire means to influence yourself, someone or something to perform at an elevated level.

Inspiration is the basis of creativity and creativity is what we do as the gods that we are. Jesus stated in John 10:34 and its repeated in Psalm 82:6, “*Ye are gods and all of you are children of the most High*”.

We create life through procreation, and we create the world through man-made wonders.

If, when we make such inspired creations, we simply remember that we are Light and Love, then inner peace will be a part of that creation.

#### **44. Integrity**

I have chosen integrity rather than simple honesty for discussion. Integrity is honesty coupled with strong moral convictions creating authenticity.

Shakespeare said it best:

*"This above all: to thine own self-be true".*

If you can live with such integrity, then inner peace will be your reward.

#### **45. Joy**

Like happiness, joy is also your choice to make. Joy is happiness' next level. To be joyful is to rejoice in knowing first and foremost that you are Light and Love as you are part of Oneness/Source/God. Joy is the emotional feeling that this happiness is not momentary but is part of a deeper seated knowingness of your belonging to this euphoric feeling as your eternal birthright. This feeling occurred at your birth as a soul when you were created as Light and Love by Oneness/Source/God at the time when the Highest Being, who is Unconditional Love, created Light to fill the void.

Joy is a step on the road to inner peace.

#### **46. Kindness**

I could write pages on the need for kindness in one's life but let me rather paraphrase the Dalai Lama when he says *"Kindness is my religion"*.

If we would only be kind to ourselves and others in our every thought, word and action, we would not only know inner peace, but we would be inner peace.

Enough said!

#### **47. Light and Love**

The Love I refer to is Unconditional Love or Spiritual Love. The Love that when accompanied by Light is Oneness/Source/God.

This is who we are at our essence as we are a part of Oneness/Source/God.

If we do not feel this Love and Light then we have allowed our ego to build obstacles within us to prevent us from achieving this feeling of Love and Light.

That is our meaning and purpose in this life: to identify and eliminate all the ego-based obstacles we have allowed which separate us from achieving the feeling of inner peace that is Godlike.

#### **48. Meditation**

It is often said that prayer is man talking to God and that meditation is God talking to man. Meditation is, in reality, connecting to know conscious awareness with Oneness/Source/God and of your soul's eternal oneness with this Highest Power.

What achievement of man can ever be compared to feeling and knowing the creative power and connection to the One who is Omnipotent and All That Is?

Through meditation you can know the Love, Power, Glory, Bliss, Harmony and Wisdom from the Source of All That Is. This is Inner Peace, and through meditation, you can tap into this inner peace.

#### **49. Non-Judgment**

You can either judge someone or love them, but you can't do that simultaneously. It's a choice you make in every moment of thinking, "do I judge this person, or myself, or do I love them, or love myself?"

Judgement is a fear based-reaction, whereas love, is obviously, a love-based response. If we see people as innocent and unblemished, it is easy to love them as they represent the part of Oneness/Source/God which is Light and Love. That is who they really are eternally and immortally. That is why a newborn baby is welcomed into the world with such love and awe of the miracle of creation and birth.

However, most people see another through the prejudicial and biased eyes of fear and potential loss. They see the “bogeyman” and judge them as guilty and blemished even before they have spoken or done anything. They are different to us therefore they must be feared.

In truth, judgement is merely laziness to think. If one bothered to think and to explore and discover that every person is inherently the same part of Oneness/Source/God as they are, then there would be nothing to be fearful of and to judge.

Thinking through the reasons why other people think, say and act differently to the way you think, say and act will show you that there is logic at play while you deal only with fearful emotion.

With few exceptions, every parent wants to be happy and grow up with their children in peace and love. The Freedom Fighters and the Terrorists at heart want this, but they have been alienated through fear, hatred and prejudice and their homes have been torn apart by bombs, and so they retaliate by fighting fire with fire. As Gandhi said, “an eye for an eye and soon the whole world is blind”.

Fear-predominated and opinionated-judgmental actions results.

If you genuinely want to find inner peace then non-judgment is not only essential, it is an obligatory way of thought and life.

## **50. Optimism**

Optimism is essential if you want to escape the grip of fear and worry that leads to judgmental behaviour.

Optimism is the path to a life of happiness, joy, bliss, abundance as well as to compassion and empathy for others.

Optimism is the way to begin to have non-judgmental thoughts, words and behaviour.

Optimism creates inspiration, hope, belief and creativity, leading to peace and, most importantly, to inner peace.

Needless to say, the opposite of optimism, which is negativity, is a blockage to all that can be achieved through optimism. Negativity is betting against yourself in the game of life.

## **51. Peace within Oneness/Source/God**

To be able to visualise that you are embraced within Oneness/Source/God and that you are in the place of peace within the Source of Peace will bring you into inner peace. Visualisation is a powerful adaptor of perception, attitude and self-belief. Try it, and you will be amazed at how peaceful you feel and become.

## **52. Prayer for those who have hurt you**

A genuine heartfelt prayer for the well-being of anyone who has hurt you in some way will immediately lift the negativity of the memories you have of them and release the anger within you. This vacuum will now be filled with inner peace.

### **53. Patience**

The saying that 'patience is a virtue' is very apt when seeking inner peace. There will be ups and downs as you go on your journey to find inner peace and having the patience and fortitude to stick it out when the going gets tough will see the rewards eventually, but it will take time.

### **54. Prejudgement**

The need to prejudge or to be prejudicial about someone or something stems from a need to control and not to trust the Universe to give you what you need now for the highest growth of your soul.

Prejudging is making up your mind in advance and to not be open to experience all that life has to offer. Growth only occurs outside of your comfort zone where the unknown resides. Inner peace is currently outside of your known comfort zone. Do not prejudge and do not have preconceived ideas and concepts. Allow the adventure to begin by saying "yes" to life and to what life has in store for you. Inner peace is patiently waiting for you outside of your current comfort zone.

### **55. Present moment of now**

In my book *How to Live in the Now* available for free on [personalempowerment.co](http://personalempowerment.co) and [amazon.com](http://amazon.com), I devote some 435 pages helping you with triggers of how to live in the Now, or what I call God's Space. In this Space is unconditional Love and Light and Inner Peace. Being in the presence of Source/Oneness/God in the present moment of Now is nirvana - eternal and immortal bliss.

### **56. Purpose and meaning**

If your purpose in life were to feel and be at One with Oneness/Source/God, then your life would have meaning beyond anything you could ever imagine.

To know the Love and Light you would be bathed in will take you far beyond any need for purpose and meaning because you would be the personification of God and know and experience what being a part of Oneness/Source/God is while still being in the physical world. This is bliss and inner peace eternally and immortally for the present moment of now.

### **57. Respond**

How you respond to the world, and, in particular, to people in your orbit, is how the world will treat you. Responding is like the Law of Karma, but it is more immediate in its results.

If you genuinely want to have inner peace in your life right now then ensure that you respond to others with love and kindness, and that will kick start you to feeling at peace within yourself.

### **58. Responsibility**

Flowing from the previous topic, the ability to respond is also a form of responsibility. No one can give you inner peace or take it from you; it is solely your responsibility to create it and maintain it, for yourself.

### **59. Rest**

In today's frenetic world of instant gratification, instant communication and "always on" lifestyle it is difficult to find time to rest. When we do eventually rest our minds' are in turmoil because of the hundreds and thousands of messages that bombard our senses from the "always on" lifestyle we choose to live.

Rest is essential to becoming peaceful within, and that rest should preferably be total rest from all our senses bombarding us with instant messages.

This 'fear of missing out syndrome', or FOMA, means that your social media world determines that you must always be 'on'.

Where is the inner peace of the next generation going to come from and what impact will that have on the leaders of tomorrow?

So back to you and the here and now. You need to find a way to rest and be unplugged from all sensual distractions before you can find a way to become inner peaceful.

In the ideal world, your inner peace should accompany you wherever you go. This is utopian, and for the gifted few people who know continual inner peace, it is such a blessing. For the rest of us clinging to the slippery slope of a noisy and busy life, we must find the time to rest completely to find a door opening to inner peace.

## **60. Security**

Most people consider that security comes from a good partner in a relationship and from financial well-being. As we all know, such security can be swiftly dispatched and relying on people and money to make us feel secure is very fleeting.

Real security comes from knowing that you are eternally and immortally a part of Oneness/Source/God. This real security gives you inner peace.

## **61. Self**

Any instructions commencing with the word self, such as self-confidence or self-control implies that you have the ability to determine the outcome of the circumstances in your life.

Your inner peace depends on your self-confidence to demand from yourself and others the requirements and environment that will allow and enable you to attain and maintain your inner peace. You have the right to do so, but you need the self-confidence to assert that right.

Your self-worth is not a measurement of your material wealth but is the measurement of your inner integrity and how you treat yourself and others with kindness and love. Self-worth, like character, is measured how you perform when no one else is looking - you are self-accountable and, if you are a spiritual person, you know that "unseen eyes" see all.

## **62. Serenity**

Self-awareness knows that peace, love and bliss are within us, a part of the Supreme Self of perfect inner peace, Love and bliss, and that we can turn that wonderful flow into our thoughts, words and action at any moment we choose to do so. Serenity results from this and inner peace is attainable after that.

## **63. Silence and stillness**

For many people, silence and stillness represent the same thing, but they are very different indeed. You can have silence but be very far from stillness as your mind whirls at high speed with the many thoughts in your head.

Stillness comes from meditation and after you have developed the ability to let all the thoughts in your head go unanswered, eventually a stillness will emerge. This stillness is a very fertile place as you are now connected to the Creative Consciousness we know as Oneness/Source/God. At this 'place/space,' inner peace resides.

## **64. Success**

We spend our time and energy in the pursuit of being successful. While we move headlong into this pursuit, we overlook the happiness around us. If we accumulated the moments of happiness that are there for the taking, we would not need success, as we would be too happy to worry about our ego's needs for such success. Such happiness opens the door to inner peace.

## **65. Surrender**

To surrender is not to give up but to recognise that inner peace is more important than temporary victories of the ego. So you let go and let God in, and you surrender to God's will for you. You chose inner peace by surrendering to God's will for you as your Co-Creator in your life.

## **66. This too shall pass**

The awareness and acknowledgement that nothing is permanent in this world and that all shall pass eventually gives one the confidence to say 'this too shall pass' and to let it go - whether deemed good or bad. Will it really matter in the long run? Inner peace follows such acceptance.

## **67. Thought**

This is the place where the 'rubber hits the road'. Your thoughts are the kickstart for a moment of mayhem or a moment of inner peace and anything else in-between these two extremes.

A single thought can make or break your inner peace. Be aware that every thought is recorded and sent into the Universe. Be careful what you are thinking, because what you are thinking, you are becoming.

## **68. Unifying**

Unifying positive energies creates wholeness and even Oneness whereas negative energies create separation and division. Embrace those energies that feel good and brings you closer to inner peace.

## **69. Vulnerability**

Let people into your life even those with evil intent. Open yourself up to vulnerability to overcome your ego's demand to protect yourself and make you fearful. By opening yourself in vulnerability, you are trusting the Universe to shower you with humility and love. Laugh at yourself and the silly mistakes you make and don't try to protect and cover things up when you have messed up. Own up in inner integrity and apologise if that is needed and, more importantly, laugh at yourself and don't take yourself too seriously – no-one is getting out of here alive!

Being vulnerable means that you are strong enough with inner fortitude to walk outside without your body armour on to protect you.

People admire strong, tough leaders but that admiration is based on fear and the need to feel protected. People unconditionally love and follow those who are humble and have inner integrity in their thoughts, words and actions.

A Conqueror returns home to a ticker tape parade, but a Peacemaker knows that ego will be their downfall in peace times.

Vulnerability is a step on the road to inner peace.

## **70. Wealth**

In our capitalistic world the nirvana seems to be financial wealth. The real wealth is our health and in our perverted way we ruin our health to create financial wealth and then spend this financial wealth to try and regain some health!

A wealthy person to my mind is someone who is consciously aware that they are a part of Oneness/Source/God and they act in a Godlike way knowing inner peace with every breath they take.

## Conclusion

In conclusion, the quest for inner peace, and, with it, Spiritual Love is to bring that which is within as a part of Oneness/Source/God into our external world while nurturing it within with every thought, word and action.

Think, say and do '*what would Inner Peace/Spiritual Love/God do now*'?

It is my fervent hope and prayer that you feel this Spiritual Love as you deal with yourself and all those in your orbit.

You are Love as your essence and may you be blessed by experiencing this Love in your every breath.

In Love and in Light  
Neville.