

# Finding and Knowing God Within You

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**Johannesburg  
South Africa**

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## PROLOGUE

I have long been an adherent of various Channelled Entities. They often speak about themselves as being God, and of us all being God. They also state that God is within us all.

Many of us have grown up with the belief that the Higher Power we pray too is somewhere “up there”, implying in heaven. So, attempting to understand more fully how this Higher Power could be both in heaven, and within each of us simultaneously, caused me to research and write this book for the answers and solutions to this quandary.

As with all my free books found on [personalempowerment.co](http://personalempowerment.co) and [guidespeak.com](http://guidespeak.com), I write these books to increase my information, knowledge and wisdom; to leave a legacy for my two sons, and for the world at large who may access my two spiritual websites above.

I have researched the works of various authors who channel these Entities and am especially grateful to Rasha for her book, *Oneness*; to Neale Donald Walsche for *Conversations With God – Book 1* and Abraham- Hicks for the words of *Abraham*.

I sincerely hope that you enjoy and benefit from reading this book.  
May you be able to find and know God within you.

In Light and Love

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# Finding and Knowing God Within You

## Introduction

*“What lies behind us and what lies before us are but tiny matters compared to what lies within us- Ralph Waldo Emerson*

*“We cannot teach people anything we can only help them discover it within themselves.”- Galileo Galilei*

The God we seek is within us. Our Soul within us is a part of our Higher Self/Soul in Spirit. This Higher Self/Soul is connected to, and is part of, the Source we call God, Oneness, and many other names.

God is part of us, and we are part of God. Look within yourself to find the God you seek there. It is Oneness within, and if you don't find it within yourself, then you need to take away all the ego-driven issues blocking your search for God within you. Some people know God within them as their Soul. Some people believe God is within their heart. We must each find and know God within us through our journey to become Oneness. For Oneness is All That Is

Through our desire and focused intent, we develop the destiny of our creation. When we lift our consciousness, we expand our perception of reality. Our connection to our Higher Self, the more substantial part of our Soul that remains in Spirit, enables us to experience reality not of form, as on earth, but of formlessness- vibrational energy fluctuations of consciousness.

We experience this consciousness as a feeling, as feelings are the language of our Soul. When we meditate, we elevate ourselves, and we feel enlightened. We usually feel elated and frictionless. Everything seems possible, loving, and connected in Oneness. All this comes from within us.

As you read through this book, you see how the search to find God within you, and to become Oneness by knowing God within you, enables you to establish that you are God too.

As always, I write these free books found on my websites [personalempowerment.co](http://personalempowerment.co) and [guidespeak.com](http://guidespeak.com) to learn and teach myself and then to share this information, knowledge, and wisdom with my sons and with the world.

I trust you find this book worthy of your time invested in reading it.



## In the beginning

We are vibrational energy fluctuations of consciousness, and we live mainly in Spirit. We are connected to Source Energy, which we call our Higher Power, God, Oneness, and a myriad of other names. This name depends on our religious and spiritual belief systems we are usually born into, or we embrace through our choices.

We are part of this Source Energy, and this Source Energy is part of us too. The more substantial part of us, our Higher Self/Soul remains in Spirit and is connected to Source Energy. As a soul within a body on earth, we are connected to our much larger Higher Self/Soul and to Source Energy.

Our energy fluctuations in Spirit move at a very high vibrational frequency level. When we decide to come to earth, we must slow down these vibrational energy fluctuations as we move from energy into matter. For example, water is boiled to create steam, which rises, and when it is cooled, it reverts to more substantial denser matter, which is water.

When we are in Spirit, we are part of a Soul Group comprising our Soul Mates. Spirit is Unconditional Love and Light from our Source Energy. When we are in Spirit we expand our information, knowledge, and wisdom through places in Spirit like the *Halls of Learning*. However, after a while we crave to put this learning into practice. We also crave the sensuality and contrasts of opposites that exist in the duality of earth.

The earth plane of existence is our playground, where we can bring our now slowed down vibrational energy fluctuations into a physical body. Most often we place ourselves into a newborn baby we selected while in Spirit, and we experience the sensuality of our five senses of touch, smell, taste, sound, and sight. In time, we will also experience the duality and contrasts of opposites and expand our experiences too.

We don't come to earth only for these sensuality and duality experiences. We also come to earth to fulfil specific tasks in a physical format that we are required to do to perfect ourselves to become more and more like our Source Energy. Additionally, and equally importantly, through our connection to this Source Energy, our physical, mental, and emotional experiences on earth enable our Source Energy to expand its experiences too, through us. We are helping God become All That Is through our experiences.

What most people on earth don't realize is that as eternal Spiritual Entities connected to Source Energy, we require the growth of expanded consciousness or awareness, and earth is the perfect place to do this sensually and physically.

When we are in Spirit with our Soul Group we plan our next trip to earth, and this requires intricate planning. We each have what I have called 'holes in our souls that need fixing' in my latest free book, *The Purpose and Meaning of your Life in terms of your Soul Contracts*. We identify which holes need fixing, and we create soul contracts with specific Soul Mates whereby at the appropriate timing, they will appear in our life on earth. We, in turn, fulfil that function for them and other Soul Mates, who also need to fix the holes in their souls too.

While we have these soul contracts, we also have free will on earth. We can walk away from one or more of our soul contracts and create new causal events that will

need to be played out. The cause and effect of these free will choices will add to our work we need to do on earth, either in this trip or a subsequent one.

I would now like to return to the most critical part of this introductory section, and that is our permanent and eternal connection to Source Energy/Higher Power/God /Oneness. We see such Source Energy as perfection. We each, in our inimitable ways, seek to become such perfection. Some of us do it in strange and peculiar ways, and some do it in more conventional forms of behaviour on earth.

When we are “born” on earth, and our soul enters a baby in the uterus, or upon the baby’s exit from the womb of its mother, or sometime after that, our soul is fully connected to Source Energy. We are God, and God is within us. When our parents and other people see us, they are looking at God in physical form, and everyone is elated. Their souls, the part of God within them, recognizes Itself in this pristine baby.

Of course, we are not “born” now. As eternal souls, we simply change the format from spirit to physical form incorporating our spirit, as water does when it goes from liquid to steam, to gas and back into water again. I am using water as the analogy here as our bodies comprise some 60% of water, with our brain and heart comprising some 73% water, according to the *Journal of Biological Chemistry*.

Now to the bottom line of this introduction. If we continue to know and remember that we are always, and in all ways, connected to Source Energy, then we will know a life of Unconditional Love and Light on earth. If we know and remember in every present moment of Now that God is within us and that we are a part of God, then our life will be unlimited, and our expansion unrestricted. We will know the joy and bliss of being Unconditional Love and Light. Providing we maintain the attunement and alignment with God within us, every choice we make will be the correct choice.

We are not born as winners or as losers, but as choosers.

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

The decision to change energy to be aligned to Source Energy in our every choice will see our life on earth become joyful and blissful. What more can we ask for than that?

When we become human, we have something that is unknown to us in Spirit. We have a protective measure we call our ego. Our ego is used as a self- survival mechanism to protect us from any outside entity intent on harming us, and by extension, our family. This self -survival ego is what I am calling the healthy life-preserving ego.

However, we also have what I term the unhealthy ego. This ego is what I refer to in this book, and all my other free books found on my websites, [www.personalempowerment.co](http://www.personalempowerment.co) and [www.guidespeak.com](http://www.guidespeak.com), as EGO- Edging God Out. This ego is pride based and deals with your thoughts in the past, and in the future, creating both hope and fear, and sometimes both within the same thought-form too.

While God is only found in the present moment of Now, the ego is found in thoughts of the past and the future. For those interested, I have written a free book *How to*

*Live in the Now* found on [personalempowerment.co](http://personalempowerment.co), which explains this point of ego/soul/Love /God in detail.

This ego is what blinds your memory to God within you when you are on the earth plane of existence. Choosing to be Godlike in your thoughts, words, and actions is the challenge you face in every moment of Now. Remembering to be Love-based soul and not fear-based ego, by being conscious of God within you, is the task of this book.

## **Not only your thoughts create your reality**

You are powerful beyond measure. What you believe about yourself is what you will create as your reality. But this belief system within you must be without reservations. It must be with a strong desire and focused intent, and you must follow through with action leaving no stone unturned in your quest for the manifestation of what you believe about yourself.

People who have a negative attitude towards life and resulting negative thought forms create a negative reality, and they do it with focused intent and, perversely, with desire too. They believe they are victims- VICTIM- Verily I Call This Into Manifestation.

They blame others for the reality that is their life. They live in fear, and their ego plays upon this fear-based attitudinal mindset and resulting thought-forms. This way, the EGO- Edging God Out- can control its host body through their mind and allows the ego all the power it wants to survive and thrive, much like cancerous cells in the body.

Real POWER- Present Only When Ego Removed- is soul-based Love, and, throughout this book, we will be focusing on developing, attaining and sustaining this attitudinal mindset, with resulting thought-forms creating a positive and meaningful reality.

From a spiritual perspective, there is a unique way to develop, attain, and sustain:

- (1) a positive attitudinal mindset;
  - (2) resulting in positive thoughts;
  - (3) a positive, purposeful and meaningful reality, and
  - (4) to know happiness, joy, and bliss,
- and that is through attunement and alignment of our soul, with our Higher Self and our Higher Power.

This attunement and alignment bring us to a state of Oneness.

I am using Oneness throughout this book as another term for the God we cannot comprehend and understand, but we can feel within us, as feelings are the language of our soul. The names of Higher Power, God, Oneness, Source, Source Energy, Creator, and so on are all interchangeable. When we feel enlightened, and our Spirit soars, we operate at a frictionless state on the earth plane of existence. Everything happens effortlessly and successfully in terms of our desires and intentions, providing we come from soul-based Love towards our self and others.

When we “fall in love” with another person, it is the soul-based Love within each person that attunes and aligns. I prefer to call it “rise in love”!

Desire and intent are the basis of our reality we are creating. We all know that our thoughts create our reality, but what stimulates those thoughts? – Desire and Intent. Whether such desire and intent are considered to be positive or negative is a function of our current attitude at the time we have the thought. We have our thoughts in the present moment of Now. So our mental attitude Now actually determines our thoughts, which create our reality. Attitude trumps thoughts!

Where does our attitude come from? From within ourselves. Certainly, outside forces can influence our attitude. However, it's the thoughts that we allow within ourselves to influence our reaction or response to those external stimuli that affect our attitude, and with it, our subsequent thoughts.

According to a 2005 *National Science Foundation in the USA* report, we are supposed to have up to some 60 000 thoughts a day, which equates to one a second if we are awake 16 hours a day. Positive thoughts only made up 20% and negative thoughts 80%. Of those thoughts, 95% were precisely the same repetitive thoughts from the day before.

Our thoughts may last a second, but our attitudes last longer than a second, so our overarching attitude is going to influence those thoughts while we have that attitude in our minds. In my world, attitudes last a while. We certainly don't change our attitude once a second. When we determine our attitude, we are deciding on our future thought forms and future realities we will experience. Hence the saying "your destiny is within your hands." It begins with your attitude!

We all experience both positive and negative attitudes during any given day. It's inbuilt into our DNA from tens of thousands of years ago. We had to react to the flight or fight response when an animal or unknown person entered our space on the plains or in our caves. We couldn't act like we didn't have a care in the world and that we didn't have a fear of being attacked. Those of us who lie awake at night worrying about our current fears of lack, or impending loss, know that same fear tens of thousands of years later, clad in our pyjamas in our safe home.

(For those who are interested, my free book *Achieving Your Goals and Dreams* found on [personalempowerment.co](http://personalempowerment.co) deals, among other things, with the mental and physical aspects of how your mind affects your body in various attitudinal states and resulting thought-forms.)

Fears create a negative mindset and attitude. Negative thoughts are the outcome. Reality is created from these negative thoughts, which are usually not pleasant realities.

Conversely, one who lives with gratitude in their heart for whatever occurs within them, or as an outside force upon them, are those who say, "Thank you God for this." These people accept and appreciate whatever is occurring in their lives. They know soul-based Love in their hearts and in their attitudinal mindsets. Positive thoughts are the outcome. Reality is created from these positive thoughts, which are usually loving and pleasant realities.

So it boils down to expressing fear or gratitude/ love. Isn't life simple!!

Are you among the predominantly 80% negative thought people, or among the 20% positive thought ones?

From a spiritual perspective, I believe that Love is all there is. God is Love; we are a part of God, so we are Love too, at our essence. For those people who experience Near-Death Experiences (NDE's) and return to earth, most have a similar story to tell. They talk about feeling and experiencing Unconditional Love and Light, where words cannot be found to do justice to those feelings and experiences.

I have had dreams of members of my family and some selected friends who have passed on to the next world/Spirit world, and during, and for a short while after, I feel that I have been bathed in this amazing Unconditional Love and Light. The dreams remain in my memory for weeks, but the feelings disappear soon after awakening from sleep. In my belief system, I consider that these visitations are these loved ones coming through to me with the reassurance that they are with me whenever I need them to be there. I also have dreams about people still living on earth, and we connect so strongly in my dream state, immaterial of what we are going through on earth together.

Isn't life amazing? We can create our reality merely by having an attitude and the thoughts that flow from there. We can decide what people and events mean in our lives. We can make a silk purse out of a sow's ear or a sow's ear out of a silk purse. We decide our attitudes, and we choose the thoughts that flow from there. We create our reality. Other people have nothing to do with where and how our reality unfolds.

We are responsible for our attitudes and thoughts. Once we have made an attitudinal CHOICE- Can Help Overcome I Change Energy- we set the stage for our thoughts, reality, and destiny to be positive or negative in its outcome. I sincerely hope you are or become, the 20% positive thought person as the traffic after the extra mile you will go is not congested at all, and opportunities abound for you in all respects of your life.

## **Your only disability is your attitude**

How many people in the world do you think suffer from some form of medically diagnosed disability? I was shocked to find out from a World Bank report that it was over one billion people or 15% of the world's population. The remaining 85% can get on their knees and say, "Thank you, God, for there, but for the Grace of God, go I."

Now I would like to throw a cat among the pigeons. While not in any way negating the plight of these one billion medically diagnosed disabled people, I would like to state that I believe that the disabled number is probably closer to 80% plus.

I believe that the only disability one has is one's negative-based attitude. If you have a negative attitudinal mindset, with resulting negative thoughts, creating a negative based reality for you to live in, that creates a disabled present, and future, for you.

Once again, I am apologising for judging medically disabled people through this statement as it is meant for the 85% of non medically disabled people in the world.

There are such heroic stories about medically disabled people who have gone on to record remarkable achievements in their lives, and in the lives of others, that I am humbled by their amazing positive attitude against all the odds. For me, these are

the true heroes and heroines in our world, certainly from an attitudinal mindset and positive thought process viewpoint. They are so inspirational that, even as I write this, my eyes are welling up with emotional tears of joy and gratitude for the strength they show themselves and the world.

But let's revert to that large proportion of the able-bodied 85% of the world who disable themselves with a negative attitudinal mindset, thought processes and negative reality they live in.

When my firstborn son was at primary school, probably around eight years old, he said he didn't want to go to school that day as all they were doing was going to run the cross country race, and he and his friends didn't want to run. I asked if it was compulsory to run and he said it was, and that is why he didn't want to go as his friends were staying home too.

I asked him if he knew anyone his age who was confined to a wheelchair. He replied there was a boy at his school who was. I asked him what this boy who uses a wheelchair for his mobility would give to be able to run in the cross country? At eight years old, he was old enough to understand what was behind my question. I said that if you don't want to run for yourself, then please run for that boy. He agreed to do so and enjoyed the cross country race. Now that he is 30 years old, he occasionally speaks about that day in his life and how it helped shape his attitude towards life.

About fifty years ago, when I was beginning my work career, a friend of mine used to run a charity-sponsored programme called Whirling Wheels. Their mission was to take disabled people on outings. One particular Friday evening my friend invited all the people in the programme to his parent's house for what we in South Africa call a braai, and Americans call a barbecue. I arrived to find a young man, probably around 30 years old, whose legs were amputated due to a work-related accident. He was balancing his remaining torso on a wooden platform with four wheels, and he was racing down the long driveway screaming with delight.

The driveway has a gentle downhill gradient, and he would reach the bottom of the driveway, do a "wheelie turn" and with his hands and arms push himself to the top of the driveway and do it all again, time after time, without a let-up in his enthusiasm.

Once the food was ready to eat, we eventually had to force him to stop so he could eat with the other people in the programme. Straight after dinner, he went back out again and using the well-lit driveway he continued without stopping whooping with delight as he sped downhill and then propelling himself uphill to do it all again.

There are not many things I remembered about fifty years ago but that physically disabled man's enthusiasm, passion, joy and positive attitude, against the odds that life had thrown at him, has helped me through many dark nights of the soul.

Attitude is everything in life, and this book reinforces that message, time and again.

## **Responsibility- the ability to respond**

Let's discuss responsibility—the ability to respond. If we react in a knee-jerk fashion, we are placing our attitude and resulting thoughts in another's hands to determine

the outcome. If we respond with careful thought, we are putting our attitude and resulting thoughts in our hands.

Respond or react? Love/gratitude or fear?

What of joy and sadness?

Joy is possibly our highest feeling of elation. Joy, or bliss, if you prefer, is our souls connecting with the souls of others, whether on earth or elsewhere. Our souls are love-based, and they soar when connecting with another soul.

Remember when you fell in love with your beloved? As stated above, it was your love-based souls that connected, and the synergy of that love based connection was  $1+1 = 3$ . As said to us in the song from *My Fair Lady* where the man in love stated he felt he was walking several stories high knowing he was on the street where his beloved lived.

This love-based attitude of joy is a frictionless place to be. Everything is possible, and the world is coming up roses! With such an attitude, any thoughts flowing from there are going to create a beautiful reality. Life is bliss!

Conversely, sadness is one of the lowest feelings of deflation. Grief, in its extreme, can lead to depression, and even suicide. Our fear-based attitude and thoughts resulting from there create a reality of loneliness and despair that has us peering into a black hole and never seeing the bottom of it. This fear-based attitude and the negative thoughts resulting therefrom create a reality where we are stuck and cannot see any way out of this blackness. Everything seems to be worsening by the minute. There is no love evident at all and only ego-based fear in our thoughts and our reality.

Respond/love /joy OR react/ fear/sadness?

Attitude/love/positive reality OR attitude/fear/negative reality?

The most potent weapon at our disposal is the ability to choose our attitudes and the thoughts that flow from there.

Talking of weapons, America spent 37% of the world's \$1.6 trillion military armaments spending in 2015. With all this firepower, one would imagine its soldiers felt impenetrable. However, in my recent free book, *Purpose and Meaning in your life in terms of your Soul Contracts*, I identified some research I unearthed refuting this impenetrability.

The majority of American soldiers returning home from the wars in Afghanistan and Iraq since President George Bush announced the *War on Terror* after 9/11 were emotionally disabled. Over 50% of these returning veterans were receiving disability benefits. However, only some 10% were involved in combat with the enemy.

The majority of the non-active personnel injury disabilities were stress-related caused by living in these combat zones as support staff to the fighting personnel. These some 40% of veterans not seeing battle conditions chose a negative attitude of fear, with resulting thoughts of negativity creating a reality for them that resulted in emotional stress-related disorders that required medical treatment.

It's little wonder that no one wins a war. The so-called winner is the one who loses less than the enemy it faces.

So we conclude that it's all about attitude as the most potent weapon at our disposal. The remaining some 50% of these troops who did not apply for emotionally based disability benefits somehow managed to adopt a strong enough emotional attitude not requiring medical treatment. Other factors come into play, but I am trying to simplify how the choice of attitudes and resulting thoughts affect people differently. Immaterial of their superior firepower and equipment some 50% of US military personnel participating in the wars of Afghanistan and Iraq, the vast majority not being combat troops, we're unable to choose an attitude and resulting thoughts of well-being. This is not meant to be judgmental but observational. Perhaps more time should be spent on the emotional attitudinal preparation for warfare, for both combat and non-combat soldiers, to avoid a 50% rate of emotional disability among the troops.

Please understand I am not criticizing the US military but using this real-life situation to show how necessary the ability to respond with the correct mental attitude and resulting thought forms are for self-survival.

## **Reframing our life's choices**

It's time to do some market research. I would like you to ask five people if their life is one of struggle? I would then like you to ask another five people if their life experience is one of opportunity?

Whether five or five hundred people you don't have to ask them unless you want to. Ask yourself whether your life is one of struggle or one of opportunity?

We chose to come to earth as Spiritual Beings in a human body to experience the duality or the co-existence of opposites, or the contrasts, of the sensuality, that the earth plane uniquely offers us Spiritual Beings living in the more monotone Light and Love of Oneness in Spirit.

We come, as explained in my Soul Contract book referred to above, to repair the holes in our souls, thereby ensuring our progress as eternal souls on the road to Oneness.

We came knowing that we would face challenges, obstacles, hardships, and the like, and we would choose them to heal the identified holes in our souls. After that, we would choose the contrasts of happiness, joy, bliss, and the like, to experience it all in its sensuality. We came for the excitement of experiencing the delights of the sensuality of all we choose to do. First, we had to make ourselves secure through trials and tribulations and, after that, we could know happiness, joy and bliss.

For those people who are cyclists with bikes having gears from one to twelve speeds, as you peddle uphill and use your lower gears to ease your passage up the hill, you have to peddle much harder than when you go downhill, and you use your higher gears. For those who see the uphill peddling as a struggle, it drains your energy faster than for those who see it as an opportunity. Knowing that the harder



pedalling is going to bring you the chance to see new vistas soon and to have a much easier ride downhill will charge your energy with hope rather than drain it with struggle. It's the same bike ride but only with a different attitudinal mindset and resulting thought process.

Can you reframe your life's choices from one of struggle to one of opportunity?

## Replace the need to control with trust

I would now like to talk about your need to control your life and the life of others. I was the arch controller until I learned how to live in the Now and to trust the moment to unfold as it should. The Now was always a nice concept, and I tried, like other people, to use linear time to measure this Now moment.

Be here now, be here now, be here now, be here now, and then my thoughts would remember something I had forgotten to do, be here now, be here now, be here now, what's that noise downstairs, be here now, be here now, oh dammit, I will try this later on when I am not so distracted.

I was so determined to understand how to live in the Now that I decided to write a book about it. And you know what I discovered, no doubt enlightened by my Unseen Spiritual Friends' ongoing guidance, was that the Now was not a time but a Space. I called it God's Space. In Spirit, there is no linear time; it's a construct made by man. In Spirit, there is only this moment of Now, forever. So I concluded that the only way to live in the Now was to be in God's Space. What is this God's Space, and how do you enter it. I don't want to rob you of this experience, so I recommend you download my free book *How to Live in the Now* found on my website [personalempowerment.co](http://personalempowerment.co) and check out the Contents page to see that section which is near the beginning of the book.

For those of you not going to download the free book, I will give you a quick synopsis. Still, I am hoping you will download this book because it will provide spiritual seekers with a solid foundation stone of understanding spirituality in many of the topic headings that form a basis of this spiritual knowledge. I wrote that book in 2009, and I am writing this book now on New Year's Day 2020. I have recently reread *How to Live in the Now* and saw how my Unseen Spiritual Friends guided me in writing that book over a decade ago. It is as fresh today as it was in 2009, and having written over 15 more free books since then; I would not change a word of it today.

So back to the synopsis. You are comprised of your ego and your soul. Ego is hope/fear-based, and Soul is love-based. Both are needed for your life on earth. Ego is not required in Spirit as only Unconditional Love and Light are present in Spirit. On earth, we have duality, and in Spirit, we have Oneness. Your ego has what I call two parts, the good ego protecting you from real threats/hope and the bad ego protecting you from imagined threats/hope. I am simplifying this concept of ego for this example, so please don't shoot me down for this oversimplification.

From hereon in my reference to ego is about so-called bad ego- the imagined threat/hope protector or creator. This ego controls your attitude and your resulting

thoughts that create your reality by giving you either hope or fear and, frequently, both in quick succession. Hope and fear are projections from the Now moment into the future or back into the past. Ego cannot live in the Now moment because that is God's Space and only Love can exist in the Now moment as God is Love, as you are, at your essence, at soul level, as your soul is ultimately part of God as explained before.

Only Love can exist in the Now. Your ego is banished to live in the past or the future. Ego's grip on your future attitude and your resulting thoughts is based on hope or fear. Ego is power-hungry and uses its power to keep you hostage to its induced attitudes of hope or fear and resulting thoughts, which then create your reality.

An acronym for EGO is Edging God Out and, through this process, edging you out of the present moment of Now- God's Space where only soul-based Love exists.

The simple solution is to remain as soul-based Love, and you won't have your ego controlling your attitude, and your resulting thoughts, and with it your perceived reality.

If only we could wave a magic wand and have that so! We can undoubtedly be Love whenever we remember to Be Love Now, but we live in a world of duality, and we need the contrasts we experience as happy and sad, good and bad, giving and taking, and so on, to learn what we don't want so that we can choose what we do want. As stated before, the power of choice is your most potent weapon.

#### CHOICE- Can Help Overcome I Change Energy

We are consigned to experience everything, not necessarily in only one life on earth, so that we can know and experience the duality, and after that, make an experiential choice. As we are a part of God, we also have the experience for, and with God to know every experience too. No pressure, mind you!

The real question is, are we unconscious or conscious when making these choices and having these experiences? The consciousness I am referring to is not a medical condition but a spiritual one. Are we unconscious and allowing our ego to rule the roost, or are we conscious that we are Love based soul-making these choices and decisions? Once again, the power of choice is involved in our attitudes, resulting in thoughts and perceived reality we are experiencing through this choice.

Are you choosing to Be Here Now with a soul-based Love approach to your attitude, resulting thoughts and perceived reality? Or are you choosing to allow your ego to hijack your attitude, resulting thoughts and create another perceived ego-based reality for you to live in?

As, when and if you can learn to live in the Now your life will become much more frictionless and free-flowing. You will learn to trust the moment to unfold as it is and your life will unfold like a set of dominoes arranged to fall one onto the other in a free-flowing pattern of love-based attitude, resulting in thoughts in a reality of Oneness with all. You will experience a spiritual "high".

So we return to the beginning of this topic where I was writing about needing to be a controller of your life and other peoples lives. I received a Whatsapp joke message that read "If I were meant to be controlled, I would have come with a remote!"

If you can develop faith and confidence to live in the present moment of Now then you will learn to TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally.

In essence, you will let go of the need to control anything and anyone, and acknowledge God within you. At the same time, you must follow the old Indian proverb of “to pray to God but row away from the rocks!”

When you reach this position of trust, you will learn to state, “Thank you God for this”, whatever ‘this’ maybe, and immaterial of whether you consider it to be good or bad for you. Everything that is presented to you in the Now is for the growth of your soul towards God within you, or Oneness, or whatever label resonates with you of the Source of All That Is.

Trying to control the uncontrollable is a futile exercise and leads to frustration and from there to possible aggression and worse. It’s a question of how much emotional pain you are prepared to endure before you realise that you cannot control anything that doesn’t want to be controlled. Nature shows that daily in its weather patterns and the way vegetation grows unhindered in the wild. Nations which have been under the yoke of a despotic dictator eventually revolt and tear down the dictator’s statues in the main squares while hanging the Dictator. Families who are dependant on a parent who controls the purse strings and metes out punishment to their spouse or children eventually they lose their power and control and reap the whirlwind of retribution.

Holding onto so-called power in attempting to control the uncontrollable requires all your energy. You will have little energy left for the creative areas of life and the growth of your soul towards God within you. Your prize is maintaining control, but it's devoid of love and emotional rewards from others. Control is a pyrrhic victory and a significant defeat of what your life can be like if Love replaced the fear of loss, or lack, which drives you to need to control yourself and others with a vicelike grip. When your hands are holding onto control, they cannot be embracing a loved one. You can control someone or love them, but not simultaneously.

The essence of the need to control is a lack of trust in the unfolding moment of Now. It is the lack of trust in the role that your soul-based Love can play in your life. With ego-based fear dominating your life there is no place for ego-based hope, let alone soul-based Love to emerge from within you. The God within you is unacknowledged by people who are controllers in life.

If you allow trust into your life, then the synchronicity of the unfolding moments of Now enables your life to be influenced by awareness and Power that transcends your controlling mind. My acronym for POWER is Present Only When Ego Removed.

By learning to undertake a task in a soul-based Love manner, and after that to be detached from the results, you develop TRUST in the unfolding process of Now moments.

I sincerely hope that the above explanation can assist you in releasing your fear-based vicelike grip of control and opening your hands, arms and your soul to embrace those in Love who you were controlling before. I did, and my attitude, resulting thoughts and perceived reality, became one of seeing Love instead of fear in my world.

I must add a postscript here. The above process works well for personal relationships, however, for commercial relationships, the need to control the process is essential for financial success, and job security for all concerned.

## **Deep breathing brings you to Oneness**

Now let's talk about something so hard that you need a PhD to accomplish it - breathing!

Breathing while being conscious of heart-centredness is the key to developing a deeper breathing pattern of soul-based Love. Ego-based fear breathing is usually short, sharp breaths.

The fight or flight response to fear sees more rapid and faster breathing as oxygen is pumped to the muscles in preparation of fight or flight. Quick and rapid breathing is fear-based. Long, slow and deep breathing is Love based. For those who meditate, you will know how your breathing patterns become long and slow and deep as in-breaths and as out-breaths. When you sleep, your breathing is slower and deeper as your body repairs itself from the trials of the day just ended.

When you become your in-breaths and your out-breaths via deep breathing then, after a while, with this deep rhythmical in-breath and out-breaths your soul expands and you begin to feel that you are outside your body. The limitations of your physical body are released, and you feel like you are floating upwards and outwards. Your Love-based soul is expanding and incorporating all in its expansive path. Onward and upward it goes as your deep breathing continues. Your Love-based soul fills your room, then your home, then your neighbourhood, then your city or town, then your country, then your continent, then the world and then the universe.

Now your soul is enveloped in Oneness, and you feel the bliss of Unconditional Love and Light. You have become the energy I am calling Soul Energy, and within that Soul Energy is incorporated all your multifaceted souls, of which you on earth are one soul. Your multifaceted souls in other life spaces are all part of your Higher Soul, which remains in Spirit connected to God/Oneness within you .

(I have introduced this multifaceted souls concept here as we will discuss it later on in this book.)

## **The manifestations you require are waiting for you in Spirit**

Now, something happens. Remember, I stated earlier that only Now exists in Spirit, well, we know it as Now, but in Spirit, it simply Is. This Isness is another name for God in God's Space. In this Isness, all that is to happen, in what we on earth would call the future, happens Now. The future already exists in this place of Isness. What will happen in our lives on earth in the future has already occurred in Spirit. It is sitting in an "escrow account" awaiting us to Be and to act in specific ways. Once that happens on earth, then the manifestation of what has already happened in

Spirit, sitting in the “escrow account”, begins to emerge to influence our lives on earth.

We can call this manifestation process our Soul Contracts to make it easier to understand. As stated earlier I recently published a free book *The Purpose and Meaning of your life in terms of your Soul Contracts* found on [personalempowerment.co](http://personalempowerment.co), which will make this concept easier to understand.

Earlier on in this book, I referred to awareness and Power that transcends our controlling mind and influences our lives. This awareness or consciousness influences us in a way we do not understand. I see it as an invisible Guiding Hand in my life. When we are drawn to soul-based Love, then the circumstances for our life on earth bring us closer to what has already happened in Spirit, and is sitting in our “vibrational escrow account”. We feel frictionless and see synchronicity unfolding in our lives. (I will deal with synchronicity later on in this book.)

Conversely, when our ego-based controlling mind pushes us further away from our intended path where our “vibrational escrow account” manifestation is sitting, then the road becomes tougher to traverse. We feel friction in our journey as we head in the wrong direction. In simplistic terms, we feel harmony when heading towards our “vibrational escrow account” pathway, and disharmony when headed away from it.

At a Spiritual level, we are destined to meet up with our “vibrational escrow account” manifestation, which is waiting to be downloaded as our experience on earth. If we take a wrong turn and head away from this manifestation outcome, in time, we will experience a significant course correction in our life to put us back on the correct road to experience the playing out of that manifestation. You will resonate those feelings of correct and incorrect choices through your feelings of harmony or disharmony in your life. Trust your feelings; they are the language of your soul and get on the correct road that resonates harmony within you. That harmony within you is your soul connecting to God within you.

While you are on this journey to the integration of what has already been manifested for you in Spirit, you may come across people and issues that seem to be stopping your harmonious flow. Some you may consider, at an ego level, to be inferior to you and not worth wasting your time interacting with them. These people and issues are multi-faceted parts of your current soul’s journey on earth. They form part of your various soul contracts that need resolution and incorporation. You need to interact with them and work through the issues to integrate these parts of you to become encased in your soul as you head towards your “vibrational escrow account” manifestation. You need to find a way to welcome them on board, no matter their ego-based station in life.

In my recently published free Soul Contracts book referred to above, I deal, among other things, with 100 archetypes, of which you are one or more of such archetypes. For example, beggars come out as exactly the people who deserve to be in Spirit through their belief and faith in choosing this lifetime to be totally dependant on generosity from others. Do not judge others from an ego standpoint. Find a way to incorporate these people and issues who want to join you on your road as an integrated soul with you.

Do not circumvent situations that will bring you heartache and emotional pain as these are also parts of your multifaceted Being that need to be faced and dealt with to be incorporated within you as you head towards your manifested destiny. Life on

earth is duality, and all experiences turn out to be good experiences when viewed from Spirit.

You also have various parallel lives, and these souls are slivers of your Higher Soul, as your soul on earth is too. These other parallel lives' souls also want to integrate with you as a multi-dimensional Being as you head towards becoming Oneness within you.

Learn to have open hands and to know acceptance and allowance of Soul energy. No resistance, for what you resist persists and delays your journey to your manifested "vibrational escrow account", as well as for your road to become Oneness/God within you. This journey is one of ridding yourself of resistance and enabling allowing to flow into your life. See resistance as negative energy and allowing as positive energy in your life.

When you reach your manifested "vibrational escrow account" you discover that the journey you have been on, was, in fact, the manifestation you were seeking!

## The omnipotent power of choice

Now let's discuss how to use your omnipotent power, your choice, to guide you away from negative issues that may be spiralling downwards out of control and see your energy being depleted in the process.

All we are at our essence is an energy vibration fluctuating in wavelengths. This energy vibrates at much higher levels in Spirit. When our soul comes to the earth plane of existence, its vibrational energy fluctuations have to slow down substantially in the much denser environment of physicality on earth.

There are times when your attitudinal mindset becomes negative, and the resulting negative thought forms create a reality of negativity and diminished energy levels. Simply put, you feel worse and worse as the seconds' tick by. With the *Law of Attraction* in operation, Like attracts Like, and more negativity is attracted to you, and

the downward spiral accelerates, and your energy gets more depleted. What begins as sadness can escalate to full-blown depression, and even suicide is a possibility.

There is a process to assist you, and it requires you to use your omnipotent power, your choice. My acronym for CHOICE- Can Help Overcome I Change Energy.

The process to halt the downward spiral and, even to reverse it, lies in maintaining a state of conscious heart/soul/Love focused intent. The starting point is to withdraw the oxygen from the devouring flames of self-destruction. You find a method to shut off your ego-based negative thoughts. You learn to say NO to negativity.

One idea is to catch yourself having the negative attitudinal and resulting thought processes. Here you will have to become the Watcher of your emotions. When you realise that you are thinking negatively, stop and say, "this is not what I want now. What do I want now?" And, most importantly, WHY do I want what I want now.

Asking WHY kickstarts your positive thoughts onto the road of finding a solution to achieve what you want. Einstein said, *"We can't solve problems by using the same thinking we used when we created them."* In spiritual terms, we know that the problem and the solution are on different energy vibrational frequency levels. When you have a problem, you feel disharmony and your energy level is lowered. When you find a solution, you feel more harmonious, and your energy level rises as you have more enthusiasm and passion for implementing the solution.

Our fear-based ego creates negative -based resistance, and our soul-based Love enables positive-based allowance to occur. What you resist, persists, and stops the flow of energy, and what you allow creates free-flowing energy to be released.

Asking WHY do I want what I want now enables your resistance to crumble, and your allowance enables you to access a higher energy vibrational frequency where the solution is waiting for you. This often happens when you are in the bath or shower, and the solution pops into your head. You allow your negative thoughts to calm down, and you find a mental place of stillness, which is the key to accessing a higher vibrational frequency level where the solution is waiting for you.

Asking WHY also enables you to include a more encompassing Bigger Picture than only your wants and needs. If I achieve this, then I can use my talents and skills to help other people achieve what they want as well. And you should enumerate what they are going to achieve once you have received what you have asked for now.

Sounds simple enough? When you focus on what you do want now, and why, your attitude changes to becoming more positive. What you do want, and why, is no doubt something much better than the negative thoughts of what you don't wish you were having earlier on.

Keep your Love-based focus and attention on what you do want and why. See it in your mind's eye. See yourself enjoying what you do want. See the other people benefiting from what they have received from your actions. With this positive attitudinal mindset, your thought processes will become more positive and begin to create that intended and desired for reality.

Another idea is seeing yourself in a shipping container with solid panels in front of you and behind you. Nothing can penetrate those panels in your airtight container. All negative thoughts are locked out, unable to penetrate your mind.

You now enter into a deep breathing process as outlined above. Your deep in-breaths and out-breaths rhythmically create your more relaxed state of being as you connect to your heart/soul centred being. The Love-based soul feelings radiate through your Being and fill the airtight container. Stay in this moment of stillness soaked in feelings of Love and Light. You are now within yourself, at a soul level, where it is safe and secure. Your soul is eternal and immortal and incapable of being harmed in any way. You are your soul Now. Safe, secure and full of Love Energy. You are Love Energy always and in all ways. Your soul is now connecting to God within you. Remember this feeling and where to find it. This is your go-to place whenever you feel negative energy enveloping you.

Visit this go-to place as often as you can whenever you can. It is your haven of stillness and restoration of your Love Energy. This is the place where your daily meditations should bring you too. Know this place as intimately as you know the back of your hands. This is where your energy is restored with Love Energy. The

more you visit this place of stillness, the greater the Love and Light within you. This is God within you that you have found and are beginning to know.

Any ego-based negative attitude and thought-forms are reduced each time you visit this place of stillness as you become soul-based Love and Light, and not ego-based fear, in your newly created Love-based reality.

You can visit and revisit this place of stillness and safety throughout your waking hours through the process of deep breathing, as illustrated above. Ideally, you should have the same physical location and a regular time daily to do such meditation so you can become anchored both physically and spiritually to this process of heart/soul /Love centred awareness, or consciousness if you prefer. This is God within you that you are connecting too.

By making a CHOICE- Can Help Overcome I Change Energy- you are using your desire and intention to direct your positive attitudinal mindset; your resulting positive thoughts, and the reality you will inhabit. You either deliberately create your reality and resulting destiny, or you let the happenstance of fate decide your reality and resulting destiny. You either think it into being, or you allow fate to do so.  
FATE- From All Thoughts Everywhere

Remember this, you have survived 100% of all the fears that have materialised in your life, and you are still standing! As Mark Twain said, *"I've had a lot of worries in my life, most of which never happened."*

For those who are interested, I have written a free book on this area of deliberate creation, *Achieving Your Goals and Dreams* found on [personalempowerment.co](http://personalempowerment.co)

## **Moving from negative to a positive choice**

If there was a jar of poison on your nightstand or your work station, it is not likely that you would want to dip into it from time to time and damage yourself.

However, we do so in a different way. When we allow negativity into our sacred space, we attract other negative energy by becoming a magnet for this negative energy. As stated earlier, the *Law of Attraction* states that Like attracts Like.

From the outset of this book, I have been writing about our overarching attitudinal mindset influencing our thoughts and these thoughts creating our reality. When you think negatively, you inject negative energy into you at a cellular level. However, when you speak negatively or allow someone else to speak negatively to you, especially about a third person, then the negatively charged magnet moves into a higher gear, and you may as well be drinking that poison on your nightstand or your work station.

Being judgemental about anyone or anything falls into the same category of injecting yourself with harmful energy poison. Always find the positive in every person and situation and focus your thoughts, words and actions on those uplifting processes.



My mother's watchwords to her children were always, *"If you can't say anything nice, don't say anything at all."* She certainly lived her life on this premise, and she was surrounded by negativity in nursing my bedridden depressive father 24/7 for the last 25 years of their 50-year marriage.

If you are interested, in 2001 I wrote a letter of gratitude to my mother when she was 79, and I was 49 and published it on my website [guidespeak.com](http://guidespeak.com) after her passing on in 2006. It is one of the most viewed issues on the website. Here is the link, <http://guidespeak.com/chapters/24-a-letter-to-a-mother/>

When one thinks negative thoughts of mistrust, betrayal, or fear of any description, you invite that fear-based negativity to materialise for you.

If you feel a lack in your life, be grateful for that lack as its pointing out to you that you need to focus on restoring the balance in your life. If you focus on the lack you feel, all you will bring is more lack. If you focus on what you intend to do about correcting the imbalance, you will bring positive energy into play to accelerate the receipt of what you need to fix this imbalance, or lack, into one of balance and harmony in your life. You use your positive desire and intentio to plan and execute the process to make your positive attitude and resulting thoughts a new reality for you.

All life is one of cause and effect. This causal approach is nonjudgemental. If you are positive or negative, you will receive back the same energy eventually into your veins and your cellular structure. Too much negative energy and your body's energy level becomes depleted and illness and dis-ease results. All we are is energy, as stated earlier, so when we have negative energy blockages through excessive negative attitudes, thoughts, words and actions, then we become a body of negatively charged cells. At an energy level, these negatively induced blockages stop the flow of healing properties reaching the problem areas within your body, and disease results. Conversely, if you are a body of positive energy via your thoughts, words and actions, your body is perfectly balanced and healthy.

I confess to having a hero, which I have had since meeting him when I was eight years old. Gary Player, probably the most global professional golfer of all time. The winner of 167 tournaments including nine majors on the regular tour and a further nine majors on the Senior Tour. He is the only person in history to win the Grand Slam of the four Major Tournaments of both tours. He is my epitome of positive energy. At age 84 he still maintains an exercise regime that he started at a young age. His reverence for God is a major foundation stone in his life. He has been eating his whole life healthily and is the picture of excellent health, even at 84. When Gary talks, he is so positive and full of vital energy. We spoke when he turned 82, and I remember feeling his positive energy over the phone.

Those of us who have chosen a spiritual pathway have taken on the mantle of Bringers of Love and Light to others through the way we live our lives and other ways we choose to show our influence.

We first need to be consciously heart/soul/Love centred and balanced in harmony. By making such a CHOICE- Can Help Overcome I Change Energy- we choose to become positive energy beacons of Light and Love. We find God within us through this choice.

## Trusting the process to unfold as it should

In my recently published free book *The Purpose and Meaning of your Life in terms of your Soul Contracts*, I identify six soul contract markers. The first one is the repetitive patterns in one's life. These reoccurring life themes require attention and resolution; however, identifying the root cause is the way to do so.

For example, if you end all intimate relationships with a fight, you may be expressing the fear of rejection coming to fruition by the ending of the relationship. The root cause of this fear may stem from your childhood when you may have experienced being rejected. Alternatively, rejection may have occurred to someone you loved, like a parent being rejected by your other parent. Our subconscious memory treats events of the past as if they are happening now. By unearthing that root cause and realising it is not happening now in your life, you can bring closure to it being watchful that you do not react the same way again in your intimate relationships. If you are courageous enough, you could approach those who bore your wrath in previous relationships and apologise to them, offering your recently unearthed root cause as a plausible motive for your outburst.

Assuming that you can reach a place within your heart/soul centre where you can find harmony and peace with all that has transpired in your life to date, then you can release everything and everyone in Love. It's time to leave the uncertainties of should have's/ could have's/wanted too's in your rearview mirror, as you now release your self imposed handbrake of your life, and choose freedom.

I have found that in addition to releasing these people in Love, a simple prayer for their well being cuts any cord that may still attach them to you so that you can have peace and harmony in your heart/soul/Love centre.

The actions attached to these people and events which caused you disharmony in the past created an ego-based separateness from the Love within you, from God within you. You now can feel whole again as a Love-based person connecting to God within you.

No longer tethered to your recurring patterns you are freed from the cage of self-imprisonment. What do you do now? What does the future have in store for you in your freedom from past conditioning? What plans can you make for your future?

Do nothing! Be in the present moment of Now. Simply Be present. I say Be, as in Being, not do, as in doing. Being is a heart/soul/Love centred state while doing is an ego-centred state.

Simply Be Here Now and trust the process to unfold as you planned it when you were in Spirit, as part of your soul contracts. If it makes it easier to Be Here Now and trust the process to unfold as it should, you can live your life by putting everything in God's hands, and eventually, you will see God's hand in everything. You and God are Oneness as I spell out throughout my free book *GAIN- God And I Now* found on [personalempowerment.co](http://personalempowerment.co)

Once you have settled into the soul-based attitudinal mindset of trusting the process, you now have choices to make. If those choices are based on being happy within yourself rather than being proved right, as an ego-based approach, then your first choice towards your freedom is ticked off.

Your next choice from your heart/soul/Love centre is to choose an attitudinal mindset of positiveness with desire and intent. Your resulting thoughts will be positive can-do thoughts. Your resulting reality will be a positive one in terms of your needs and wants. Your life will be frictionless as you choose to be coming from Love and not from ego.

Now your next step in trusting the process to unfold as it should, is one that causes issues for many people. Learning how to be detached from the results, via TRUST, and allowing the outcome to emerge as it should.

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

Our need to control, as discussed above, which is an ego-based lack of trust in the process, is not easy to jettison. Somehow we feel that we need to control the

outcome that results. This keeps us stuck in repetitive patterns and familiar dramas of our life to date. We do not elevate our vibrational being to the height it needs to be enabling the frictionless state of intended consequences to emerge.

When we study to write an exam, we get out as a result of what we put into studying and writing the exam. We can't expect an A when we have studied merely enough to get a C.

When we approach a life issue with a negative attitude and thought process, and we sit back and expect a positive outcome, this is not going to happen.

When we make the highest possible intended choice from our heart/soul/Love centre, and we implement the necessary required action, we can rest assured that the outcome will be an elevation of our vibrational being. This will result in a positive reality of intended consequences.

We will know the reality we chose to experience. Desire and intention can change "what is" to "what we would prefer it to be", providing we come from our Loved-based heart/soul centre. Here we find God within us. When we say "God willing" it can only occur when we are attuned and aligned to God within us, probably found in our Love based heart/soul centre.

With this understanding, we can now be detached from the outcome of our choice and action implemented, and trust the process to unfold as it should by remaining in the present moment of Now.

If we can balance the harmonious will of ourselves and others, we will invariably be making the highest choice possible for the manifestation of what is needed from a Love-based soul perspective. If you give others what they need, you will achieve what you need for the highest growth of your soul.

Through this "trusting the process to unfold as it should" manner you will learn to trust your feelings, which are the language of your soul, and will you experience an inner knowingness that simply feels right. In the past, you may have relied on your thoughts and your belief/hope. Still, by elevating your vibrational Being through "trusting the process to unfold as it should", you experience a feeling and an inner knowing as your confirmation.

By harmonising our Love-based soul/heart intentions and desires, with the Will of the Source of All that Is, then Oneness will result. We will know the Unity behind all the diversity that man has created. We will find God within us.

## **Facing the tough stuff to rid yourself of negativity**

As your self-appointed Spiritual Travel Guide to Oneness showing you pretty brochures of your journey to Oneness there is light on your journey and there is darkness to contend with too.

Every thought, word and action you have taken to date have registered within your cellular structure, your Inner Being. The positive ones are well received and create light, but the negative ones create darkness. We are all different and have individual roads to go on towards Oneness. However, as your Spiritual Travel Guide, I feel duty-bound to point out some areas you will have to traverse where you will feel decided unhappy going through this terrain.

You have toxins in your Inner Being that have been ingested through negative attitudes, resulting in negative thoughts, words and actions, creating a reality for you of this darkness. You also have the light of your positive attitudes, thoughts, words and actions in this mixture within you. Your power makes the extent of the darkness and the light of choices you have made to date.

I am going to use an extreme example here of legalised murder via warfare between opposing enemy forces. The statistics I have used earlier on of returning USA armed troops from the wars of Afghanistan and Iraq in the so-called War on Terror illustrate the negative attitudinal mindset, resulting in negative thoughts, words and actions that such legalised murder has had to date. Only 10% of the USA armed forces face the enemy in combat, but 50% of the armed forces who served 'in-country' are on disability benefits, mainly emotional stress-related issues that require treatment.

One out of ten people homeless in the USA are veterans, twice the national average for homelessness. Every day in the USA, 17 veterans commit suicide, with women the higher gender of such suicides. Divorce rates of veterans are higher than the national average.

The darkness experienced emotionally by these combat and non- combat veterans have negatively influenced their trillions of cells within them.

Thankfully, most of us do not have to contend with life as a soldier in a foreign land and attract such darkness into our cellular beings. However, we do face issues and people, including dissatisfaction with ourselves, which see us use a negative attitude, thoughts, words and actions in dealing with this.

Here are some examples of such underlying negativity: innocuous sharing of gossip; sending out a joke WhatsApp message making fun of someone; being annoyed driving on the road; being rude to someone; absorbing the negativity of someone who is moaning and complaining to you about something that happened to them. The list of these innocuous negative issues is endless.

Watching the news on TV, or shows with violence, all add to this negativity. Then, of course, we have the more serious negative issues that we absorb when we think, say and act with intent detrimentally to another. Once we ramp that up to physical violence, we perpetrate on others, or others on us, we inject ourselves with the toxins of such negativity every time. Of course, there is the damage we do to ourselves, in so many other ways, that deepen the darkness within.

So here we are, the darkness needs to be got rid of if we want to be pristine and carry on our road to Oneness. It's not a pleasant process as we confront this

darkness and deal with the issues by bringing them into the Light for confrontation and healing. Issue by issue bubbles to the surface, and painfully we deal with ego-based issues we allowed to infiltrate the Light we were before this darkness enveloped us.

If we become defensive and ego-protect ourselves when these confrontations arise for our healing, we simply retard the process and delay ourselves on our road to Oneness that we signed up for in Spirit, in terms of our Soul Contracts.

What is called for is a process known as surrender. We surrender ourselves to our Higher Power and request that the issues be brought up one-by-one. With full knowledge that the process of surrender is a heart/soul/Love centred approach, we become like a dog lying on its back in surrender with the belief that their owner will not punish them if they surrender in this submissive position. We have to do the 'hard yards' in this cleansing and healing process, and wherever possible, repair the damage we caused to another, or ourselves. We do so in utter humility in our surrendered state of being.

Your life will know the heights and depths of human emotions throughout this process. To use the dog analogy again, you need to be like a dog coming out of the water and shaking themselves hard to get rid of the water. This shaking motion dispels the negative energy you chose to accumulate in the past from each issue you are now resolving. Life will present issues to you to accelerate your cleansing and healing process. The only way out of these issues is by working your egoless way through them to bring resolution with a Love-based approach.

Eventually, you will reach a place of equilibrium and harmony within yourself, and, after that, you must ensure that your current and future attitudes, resulting thoughts, words and actions are positively based, and, preferably, as egoless as possible.

You are now back on track for your road to Oneness and to finding God within you.

## **Understanding true forgiveness**

Coupled with the concepts of acceptance of what is and surrender to your Higher Power and to the people to whom you expressed negativity towards comes the need to understand what forgiveness is and what it's not.

Let's start with what is not forgiveness. Blaming someone for doing something does not require forgiveness. Not if you understand about soul contracts. Ego based

condescension agreeing to forgive someone is not forgiveness, as the negative ego-based energy charge remains with the person doing the forgiving.

There are no victims; there are simply roles being played, by soul contract agreements made in Spirit before you both came to the earth plane of existence.

Instead of forgiveness, there should be gratitude for the role-playing that has occurred in terms of these soul contracts.

In *The Purpose and Meaning of your Life in terms of your Soul Contracts*, I refer to Archangel Uriel, stating that there is no such requirement for any forgiveness. He said that it is *Advancement Awareness*, implying that this lesson being learnt was creating awareness of the advancement of the soul in terms of this lesson and required gratitude, not forgiveness. Archangel Uriel is quoted from *The Soul's Journey and How it Affects Your Life* by Judith Farley and the Four Archangels, a channelled work of note

In the book *Oneness*, these Channelled Entities known as *Oneness* state:  
*"The key to completing these patterns is not to forgive the other party their transgressions, which keeps the energy polarised, but rather to release in total detachment, any care one may still be carrying, whatsoever, about the drama of any drama revolving around this issue. The gesture, then, becomes not one of forgiveness, which revolves about blame or no- blame for perceived wrongdoing, but rather one of total transcendence of one's attachment to outcome."*

A more natural way to understand this concept is to project yourself, say, 20 years down the line and then look back at the issue in question and see if it made any material difference in one's life. In those 20 years, you moved on with your life and learnt to adjust your circumstances to then present-day reality. Through this method you don't give a damn what happened 20 year's ago, so why worry now about it?

If you could somehow adopt that attitudinal mindset 20 years down the line to today and simply shrug your shoulders and say, "who cares what they did, it's over, and I'm still standing." You have then managed total transcendence of your attachment to the outcome, and you have moved on with your life without any negative energy attaching itself to you.

Any other reaction or response is ego-based and keeps the negative energy alive and attached to you.

As spelt out in my Soul Contract book referred to above, I was able to eventually do this after a painful divorce as well as after various business ventures' employees and partners misbehaved, to put it mildly. I recognised the soul contracts in play, and I released each one in love, prayed for their well being and, eventually learnt how to become uncaring about the outcome. *I am still standing better than I ever did, looking like a true survivor, feeling like a little kid.* (Thank you, Elton John!)"

I hope and trust that the above explanations can assist you in understanding the concept of forgiveness in another light as you release the negative energy charges and go forward on your journey to finding God within you.

So what is forgiveness? For giving you an opportunity to rid yourself of negative energy through the process of soul-based Love, and not fear -based ego. You can use surrender and vulnerability as described above,, and providing it is done through

soul-based Love then whatever the other party does or does not do, is not your concern. You can only control you, not them.

## **Desire and intent in creating a manifestation**

The next topic I want to discuss with you on our road to finding God within you is having the desire and intent creating the manifestation we require.

As discussed above, we have our soul contracts made in Spirit before our arrival on earth and the manifestations of what we need, not want, in terms of these soul contracts are already sitting in Spirit in our “vibrational escrow account”, as explained earlier.

When we are going on our road towards finding God within ourselves, we are still immature. The gap between our desire and intention and the resulting manifestation we need can be lengthy. We usually first need to deal with the challenges, obstacles and hardships of resolving the areas of darkness I wrote about two topics above. The process of surrender and transformation in coping with unresolved ego-based issues in our various relationships need to be resolved.

When we reach Oneness or find God within us, there will be an instantaneous manifestation of our desire and intention. Our attitudinal thoughts will create our reality instantly.

Be thankful that is not the case now. While we still have negative attitudinal thoughts, as learnt processes from our past, we would then experience all that negativity instantly. Currently, that negativity outcome is held at bay unless there is so much continual negativity that it spills over into your reality now.

Training our minds to have a continual positive attitudinal thought process is what we need to focus and concentrate on Now and in every successive moment of Now.

Perhaps you can play a game with yourself to make your attitudinal thought processes positive in a conscious manner, instead of allowing negative unconscious thoughts, or even negative conscious thoughts to dominate your mind. Find a way to acknowledge your current attitude and your thoughts consciously. To be aware of negative and positive thoughts as they occur within your mind. For example, if you are right-handed touch your left hand when you are aware of a positive attitudinal thought, and use your left hand to touch your right hand if you are aware of a negative attitudinal thought. Hand movements can be swapped for left-handed people who apparently are some 12% of the global population.

By becoming conscious of your current attitude and resulting thoughts, you can find a trigger to ensure your negativity is transformed into positivity. For example, remember something or someone positive in your life and let that picture flood your mind. It may have been when you won a trophy for some endeavour. Or a picture of someone who does, or did, show you kindness and hopefully love too. It may be a picture of your hero or heroine. We are looking for some trigger to substitute the negative with something positive.

By training your mind to take “what is” into “what you would prefer it to be”, through your desire and intention, you are finding and substituting your current negative thought with a better feeling thought. This is not about logic; it’s about emotion. This is not about thinking; it’s about feeling, it’s not about belief/hope, it’s about having an inner knowing that you are Love and Light at your essence, and you deserve to feel the positivity of that Light and Love Now.

As you adjust your attitudinal thoughts towards increasing positivity from a heart/soul/Love centre, you will increasingly resolve outstanding issues where your ego judged another. As these previous challenges, obstacles and hardships get resolved from a place of Love, not ego, you speed up the progression of your journey towards Oneness or finding God within you, and the faster manifestation of your attitudinal thoughts and resulting reality.

Your omnipotent power of CHOICE- Can Help Overcome I Change Energy- is at play throughout this process of moving from a negative to a positive attitude in your desire and intent of resulting thoughts creating your manifestations.

## **Allowance through TRUST**

Now I want to dial the process towards Oneness or to find and know God within you, to a more simplistic view. Your desire and intention will manifest if it is coming from a heart/soul/Love centre, and may not manifest if it is coming from a place of ego-based fear or hope.

Let’s use a simple example of wanting a car instead of using public transport to go to and from work. If your ego-based attitudinal mindset is seeing you driving past your fellow commuters at your transport stop in your shiny new car, and waving at them, then the likelihood of that manifestation coming into being is limited. However, if you stopped and offered a lift to as many as can fit comfortably into your car, then the manifestation should occur.

If you help others get what they need, then you will usually get what you need for the highest growth of your soul. If you have an abundance mentality, you attract further abundance. If you have a scarcity mentality, you will continue to be deprived in scarcity. This is the Law of Attraction at work- Like attracts Like.

However, most of us, somehow, don’t believe we deserve to have our desires and intentions manifest. Somehow, and somewhere within our negative attitudinal mindset, we do not think we are worthy of receiving what we dream of.

We were born pristine, and somewhere along with the lineal progress of our life on earth we were told or experienced, we are not worthy to receive our dreams. With

enough repetition, we believed it. We now have a fear of unworthiness as a negative attitudinal mindset, thought-form, and we have created this reality in our lives.

Nothing is further from the truth. You are part of God; God is All That Is and so are you, at your essence. As God is abundant, so are you. As God is deserving, so are you. As God is Love, so are you. God and you are One in GAIN- God And I Now.



The fear within you keeps you separated from the Being who you truly are, You are Love and Light at your essence, as God is such Love and Light, and you and God are Oneness, as God is within you. It's only your ego-based fear that keeps you separate from such soul-based Love and Light which is your birthright.

In Mathew 16:26 it states, *What good will it be for someone to gain the whole world, yet forfeit their soul?* Is anything worth more than your eternal soul?

In my understanding, your eternal soul is Love and Light as your soul comes from your Higher Self/Soul, which is connected to your Higher Power, who is Love and Light. Higher Power/Oneness/God/Source, or whatever label resonates with you, is God within you we are finding and knowing throughout this book.

So we come back to the old warhorse I have been writing about *ad infinitum*, ego or soul; fear or love.

Back we go to omnipotent CHOICE- Can Help Overcome I Change Energy.

Here we stand, wracked with fear and knowing separateness from God/Oneness/Love/Light/Soul. The well-known acronym for FEAR- False Evidence Appearing Real- is holding us ransom in our attitudinal mindset of negativity with resulting negative thoughts and a fear-filled reality.

But fear is not real!! It's a mind created illusion. How can we allow this fear to hold a gun to our head and for us to be a captive of something that has no basis in actual reality?

It's time to face this fear head-on. We stand at an abyss held by fear and with God/Oneness/Love/Light/Soul on the other side of the abyss beckoning us to jump and to trust the process to unfold as it should.

"But what if I jump and fall into the abyss you ask?" "But what if you fly?, comes back the answer from the other side of the abyss?

We have now reached the point in your road to Oneness or finding and knowing God within you, where the rubber meets the road.

When a bird sits on a branch in a tree it does not concern itself whether or not the branch will break. If it does break the bird will use its wings to fly away. That is the TRUST you need in your life.

Let's revert to the acronyms for TRUST- To Release Unto Spirit Totally, and, then, To Rely Upon Spirit Totally. Are these mere words, or do you believe in them implicitly?

If you decide to jump over the abyss and surrender to the inner knowingness that God within you can be trusted to provide for you what is for your highest good, then you will discover you had wings to fly all this time, and you never knew it until now.

You faced your gravest fear and found it to be groundless. You discovered that with TRUST replacing FEAR that *"there is nothing to fear but fear itself"*, as President Roosevelt stated in 1933 at a depth of the Great Depression in the USA.

You surrendered to your Higher Power in TRUST, and you discovered that God within you would never give you what you can't handle. You called this event to yourself in your soul contracts made in Spirit. At Soul/God/ Oneness level, you knew you would face this fear and overcome it. You knew it was a step towards becoming Oneness, or of finding and knowing God within you.

You learnt about allowance through TRUST, and not resistance through FEAR. You allowed your will to be in attunement and alignment with the Divine Will of the God within you. And for what you planned in Spirit, in terms of your soul contracts. You wanted to experience this event for the highest growth of your eternal soul.

You have achieved a state of Being in such endeavours, and your heart/soul/Love based centre is where you dwell in this present moment of Now. Only the re-emergence of your ego-based self can take you out of this Now moment and into attitudinal thoughts of hope, or fear, about your past or your future.

Be Here Now.

This harmonious state you find yourself Now is one of self- Love by recognising that you are Love and Light at your essence, at the soul level of awareness. You have nothing to prove to yourself or others. You simply Be in your enlightened Beingness. Your surrender to, and allowance of, God within you to be guiding you Now is egoless, and you can be detached from any outcome as your TRUST is implicit. Your inner knowing is that God within you will give you what you need, not want, for the highest growth of your soul. So you TRUST God Now and have no FEAR. What will be, will be, and you will grow spiritually toward Oneness, or God within you, whatever happens next in your life.

## **Finding joy and bliss simultaneously**

Can we now discuss joy and bliss? Joy is the ultimate emotion of positivity. Some may say bliss, some say joy, it is equivalent to the same thing, or is it?

Joy usually comes from some external circumstance that begins in happiness, and as happiness develops some momentum and may culminates in joy. Bliss is more of inner happiness. It derives from an inner feeling coming from your soul. That inner feeling develops some momentum to become an inner knowing and culminates in bliss. Joy requires an external stimulus, whereas bliss is internally driven.

So what gives you joy in your life, and what gives you bliss? Can you find something that gives you both joy and bliss? If you can, then you are on the correct road to finding Oneness, or God within you.

If you experienced this joy and bliss all day, every day, would it still give you that inner knowing and emotional feeling? Would you eventually tire of eating meringues, strawberries and ice cream in a pavlova if you had it morning, noon and night, forever?

You probably would want something else to eat, say, savoury, to balance out your taste buds. Your life choices follow a similar pattern. Being “goody-two-shoes” eventually gets boring, and you want to spice up your life with some near-to-the -edge drama in your life.

At this point you make a CHOICE- Can Help Overcome I Change Energy. It is vital to make the correct choice. If you choose to stay on the side of positivity, then your range is more limited than if you choose to visit the potentially more exciting dark side where ego-based negativity holds sway.

You have free will, so don’t look to me for direction! It’s your choice, and the cause and effect will come back to you, not to me. Welcome to the playground where the big boys and big girls call the shots!

If you decide to go over to the dark side, know that only joy will accompany you, as bliss is stuck in “goody-two-shoes” territory.

At this point, as your Spiritual Travel Guide on your journey to Oneness, or God within you, I must issue you with a warning as you contemplate going where the guidebooks state could be dangerous to visit.

If you do visit these places marked dangerous in the guidebooks, you may come to harm and, if it is serious harm, you may have to be rescued and hospitalised, or maybe even imprisoned, delaying your trip to Oneness, or the God within you.

This free will choice is given to you with *carte blanche* permission to go wherever you please, with whomever you want. Simply know the cause and effect consequences are unerringly accurate, and timeous for accountability for your causal thoughts, words and actions.

Your ultimate search is to experience the feeling and inner knowingness of being Godlike or Oneness. If you decide to go off at a tangent and explore some other potentially joyful experience in separateness from Oneness, or God within you, that’s ok. Your soul has infinite patience and understanding that you still have some wild oats to sow, and you are not yet ready to continue on your road to Oneness.

From an energy and soul perspective, deciding to cross over and delay your journey to Oneness is non judgemental. You have negative energy that still needs to be discharged and to be released before you come back into a position of wholeness in Oneness. All negative energy has to be discharged and released for you to eventually experience what you don’t want so that you can now know what you do want going forward with your life.

In its extreme form, this is the road to addiction to harmful substances. The ability to make and keep the choice of no longer wanting this experience sometimes is challenging to implement successfully in this lifetime on earth. The addiction recovery support groups such as Alcoholics Anonymous and the like, utilise the strength of their Higher Power as a healing process from

such addictions. This works when one reaches a place of awareness and allowance of feeling and inner knowing, replacing thinking and belief/hope.

If you treat the addiction as the enemy by focusing on resistance, this addiction will grow due to all the attention it is receiving from you. This is the Law of Attraction- like thoughts attract like thoughts. However, if you allow the Spirit of your Higher Power to work through you in all your thoughts, words and actions, and you find God within you, then the addictive need is replaced by TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally

What you resist, persists as negative energy, but what you allow enables positive energy to flow. Allow God within you to lead you in all your thoughts, words and actions. The easiest way to do this is to ask yourself always, and in all ways, “what would God/Love do Now?”

Your task is to find both externally generated joy, and internally generated bliss, and preferably simultaneously, as you continue your road to Oneness,

or to find God within you. Asking and applying “what would God/Love do Now?” is the answer you seek for both joy and bliss to be experienced in your life.

## **Judgement damages you more than the person you are judging**

One major obstacle to overcome on the road to Oneness is that of being judgemental about yourself, someone else or something else. I have written at length about not being judgemental in other books, but the bottom line is you can either love someone, or something, or judge them, but you can't do both simultaneously.

Another truism about judgement is that one makes it because you are too lazy, or disinterested, in trying to understand the situation by asking why, before criticising and judging.

By simply asking “why” in your need to understand, rather than judge, you peel the onion of the facts and motivation layer by layer. Every word which was spoken, or action that is taken, has a motive behind it. That motive begins with an attitude and then a resulting thought, after that, the word or action occurs. But behind that attitude and thought is a motive. And behind that motive is usually knowledge or ignorance of the facts, and unfortunately, ignorance of the facts invariably trumps knowledge in most criticisms and judgements. And that's a judgement I am making, but usually provable. I would prefer to call it an assessment!

Hatred, bigotry, prejudice, and all similar by-products of this negative attitudinal thinking process are all based on ignorance of the facts, mostly deliberately not wanting the facts as they interfere with the hatred, bigotry, prejudice, etc.

Many people are angry with the way their lives have turned out, and self-hatred is commonplace but usually hidden. Many people become victims and look for reasons and people to blame, without taking responsibility for their own lives. When they can

focus that self-hatred and anger within themselves onto another person, people or things, they expel this hatred and anger from themselves outwards. Temporarily they feel better, but soon they realise the self-loathing and anger within is still there and then they double and redouble their outward hatred and anger onto others.

Obviously, within the context of this book, they separate themselves from God within them, who is Love. The denser energy vibrational fluctuations created by such hatred and anger within themselves, which they are projecting outwards towards others, creates a life of friction, obstacles and hardships. The Law of Attraction is bringing them issues to be hated and angry about by the bucket loads.

For those people intelligent enough, or educated enough, who think and establish motives before they judge, they see a different picture emerging. Here they can investigate and assess the viewpoints of all the parties involved and form an overview position. With all points of view clearly understood, an awareness evolves of what is factual and what is unsubstantiated as so-called factual. This is the role of a prudent Judge in court, hence the term judgement! Only someone with an awareness viewpoint of all the relevant facts is allowed to pass judgement- and that is after a thorough education of the law- and after many years of practising law in the courts- and after being appointed to the Bench via rigorous selection criteria. Occasionally, even after these judgements are made, they may be overturned by a Higher Court of Appeals where usually a number of pre-eminent Judges confer and decide on the merits of the initial judgement.

Any other judgement made is not admissible in the court of the Universe! Virtually every other judgement made is not a factual judgement, it is an opinion, and like a left leg, everyone has one! Judgemental opinions count for nothing other than hatred, bigotry, prejudice, and so on.

Detachment to outcome is the way to handle the statements you make to others or that others make to you. Acceptance of what is said by you, or to you, with a simple "Is that so". Whatever the outcome of what you say, or what they say, simply be detached from it. Judgement is ego-based and such detachment is soul-based.

Truth be told it's not going to matter much in the long run anyway because, in the long run, we all pass on! The drama attached to what you say, or what they say, is ego-based anyway. It's the seeking of attention in some way or form. Who cares what you say, or they say, it all means nothing anyway in the overall scheme of things. Unless you, or they, are going to kill or injure someone, everything else that is said and done is all water under the bridge. Nothing matters, except Love.

Be detached to the outcome, and there is no need to judge it and to keep you enslaved to negative attitudinal mindsets and resulting thoughts that separate you from the God within you. All your judgements are swallowing poison administered by you to you! The party or thing you are judging remains unaffected compared to the internal harm you do to yourself.

## **Replace the need to control with open-handed Unconditional Love**

I would like to touch on control and allowance once again at this stage of our road to Oneness or finding God within you.

Control is an ego-based approach to life and allowance is a Love-based emotion of feeling and inner knowing. Control is tightening one's grip, and allowance is opening your hand by surrendering in TRUST- to Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally.

When we realise that we have no control over anything, we come out of the nightmare of life and surrender to allow the dream of our life to unfold as it should.

Our lives are intertwined with events and circumstances we have zero control over.

Right now, in early January 2020, there are raging fires in the states of New South Wales, and Victoria in Australia and they have been raging throughout December 2019 and continue into the new decade. The bush fire season is only halfway through, and already 12.35 million acres have been burnt in these States. The California, USA fires scorched 253,214 acres, and the 2019 Amazon fires scorched 2.24 million acres across four countries, Brazil, Bolivia, Peru and Colombia. The loss of 10 million more burnt acres in Australia, so far, is substantial to all forms of lives and Nature.

All affected people in these fire-ravaged areas have no control over their possessions they value. The same is true of all-natural disasters occurring continually, such as the recent volcano eruption in New Zealand.

I checked for the number of earthquakes recorded for January 4, 2020, and there were 138 registered in the 24 hours worldwide measuring more than 2.5 in magnitude on the Richter Scale.

Globally, nearly 1.25 million people die in road crashes each year, and up to 50 million people are injured or disabled through road accidents annually. More than half of these road deaths happen to people aged 15- 44.

Over 55 million people die, or pass on, each year in the world. Over 151 000 people die, or pass on, daily.

There are currently 65.6 million refugees worldwide forcibly displaced from their homes because of persecution, conflict, violence or human rights violations.

The numbers we are talking here in total refugees are the same number as the entire population of France; in road accident victims the whole population of Colombia or South Korea, and in annual deaths, all the people in Kenya or Myanmar.

Still, think you can control your life with a vice-like grip?

(Prophetically, today, April 15, 2020, I am doing the final edits of this book and we are in the midst of the Covid-19 global pandemic, or as it was previously known, as the Corona Virus. We are in lockdown, confined to our homes for weeks, and likely months, and who knows what is to come. As at today, we breached the 2 million mark of confirmed Covid-19 cases with 128 011 fatalities so far worldwide.

When I initially wrote "Still, think you can control your life with a vice-like grip?" during January 2020, the word Corona or Covid-19 had not appeared in the media I read.

Globally, economies are suffering badly through lockdowns and the cure may be more fatal than the disease! Annually, according to the World Health Organisation, globally between 290 000-650 000 people die of influenza related illnesses. The current Covid-19 death toll is 128 011. While I have been writing and editing this book from January 1, 2020, until today, April 15, 2020, unemployment in the USA has gone from 3.5% to a projected 16% in July 2020, according to the US based Economic Policy Institute, a nonpartisan think tank. That will be the largest percentage unemployed in the USA at any point since the Great Depression.)

In my Soul Contract book I referred to above I quoted Archangel Michael from the book, *The Soul's Journey and How it Affects Your Life* by Judith Farley and the Four Archangels, a channelled work of note. Here is Archangel Michael,

*“One of the things you must become comfortable with is that each soul, in each lifetime, chooses how and when it will terminate its contract. A soul chooses to experience human death in many varied ways throughout its journeys of soul evolution”.*

Concerning suicide, Archangel Michael stated that *“If nothing else, the soul's choice with the consent of all participating souls, has agreed that this is the way that this soul chooses to experience death. In addition, the other souls have all chosen to learn from this experience.”*

Someone very close to me chose suicide nearly 30 years ago, and they are continually in my thoughts and visit me in my dreams. I feel their soul presence continuously with me. I wish I had known this explanation 30 years ago; it would have eased my mind considerably. Usually bereft close family and friends left behind feel some form of guilt as to what they could have done to prevent this suicide.

According to the World Health Organisation, suicide occurs in the world every 40 seconds and is the second largest cause of deaths, after road accidents, of people aged 15-29 years old.

Another alarming statistic is that some 800 000 plus people commit suicide annually, while homicides globally are less than half that amount. Unfortunately, the economic consequences of the global Covid-19 pandemic are likely to see a spike in suicides.

I hope the above explanation from Archangel Michael assists those left behind after someone close to them choose this way to exist this lifetime. It appears that this choice of suicide was made in Spirit within the Soul Group before coming to the earth plane of existence for this lifetime. Free will choice of suicide also comes into play as well.

I suppose suicide flies in the face of my statement that you cannot control anything in your life. However, for those left behind, this is an uncontrollable event affecting their lives as they attempt to adjust to this loss.

I have taken you down a road of mayhem in the above examples of disaster statistics to illustrate the old saying paraphrased from Proverbs 19:21; *Man proposes but God disposes*. Of course, what we are learning is that man and God are One, and the part of God within us who is doing such disposing, is intertwined with our soul contracts, as well as our free will, with resulting causal consequences.

Now I need to take you on a journey I have been on to release my vice-like grip of control and to learn to live in the Now, in vulnerability, surrender, allowance and TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally.

When you choose to move from control to living in the Now your life changes for the better. Its a lot scarier to begin with but as you learn to surrender to God's Will for you; to playing out your soul contracts as your Soul's Will for you, and you learn to live in allowance of TRUST, you elevate your vibrational being to a higher level. At this higher level of soul energetic vibration, you are more in alignment and harmony with your Higher Self/Soul and your Higher Power. You now have these Omnipotent Forces guiding you as each moment of Now arises.

I would like to quote from Abraham of [Abraham-Hicks.com](http://Abraham-Hicks.com), a Non-Physical Entity stream of consciousness which is channelled by Ester Hicks.

*You cannot control circumstances. You never intended to control circumstances. You intended to discover unconditional love. You intended to discover a way to feel good, no matter what, because you have the facility: you have the power: you have the ability to focus.*

For those people who are control freaks, I hope the above helps you lessen your vice-like grip of control, and you learn to live in the present moment of Now in surrender and allowance of TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally. You will then operate as open-handed Unconditional Love and do not need to control anyone or anything any longer.

You then experience yourself as a Love-based Human Being, not as an ego-based human doing. We are now well on the road to Oneness or finding God within you.

## **Courage to take the next step**

It's time to discuss courage. Life expands, or contracts, following the courage we show in every moment of Now.

COURAGE- Creating Our Unity Righteously Always Growing Evolving

The word courage is derived from the French word 'Coeur' which means heart. We know that spiritually we use our heart centre as the contact point for our soul and we believe that the part of God within us is in our heart. We also believe that we are in the heart of God, as we believe that to be the closest, we can come to God.

So courage is the heart-based approach we need to align our heart/soul/Love to our Higher Self/Soul and our Higher Power. We need this courage, especially when we feel all is lost and disharmony fills our mind, and we feel separated from God within us.

We need this courage to fall to our knees in humility, vulnerability, and surrender and allow and enable our soul, Higher Self/Soul and Higher Power to direct our course. We need to be shown the next step we need to take to get back into alignment and restore our harmony with God within us. We must have TRUST that we only need the next step now, and that successive steps will follow, in God's timing for us.



TRUST- To Release Unto Spirit Totally, and then, To Rely upon Spirit Totally

We must have the courage to take that next step for life expands or contracts following the courage we show Now.

There is a quote I often use in my free books regarding showing the courage to take the first step:

*“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.*

*All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way.*

*Whatever you can do or dream you can begin it. Boldness has genius, power and magic in it. Begin it now.”*

— William Hutchison Murray

If one has the courage to align you to You (your Higher Soul/Self) and from You to your Higher Power, what Mr Murray states as, *all sorts of things occur to help one*, occurs due to this attunement and alignment.

You will know within, through your positive feelings, that what you are courageously taking action about through this attunement and alignment will eventuate. However, only if it is for the benefit of society, as well as for your benefit too. You can then confidently see the outcome as a result of your positive attitudinal mindset and resulting positive thoughts. By doing so, you have created a “vibrational escrow account” in Spirit, which is now waiting for you to take the necessary steps to bring this manifestation into your reality on earth.

It begins with COURAGE- Creating Our Unity Righteously Always Growing Evolving

Here is a relevant quote from US President Theodore Roosevelt:

*“It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”*

This quote shows courage in action at a physical level. Still, we also understand that at a higher vibrational energy level, the alignment of you to You, and You to your Higher Power, creates a harmonious flow of energy. When we have done our best

efforts, and are detached to the outcome, we allow and enable through TRUST that which is meant to be. We replace micromanagement control and worry with an assuredness that God's Will be done.

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

We now know that courage is accompanying us on our road to Oneness and finding God within us.

## **Become the Watcher of your life**

The next step along the road to Oneness is beginning to see yourself as the Watcher in your life. Usually, we see ourselves as being the cork on the wave bobbing up and down with every trial and tribulation, and occasional highlight in your life. Becoming the Watcher enables us to see our life in a better perspective.

The Watcher is egoless and is attuned to the higher vibrational frequencies referred to being in alignment and harmony with your Higher Self/Soul and your Higher Power. As the Watcher, you don't react or even respond, to these continually changing circumstances you call your life. You simply Be and TRUST the process to unfold as it should. You are the epitome of surrender, allowance and TRUST. You are here Now with your open hands faced upwards to receive and to give all the abundance you experience at these elevated levels of vibrational harmony.

Inner trust, inner knowingness and inner feelings guide you now as you learn to be content with all that comes through you from your Higher Self/Soul and your Higher Power. You become the pipe that carries the life-giving water to all. You don't need acknowledgement or recognition for your role as these are ego-based needs. You are Love-based and are grateful for having the opportunity to help others in this way. You are co-creating your life with God who is within you.

Your life may still exhibit the emotional ups and downs as you experienced before, but your ego-based needs are much diminished, and your Love-based soul will attend to these issues. In the past, your reactions and responses to these issues would have created ego-based drama, but you are now in harmony and in alignment with Higher Beings, and you know that nothing truly matters, except Love.

When others challenge you to pick up the rope and have a tug-of-war with them about one or more ego-based issues, you will simply walk away with a smile on your face remembering how your old self would have picked up the challenge and wasted all that energy entertaining their ego needs and yours.

In the past, your feelings of fear, or the need to be right, and maybe even guilt, would have seen you rise to the ego-based challenge of another. Don't blame yourself; this was the conditioned patterning of your mind for most of your life unto now. But now you know to go to God within you, your Love-based soul, to look for solutions and not to rise to the bait of an ego-based threat or challenge. You can now look past the Challenger's ego and relate to their soul. Expect that their ego has hardened the protective surrounds of their soul with the macho stuff seen where brawn is valued

above the brain. It's only a facade as they would dearly love to know and experience Love, but their separateness from their love-based Higher Beings is entrenched, and their ego is in total control of them now. It's worth an attempt to appeal to their Love-based soul, but don't expect acceptance as their ego is seen incorrectly as their strength and their power.

You know and have experienced that real POWER is Present Only When Ego (is) Removed. However, we all have individual journeys towards Oneness and God within us. Your ego-based Challengers haven't found the entry gate to this road, as yet.

Your life is already one of Oneness, and not one of ego-based separation from your Higher Self/Soul and your Higher Power. You are not threatened by the uncertainty of the unknown in front of you. You are allowing, surrendering and trusting that your destiny is being created for you via your Love-based soul with your Higher Self/Soul and Higher Power.

As the Watcher in your life, your road to Oneness, or the God within you, will now follow the path of least resistance as you have cleared the ego-based obstacles out of the way.

## **The struggle ends when gratitude begins**

The concepts of resistance and allowance were one of the main focus points in my Soul Contract book referred to above.

Each weekday I send out a 'Thought of the Day' to some 70 people who are mainly good friends and some family members too. Today's one stated, "The struggle ends when gratitude begins." Resistance becomes allowance.

Pure gratitude is so underrated and often unused. I spent my recent two weeks vacation over late December/early January giving myself a spiritual retreat towards Oneness. I immersed myself in completing and publishing my free Soul Contract book. I also listened to CDs from Oneness spoken by Rasha who channels the Non-Physical Energy known as Oneness. I also read the Oneness book for the umpteenth time, listening to other CDs and reading books by Abraham- Hicks and other spiritual authors—and meditating a lot.

I also started writing this book through this period as my focus is on Oneness and finding God within me.

I sent an email of gratitude to Rasha thanking her and the Spiritual Energy known as Oneness for this fantastic gift she shares with the world and recounting to her my journey through this spiritual retreat I humorously called, 'My retreat for one towards Oneness'.

Today I received an appreciative response from Rasha saying how much it means to her to have received my email of gratitude.

That got me thinking how many times a day we experience something from someone and we don't say thank you. Most of us receive and send emails and Whatsapps daily, and how often do we say thank you for making me smile, laugh or ponder on the words in a meaningful message?

Our garbage is hauled away by garbage people and do we ever leave a note of thanks or wave at them in gratitude? The service providers who keep our life running smoothly, besides paying them, do we ever say a heartfelt thank you? To our teachers, both formal and informal, do we ever mention how much we appreciate the effort they put into teaching us and how it has helped us? The list is endless.

Of course, continual gratitude to your soul, your Higher Self/Soul, your Spiritual Friends and your Higher Power is essential to connect at this higher level of vibrational frequency.

When you express gratitude to whomever, you open up your attitudinal mindset to be one of positiveness. The resulting thoughts of gratitude elevate your soul-based Love energy. Thanking others verbally, or in writing, allows and enables you to feel better about yourself too.

Gratitude is a necessary part of Being while on the road to Oneness and in finding God within you.

## **Identifying the Energy Chargers and Energy Drainers in your life.**

Now it's time to think about how the increased energisation of your soul to a higher vibrational frequency is going to impact your life on the earth plane of existence. Most people you know will still be attuned to the ego-based lower energy level frequencies, and you will be out of step with them.

Your POWER- Present Only When Ego Removed- is real power, providing it is used with humility and grace. The more emotionally sensitive people in your orbit will gravitate to you for guidance and assistance. Your unasked for leadership role will become apparent, and caution must be expressed not to threaten other ego-based

leaders in any way. There is a saying that goes, "never wrestle with a pig in the mud because you have to get down and get dirty, and the pig loves that!"

When you come from a soul-based Love approach to people and life, as outlined above, and you are now resonating at a higher level of vibrational frequency, your life will continue to have its ups and downs, as before. Still, your Love-based, co-operative solutions-driven approach will be more frictionless.

People will feel and trust the open, surrendered, vulnerable person you are now. Certain ego-based people with lower morals than usual, will see your kindness as weakness and try and take advantage of you. Nip those people in the bud immediately and keep your distance from them going forward. A simple statement such as, "please don't take my kindness for weakness" should see them scuttling away to find someone else easier to prey on. Keep your defences up in your

openness to ward off such people. Once you are confident that the people you are dealing with are equally as trustworthy as you, then you can bring your defences down as far as they are concerned.

Do not be afraid to say no to anyone. No one enjoys rejection, but your first duty is to your self and your self-protection. You can't give to others that which you do not have to offer. Your choice to give, or not to give, should be based on logic and not emotion. Having an abundance mentality is wonderful but ensure you are not deprived unduly in the process.

Some of us who are givers believe all we have belongs to God, as our God is All That Is. We are Stewards or Trustees handling these material and non-material items on behalf of God within us. We come into this world with nothing material, and we leave with no material possessions. Only our deeds accompany us back into Spirit.

Saying no to someone who asks us for something, providing in our integrity, we don't want to give it to them for specific reasons, is taking our role of Stewardship, or as a Trustee, seriously. Sometimes saying no is the correct approach in terms of our soul contract with that person.

Learning to deal with adversarial conditions in one's life is a soul strengthening process and saying no to certain people may be assisting them more than agreeing to their request. They are likely fulfilling their soul contract to be self-sufficient and to take responsibility for themselves. Helping them out of your kindness may very well be what they don't need now.

In the world of addiction recovery, this is called Tough Love and can be used in your life with those people who ask you to enable them when they may not have done enough to have helped themselves first. The saying, *"if you want a helping hand, you will find it at the end of your arm"* applies to people unwilling to fix their issues. People must be held accountable for their responsibility to themselves.

In line with that thinking, all we are is vibrational energy Beings. When we raise our energy levels via a soul/Love-based approach to life, we increase our vibrational

frequency and ascend higher. Conversely, a fear-based ego approach to life will see our energy be drained, and we will feel the friction level of life take our energy levels lower.

I would like you to think of someone in your life that you look forward to seeing and spending time with. They are probably happy, fun-filled, passionate about life, have a positive attitudinal mindset, and you feel elevated in their presence. Know anyone like that?

Now to the other extreme. Think of someone in your life who drains you of energy. They are negative and pessimistic dragging their feet through their life with tales of woe and sad tidings. Know anyone like that?

You have every right to keep the positive people in your life around you and to eject the negative ones. First and foremost, your joy and bliss is your concern. No one else is responsible for ensuring that you are joyful and feeling blissful. If keeping your distance from people who drain you of energy is going to make you feel better, then do so. If you can spend more time with the people who uplift your spirits, then do so.

As we get older, we tend to see life through different eyes. When we were younger, we saw acquisitive growth and shiny material things as essential to have and to enjoy. When we reach an age where quality rather than quantity is preferred, our search is for people who are kind and joyful to be with. Shiny objects, and people who require too much of our energy lose their appeal. We tend to be much more selective where we put our attention and focus our energy.

Another part of the thinning out process is to identify people who are only interested in you for what you can give them. You may believe them to be friends, but theirs is taking and not giving in terms of your so-called friendship. Start to reduce your time with them and begin to refuse their requests and see how long the so-called friendship lasts.

You deserve to make a CHOICE- Can Help Overcome I Change Energy- as to becoming more joyful and more blissful, and ejecting the energy drainers as much as possible out of your life. This applies to both people and issues that drain you of energy. For example, such issues may be watching the negative, sensational creating news media, or belonging to organisations, or clubs, that no longer serve your purposeful life of creating joy and bliss. This is an audit you need to undertake.

If we see people in two categories, energy chargers and energy drainers, we can thin out our address book to a few meaningful energy chargers.

Choose to be conscious of what gives you energy and what drains you of energy and attend to culling the energy drainers and developing the energy chargers.

The road to Oneness requires you to be joyful and blissful simultaneously as you elevate your vibrational energy Being towards God within you.

## **Heightening your sensuality**

Now let's move onto what your life will be like at a higher vibrational energy frequency level in terms of your sensuality; your five senses of smell, touch, taste, hearing and sight.

In a nutshell, every sense you have will be heightened beyond any previous experience. You will begin to see people literally in a different light! For some readers, they may start to see the auras of the people they are communicating with eye-to-eye. You will see colours in much more vibrant shades wherever you look. The depth of what you look at will be enhanced, and you are likely to see more than you did before of the same object you are looking at. You may begin to recognise patterns of intertwined colours whereas before it looked like one colour. You may see the perfection of imperfection as you look beyond the need for such perfection in yourself, others, and the world around you through acceptance and appreciation of 'what is'.

Your hearing will develop a sense of inner hearing, or even inner knowing, to discern things as they truly are, and not merely as they are being presented to you. You will

hear more deeply than before, and different tones will be distinguishable within any sound. As dogs hear at higher sound frequencies, so your hearing will improve to hear not only what is being said, but, perhaps, through your improved inner knowing, what is not being said!

Silence and stillness will become your preferred position. Silence is the absence of outside generated sound, but it does not exclude the whirring of thoughts within your mind. That is achieved via stillness, and usually via meditation where you reach a place of no-mind. Here you hear your intuition and your connectedness to your Spiritual Friends, your soul, your Higher Self/Soul and God within you. This is true hearing.

Your taste buds, which are located at the tip of your tongue, will experience more subtle flavours than before. You may be able to distinguish these subtle aromatic tastes, and via memory cells, remember incidents and places where such subtle flavours were experienced before but were unrecognisable then. There is a taste bud journey to go on now sampling different food and drink from around the world. If you can financially afford it, visit various ethnic food markets and places within big cities, if not in their countries of origin.

We came to earth to experience the opposing contrasts only available here. We came to find out what we didn't like, which enabled and allowed us to focus on what we do want. That is so for all of our senses and emotions, but especially for our taste buds, as this is an instantaneous knowing.

The sensitivity of touch will be heightened to such a degree that it may feel that your skin has eyes of its own! Lovemaking in such a higher vibrational state is exquisite beyond belief, as your nerve endings sing with delight. When you touch a growing

flower or vegetable or a tree, or most anything else living, you will sense the life within it, and you may sense its life throb too. For those who are into crystals from the mineral kingdom, you may be able to "read" the history of these millions of years old crystals if they are in their natural state. By merely holding these crystals, their properties will resonate with you at the correct vibrational level.

Your ability to enhance your sense of smell will be overpowering at first as the nice, and not so lovely, aromas assault your nostrils. When you see a dog sniff the air, they have this heightened sense of smell way beyond our natural abilities. Animals have this self-protective sense of smell to detect what to be afraid of, and what to go in search of, for food. Fear does emanate a sense of smell. The chemicals from perspiration do produce an odour detectable by animals and others with a heightened sense of smell. When you use your heightened sense of smell to detect the subtle aroma differences coming from say, a flower, it provides a range of aromas undetected before. The memory recall from the sense of smell has no time limit in your memory bank and unconscious mind, and often the smell of, say, popcorn, returns you in time to the movie theatre of your childhood, while you are present now.

Working with these heightened sensualities will attune you to sensations previously not on your radar screen of experience. What is essential on your road to Oneness is to use these heightened senses to develop an inner knowing, and an inner being, to resonate with the life throb at these heightened stages of being. In time, you may develop better telepathic senses of awareness as a means of communication. This is the process of communication in the Spirit World.

Your road to Oneness and finding God within you is likely to be now much more sensual than in the past.

## **Vibrational healing- unknowns require belief and trust**

We now come to your physical health as a reflection of your heightened vibrational energy frequency levels. At this point, we have to move from the proven known into the unseen unknown of vibrational healing.

I don't profess to have an understanding of how when you switch on your radio or TV, you instantly receive sound, and pictures, in the case of TV. When I watch golf on TV of the US Masters in Augusta, Georgia, USA, I am seeing Tiger Woods striking a shot at virtually the identical time he is doing it in real-time. I am in my home in Johannesburg, South Africa, thousands of miles away from Augusta. As they say in Zulu, *Angazi*, I don't know! Not knowing how this works doesn't prevent me from having the enjoyment of the experience of watching TV.

I was taught Reiki healing and became a Reiki Master some 20 years ago. Through a final attunement from my Reiki Teacher, suddenly, and I mean, instantly, I was able to practice reiki healing on myself and my family. Following the instructional process, I placed my hands on a sceptical family member's sore stomach, and he felt the heat being generated from my hands. He said he felt instant relief from the pain he had before I placed my hands there. The fact that he was a trained and experienced paramedic, and very sceptical of what he called such "voodoo magic," made me happier than anyone else who I have helped in this way. I don't know how this spiritual healing works, but it does.

I have been having regular reflexology treatments and full-body massages with essential oils since 1987 and, at age 67, I have only spent one day in a hospital in my life for a broken wrist, resulting from a fall in a hiking accident. Whenever I took one of my sons to our family doctor, he always asked if I go to another doctor. I said no, I believe in alternative medical treatments, as expounded here, and he would give me that sceptical look of one all-knowing!

I bought a vibrational energy machine which I use from time to time. By attaching electrodes to my wrists and ankles, the electrical energy charge goes through a pre-determined programme sending this energy supposedly at different vibrational levels throughout my body. I feel a little tired afterwards, but the Alternative Medical Doctor I once went to believed in this treatment, so I continue it on occasion.

I inherited a skin issue from my mother. As we age, these dark patches appear as hard spots on our skin. In the past, I had them removed by a Dermatologist. Over the past year, I have been using a homoeopathic remedy, and these dark patches have all but disappeared. Homoeopathy uses natural substances like plants and minerals in minute doses.

I try and eat healthily. I start my day with fruit and drink water but no alcohol. I should exercise more than I do currently!



Genetically, my father was bedridden for the last 25 years of his life and had many health-related issues mainly due to his depressive state. My mother's health was excellent, and my sister, who is forever in and out of doctors rooms, states that she got my father's genes, and I got my mother's. Who knows?

I have led a stressful life as a self-employed entrepreneur since mid- 1976 in a country that has gone through significant political, social and economic turmoil during most of those 43 years to date. Keeping the sabbath day by not working, but to rest, meditate, read, listen to spiritual cd's, be with my sons, play, and watch TV, have kept these stress levels down. Daily prayer and meditation and, as best as possible, living in the Now, have helped tremendously. Writing these free books, mainly over weekends, has helped me maintain a balance of spiritual harmony. I also receive and send WhatsApp messages and emails to family and friends, mostly jokes and meaningful messages, throughout the day, and this humour and grace reduce stress levels too.

I feel the presence of my Spiritual Friends from time to time and believe they are assisting my good health in some way or form, unknown to me.

Jerry and Ester Hicks of Abraham- Hicks fame, stated that they have not had medical insurance or seen a doctor in decades. Jerry noted this as he felt the healing process of working with Abraham, as a Non- Physical Consciousness, elevated their vibrational energy frequencies to a place where ill-health cannot exist. I have inferred that from his comments on the subject through the CD's I have listened to from Abraham-Hicks.com. Jerry Hicks passed away in 2011 at age 85.

Indeed, long time meditators I know appear to lead healthy lives, and free of any illnesses, as do many spiritual people I associate with locally, and globally.

I am giving you personal anecdotal information as I have no way to factually prove to you that vibrational healing works, other than my experiential knowing that it does.

Let me bring in Wikipedia here to explain Traditional Chinese Medicine (TCM);

*Traditional Chinese medicine (TCM) is a branch of traditional medicine that is said to be based on more than 3,500 years of Chinese medical practice that includes various forms of herbal medicine, acupuncture, cupping therapy, gua sha, massage (tui na), bonesetter (die-da), exercise (qigong), and dietary therapy, but recently also influenced by modern Western medicine. TCM is widely used in the Sinosphere where it has a long history, and in later years it is also increasingly practised across the globe. One of the basic tenets of TCM is that the body's vital energy (ch'i or qi) is circulating through channels, called meridians, that have branches connected to bodily organs and functions."*[6] *The existence of vital energy is not scientifically verified.*

My understanding of vibrational healing is minimal, but I inherently know that one's attitudinal mindset and resulting thoughts influence one's mind. This, in turn, controls the brain, and the physical body reacts to those secreted chemicals stemming from the brain's response to one's thought processes. For example, dopamine, epinephrine (also known as adrenaline), norepinephrine (noradrenaline), and especially cortisol are the chemicals released in the fear-based fight or flight response. Over time, these overused chemicals are going to negatively affect the trillions of cells that run our bodies with microsecond efficiency for good health.

The bottom line, simply put, is that your thoughts determine your health. The energy blockages that negative thought processes create as vibrational “stuckness” at an energy level of functioning, resulting in destructive physical effects in the body, stem from your thought processes in this lifetime and thought processes from other past/parallel lifetimes as well.

To explain this past/parallel lifetimes situation, how does a newborn baby who hasn't started thinking negative thoughts, as yet, have a life-threatening illness or disease? I don't know. Can it come from other life spaces of past/parallel lives of which this lifetime on earth is the timeline for the physical manifestation of this vibrational energy blockage to emerge in terms of their soul contract? I don't know, but it sounds possible to me?

There is so much happening at an unseen vibrational level that I think we say ‘no’ too because we don't have ‘scientific proof’. We look through a pinhole and believe we know it all. The Bigger Picture seen from Spirit sees and knows it all.

I found this information below via an internet search:

*We should explore the world of vibrational healing through its many avenues including Homeopathy, essential oils, acupuncture, NAET, BioSET, radionics, yoga, tai chi, prayer, distant healing, hands-on healing, reiki, sound therapies, laser, Royal Rife frequencies, bioenergetic medicine, EAV and QXCI machines, reflexology and the like.*

*However, with awareness and intention, we can increase our vibrational energy every day by simply applying some of these practices to our daily living:*

*Eating good food. Organic food has the highest vibration. Drinking clean, energised water. Enjoying superfoods and herbs. Increasing physical movement, such as walking, swimming, dancing, biking, and sleeping well. Listening to positive, uplifting music. Exploring and enjoying nature and the outdoors. Being true to yourself. Increasing consciousness through increasing awareness. Balancing and raising the energy of living spaces with space clearing, earth healing, live plants and Feng Shui techniques. Learning new things to take in new energies. Praying, meditating, taking part in sacred ceremonies. Engaging in healthy relationships. Experiencing JOY. Being of service: Giving to others without expectation of reward or recognition. Breathing fully and deeply. Being creative. Practicing love, trust, compassion and other high vibrational and balancing emotions. Working with high-vibrational objects or techniques to raise yourself into resonance with higher vibrations (rocks, crystals, sacred geometry, chanting, singing, vibrational healing, singing bowls, spirituality, etc.). Accepting and allowing life.*

*Living in the present and smile and laugh everyday. Eliminating toxic foods, chemicals, emotions and relationships. Enjoying creative arts such as music, arts and dance.*

*(Source: <https://epidemicanswers.org/reference-library/mind-body-spirit/vibrational-therapy/>)*

I believe that sound healing will be a very effective form of healing in time to come as it resonates with the harmony of energy vibrational frequencies.

What we can all do is keep our attitudes and resulting thoughts positive; say no to any form of negativity; align our soul-based Love with our Higher Self/Soul and with Oneness/Source/God in our thoughts, words and actions. Avoid resistance, which only makes that which we resist grow larger. Create allowance in our life for everyone and everything by saying 'yes' to life as it unfolds in every moment of Now. Serve ourself and others with as much unconditional Love as possible. Pray humbly in allowance and surrender to our Higher Power. Know that our Higher Power and ourselves are co-creating our lives together in every moment of Now. Meditate regularly to allow our intuition, our inner knowing of the God within us, to positively influence us at a cellular memory level with unconditional Love and Light.

Our heightened vibrational energy level will be enhanced through these healing practices. Should we suffer illness and disease, we should be aware that it may be past/parallel lives' blockages of spiritual "stuckness", now being released in physical form in this lifetime. Any negative thought processes in this lifetime could also be the cause of such illnesses or diseases too.

Welcome and be grateful for the release now of these energy blockages related to your eternal soul's journey. Long-held cellular memory blockages are possibly being released and healed now on your road to Oneness. Seeing these so-called illnesses or diseases as the releasing of energy blockages will speed up the healing process as you are allowing and not resisting the illness or disease.

We usually see the negative impact of the illnesses and diseases on our current life on earth and fail to see that this is excellent news for the eternal growth of our soul on its journey towards Oneness now.

I have learnt and written about how what we see through our earth-based eyes are often the reverse as seen in Spirit.

Trust God within you to know what is needed for the eternal growth of your soul.

I hope that having more information about vibrational healing energy will assist you on your journey to finding God within you.

## **Timing your creative manifestations**

With the heightening of your vibrational energy level, you may perceive yourself to be a drop of water in the ocean of Oneness. As the waves of the ocean rise and fall, so do you within Oneness as you are vibrational energy which fluctuates continually in a wave-like motion.

The timing of using rising energy waves for creative purposes and recognizing when to withdraw during falling wave energy is like surfing. You catch the wave as it is rising and peaking, and you ride the falling wave onto the shore.

There is a time for everything as expounded in Ecclesiastes  
- *A time to tear down and a time to build.*

The manifestation of your desires and intentions will become easier to achieve when you recognise the timing of using rising energy waves for creative purposes. This

timing process at these heightened levels of vibrational energy will become more evident to you once you reach this plateau on your road to Oneness.

As your heightened energy level is connecting to All That Is or Oneness, so your thoughts, words and actions are becoming, should we say, more Godlike. Where you stand during this process of heightening energy levels is usually alone. But you are not alone; you are All One. You are marching to the beat of another drummer and are out of step with the crowd who see you as an anomaly. Your belief system and levels of understanding often threaten others, who in their insecurity, use the vote of the majority to alienate you, and possibly ostracise you. In some cases, they may even crucify you or burn you at the stake!

You are not in an ego-based popularity contest. Your truths coming from your inner awareness of experiential knowledge are yours alone. You do not have to convince anyone else, as this is an ego-based approach, and at these heightened levels of energy Being, you are Love/soul-based and not ego fear-based.

Keep doing what you feel is the correct path for your journey to Oneness and finding God within you. Trust that your feelings are the language of your soul. Do not concern yourself with other people's opinions. As Shakespeare taught us, "to thine own self be true".

#### CHANGE- Clearing Healing And New Gifts Emerging

Like every changing circumstance of new waves of growth and acceptance of change, there will be a few people who become the early adaptors, but usually not more than 3% of the people. They are curious and unafraid of something new to try. The next wave of growth often attracts around a further 15% of the population who have watched the early adopters and liked what they saw. We have now reached a tipping point which occurs at 17-18% market penetration. Now it's becoming more acceptable to change and be involved in this new growth movement. The next wave of growth sees some 34% of the market potential come onboard as the wave begins to peak. We now have a majority of some 52%. After that, 30% more people come on board as the wave is breaking. The last 18 % of the market of diehard objectors step up when the wave is washing up on the shore of expectations. This is the pattern of new product or service launches, and it is likely to be the same when you stand alone with your belief system as you go on your road to Oneness.

You are the Shepherd, and you will find your sheep along the way. Don't look for them, that's not what you signed up for. Let them find you and seek your knowledge and protection. However, ensure that you have no ego involvement as this will send you down to lower levels of vibrational energy where the sheep are. You must lead by example, without pride, and others will want what you have got in the form of higher vibrational energy. It's not your role to be a converting leader bringing people to your cause. When souls are ready, they will look for the way themselves to achieve Oneness and seek to find God within themselves. Hopefully, you will cross paths with them on your road to Oneness.

## Allowing and patience

It's time to talk about allowing. In most situations in which you find yourself, there is usually more than one vibrational energy involved. Each vibrational energy is on its soul's growth path towards Oneness and finding God within them, even if it's the last thing on the mind of the person involved. Many people are unaware they are also on this path, but they are. Everyone is!

Your desires and intentions may well impact, positively or negatively, on another person, who, at their essence, are a vibrational energy Being. As you do, they too have a lot going on in their vibrational energy lives based on their past and current thoughts, words and actions.

You may feel alone in your life where you are at your heightened energy level or, as stated above, All One, but you are in a melting pot of vibrational energy fluctuations with others too.

Sometimes you may use your desires and intentions to manifest what you think is for your highest and best use. Part of our journey is to feel the best we can and to be the best we can. We can see what we need to do to make this manifest and we may be impatient to get this done. Why wait? It's obvious that if I do this now, I will be doing the best I can, and I will feel the best I can feel.

But what of the other vibrational energies involved? Don't they get a vote in what they believe the correct approach is to this issue? Perhaps what you want to manifest is right for you but not necessarily as good for them? Probably there is a better solution for both of you?

When you realise and know that good is the enemy of great, you may decide to wait by having patience instead of pushing the button on manifestation. Perhaps sitting back and allowing all the relevant vibrational energies to become correctly aligned, and for the manifestation to then be created, may deliver greatness for you and not merely goodness? And for them too?

Patience is prayer in action! Having TRUST- to Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally, you allow what needs to be manifested to occur but in God's timing, not yours.

There are infinite variables that need to be considered, especially when causal issues are brought into play. Rushing the Infinite Intelligence who created worlds and universes is not the way forward. Patience, allowing, and TRUST are the keywords here.

Different people "get the message" at different times and taking the cake out of the oven before it is baked correctly can be ruinous. Let's not kid ourselves; it's not easy to be patient. O' Lord, give me patience, but hurry! In our relationships with other people, it takes time to be in harmony with each other. If we rushed it, our fragile new relationship might be aborted early on. We need to allow each other enough space and time to adjust our past issues and past emotional baggage and to eventually both be on the same vibrational energy wavelength now to create a future together.

Allowing for patience is the answer to get the true manifestation for all concerned at a soul level. The road to Oneness and of finding God within you is a patient road.

## The solutions are within you

I am always conscious that writing books such as these may not always be in the best interest of the reader. There is a delicate balance between identifying an issue and providing a solution. Allowing and enabling someone to find their solution through their experience is preferable for their soul's growth. It's a high wire trapeze act without a safety net!

We are each responsible for our journey on the road to Oneness and finding God within us. We find our potholes to stumble into and to get out of. We also find out what works for us and what doesn't in progressing along this infinite journey.

Ideally, I should be asking questions rather than giving answers and solutions from where I am standing, which may not be where you are standing now.

I should be asking pointed questions to enable and allow you to find the answers within you. After all, we all have the same God within us. Our answers are found within us. This would, of course, be the way I would approach it if you were sitting with me, and we were exploring your journey on the road to Oneness and finding God within you.

I would be able to hear what you are saying, and through your body language and my intuition, I could also infer what you are not saying and maybe hiding away from discussing too.

So, walking the high wire, conscious that what I am writing may be what you need to know, or maybe near what you need to know, is as close as I can get.

If we were sitting together now, the ten questions I would ask you about the 'drama' of your life at this moment are:

1. Are you coming from ego in this drama with yourself, or with another?
2. If so, what emotional wounds is your ego protecting?
3. Can we explore the root causes of the emotional wounds?
4. Now that you have seen that the way you are reacting in this drama is not about this other person or people at all. Your reaction is aimed at ..... (the Initiator triggering this reaction in you that you are now overreacting too. It may be from your childhood or later on in your life.)
5. This person or people involved in the drama with you currently are merley triggers, not Initiator. They deserve to be at least explained to, if not apologized too, by you, when you are ready to do so.
6. Is this current relationship of value to you? Is it more critical for you to be right in this drama and to be happy to have this relationship damaged? Or is the relationship more important to keep in harmony than you being proved right in this drama? If you can't resolve the issue creating the drama, can you then agree to disagree and leave it like that?
7. What would happen in this drama if you came from a Love/soul-based manner and you approached the other person, or people, from a position of Love,

kindness, compassion and understanding? If you said to them, let's put aside our ego's here and find a way to understand each person's viewpoint better. Let's make our Loved based souls' talk instead of our fear-based ego's.

8. Could you say to them, "let's let the Power of Love replace our need for the ego-based Love of Power of being proved right in this drama"?
9. What solutions could you find if you decided to pray for the wellbeing of the other person or people, and then waited patiently for God within you, through your intuition, to provide a solution for you in this drama?
10. Are you prepared to allow and surrender your ego now and let your soul shine through?

By asking these questions and, hopefully, applying the solutions, you would learn through your own experience of resolving this drama. This is far more powerful for your soul's growth than if I merely told you the solution.

Now you are on the soul-based Love journey towards Oneness and finding God within you

## **Detachment from the ego-based dramas of your life**

Let's now assume that the drama you have cannot be resolved through these ten questions above, and the pattern of this disharmony reoccurs in your life with other people. This probably means that either you haven't applied these ten lessons, or you applied them, but without the necessarily committed intent to change the reality of the situation. What may be called lip service, without the mind and heart working in unison to bring this intended harmony into being?

There is another way to move the negative energy creating this disharmony in your life, and that is through detachment. Through detachment, you become the Watcher, while being the Player too.

You are required to surrender to the process and accept what is being presented to you. This acceptance is via ceasing to resist, as what you resist persists. Through such acceptance of what is occurring now, you diffuse the negative energy build up. By resisting what is happening now, you increase the negative energy build up.

As I explained in my Soul Contract book referred to above, there are repetitive or reoccurring patterns in one's life, and the search for their root cause is the way to 'root' them out if you will excuse the pun!

For example, the repetitive pattern of rejection you feel in your relationships may have been caused when your one parent betrayed your other parent's trust. This betrayal has left a deep emotional wound within your psyche, and a resulting unseen, but deeply felt emotional scar. Any form of rejection towards you, no matter how slight, causes you to flare up irrationally at the other person.

To break this repetitive pattern, you need to remove your negative energy from this drama. Your resistance to not wanting to let go of this root cause issue is that your anger at the parent who betrayed your other parent has become who you are! This anger towards your disloyal parent has shaped your life. You are your anger first and

foremost. Your approach to any relationship is based on the fear of being rejected. As you can see, in this example, this is poisonous to you, and your Being, and needs to be eradicated as soon as possible.

I have watched someone I know feel such anger as she was physically abused as a child. She received severe beatings with a strap from her irrational and emotionally unstable father. Her father has been dead for many years, but she retains the anger as much today as when he was alive on earth. Her life continues to be plagued by ill health caused by the issues that flow from this anger, which originated over 60 years ago.

My recommendation to her, and anyone else, is to let it go completely. Accept the fact that an emotionally unstable person abused her. Accept the fact that, as a child, she was defenceless to protect herself, and any guilt she feels about that is unreasonable to assume within herself. I recommended to her that she sees her anger at this abuse as helium gas inside a balloon. She now has the balloon on a string tethered to her hand and then she releases the balloon, and it flies away never to be seen again by her.

Energetically releasing oneself is nonattachment to the drama. And, with that, non-attachment to the outcome. You find a way that suits you to let it go completely, and whatever happens as a result of that you don't care about.

The other party may come after you with guns blazing at one extreme, or they may disappear from your life never to be seen again, at the other extreme. Whatever happens, you are completely detached from the outcome, as if it never happened in your life. By not having an ego invested in the outcome, it's just another issue swept away like water under the bridge never to be seen again.

A solution I have used before in this book is to project yourself twenty years down the line mentally, and then look back at the current drama. With that perspective, whatever outcome has occurred has not affected your present life one bit.

That is how easy it is to release your attachment to the drama at hand. It's merely a matter of egoless perspective to create nonattachment to the outcome. Whatever

happens simply happens, no comment is necessary. It is what is. In the overall scheme of things, nothing matters, except Love. By not energizing "what is" with negative resistance, but rather by releasing it with acceptance of "so what," this correct non-ego perspective is attained.

My remedy is to pray for the conflicting party's wellbeing, release them in unconditional Love, and let go off the helium balloon.

In terms of your soul contracts, people are involved in your life for a reason and a period in terms of those soul contracts. We come into this life alone, and we leave alone, and the longest relationship we have is with our self, and after that with a sibling. Everyone will leave you, or you will leave them. Everything has a life cycle. Learn to let people go, especially those who drain you energetically.

If any relationship continues to give you disharmony, then it may be best to terminate it as peacefully as possible. You begin by detachment to them emotionally, and maybe even physically. You adopt an attitude of no longer caring about them and the ego-based drama they bring to your interactions. By showing indifference to them,



and their dramas, you untether yourself from the negative energetic pattern of your relationship with them. Real indifference means no ego attachment is involved from your side, such as adopting the twenty-year perspective I stated above. You no longer care who was right and who was wrong. You simply don't care at the core of your being. Goodbye, good luck and off you go.

For many people, they may mouth the words but still stay stuck emotionally to the other party as they demand retribution, or, maybe even an apology. This is pure ego, and you will remain tethered to this person and the drama, and repetitive patterns, continually in your life to come.

You seek the harmony that will come from self-love of doing what is best for you. If you can manage to, release them in Love and caring for their well-being. But no longer allow them into your sacred space in your mind, in your emotions and into your physical body's reaction to their presence. You have then achieved what is best for you, energetically on your road to Oneness and finding and knowing God within you.

## Opening your spiritual eyes

At this stage of your journey on the road to Oneness, you require some 'me time'. Time alone to allow these repetitive patterns, now jettisoned by you, to work their way out of your life's journey. Each rope tethering you to the past conditioning must be emotionally released and sent on its way.

This could be called a time of soul searching as you realise that these various soul contracts were created by you in Spirit to resolve, what I call, the holes in your soul. These Soul Mates who you are detaching from energetically on earth have served

their purposes which you all agreed to in Spirit. For that reason, you can send them lovingly on their way in gratitude for playing their agreed to roles in your life.

This is not a time to go headlong into another relationship. You need time to adjust to the new circumstances in your life and to ensure that you are entirely energetically detached from that last relationship. Regrettably, many people find it hard to be alone and have not reached a place where being alone is also being All One in Oneness. Their ego still drives their life, and they need to insert themselves into another relationship. Unfortunately, their negative energy from the last relationship comes with into their new relationship, and the repetitive pattern gets set up once more.

At this time you need to be alone to become All One and to develop your most important relationship which is the one, or should I say, the One, with your Source/Higher Power/God /Oneness/whatever label resonates with you best. Only if this relationship is stable will you be able to develop any other relationship on your road to Oneness, and to find and know God within you.

This is a time for complete exploration of who you are; where you have come from along this journey and identifying the Soul Mates of all types who have got you to

this place of exploration. Some Soul Mates will be your most prominent adversaries and maybe your most hated enemies. Some will be your best friends who have held you tightly in times of trouble. Some will be that random person who redirected you from the path you were on to the correct pathway, in terms of your soul contracts. They could have been the person who said no to your job application or fired you, forcing you to redirect your life to what you agreed to do in terms of your soul contracts. See how many Soul Mates you can now recognise with this newfound information, awareness and knowledge of your soul contracts. Be grateful to them in any way you can for playing their roles so well. Wish them well and send them your unconditional Love and gratitude.

With this awareness and consciousness, the twists and turns, uphill's and downhill's, obstacles, hardships, smooth roads and potholes, all serve the purpose you chose for yourself in terms of your soul contracts.

With even better awareness and consciousness you may discover where and when you were the Soul Mate to another helping them in terms of their soul contracts, they created in Spirit with you, as you did with them. Perhaps the actions you still feel guilty about were what you both agreed to in Spirit, so no need for the guilt any longer.

At this stage in your heightened spiritual journey, you may begin to look at life differently and realise that material obsessions should give way to more spiritual ones. Your life's purpose and meaning may now be more apparent as you strive to be free of constraints suppressing you. These constraints are likely to be stopping you doing what you currently believe to be your soul's journey which you decided to do in Spirit, before your arrival on earth.

In the past, your need for security may have driven your need for material possessions. Now, at your heightened levels of vibrational energy, you see things differently. You have learnt about allowance, and no resistance, about surrendering to your Higher Power and about TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally. You have also learnt about CHOICE- Can Help Overcome I Change Energy.

Your spiritual eyes have been opened, and you have started to remember who You indeed are—the you as a human being, and the You as a Spiritual Being. The You being your Higher Self/Soul, which is the much more significant part of you that always remains in Spirit. Slivers of this You become souls in this life space, as you, and in parallel/past lives too as other entities connected to you and to You. This may be difficult to understand so I will explain it in this way. An orange has segments. One or more of these segments can go into a fruit salad you have today. Tomorrow's fruit salad can also contain one or more segments of the orange and so on. I do not doubt that my late twin brother and I, as souls, came from our Higher Self/Soul where he returned some 30 years ago and guides me continually on earth.

With your increasingly heightened spiritual vibrational level, you will find a reducing need for shiny objects that date, and fade, and rust, or collect dust in an attic somewhere. The need, which was so important to have, and upon receiving it didn't fill that bottomless hole, pressurizing you to need the next shiny object and so on, now becomes not so important anymore.

You are likely to be done with all that now, and your tasks may be more focused on uplifting and serving others. Or it may be facilitating that process of increasingly heightened energy vibrational frequency for another Soul Mate?

I know a family who are second-generation wealth and their kids are the third generation, now Trust Fund kids. The divorced father is a son of the creator of the wealth, and he has expanded this wealth, but virtually his entire larger family despise him as he has found ways to exclude them from the wealth. His children pander to him for the wealth he controls but doesn't admire him as a father or person, and he is not their friend and trusted confidant. What is pleasing for me to see is that his children are finding ways to be much more helpful people than he is, and they are helping the communities with which they interact.

One daughter is getting her hands dirty, physically building schools and centres for the underprivileged, as well as raising money for these projects. With the need not to have to make a living, she is shunning the life of the idle rich that most of her compatriots aspire too, and she is making a difference to people's lives for whom survival is a daily battle. She is making the graduation her father could not make as he remains fixated on his wealth. Perhaps that is their soul contract?

The reason I have used this story is to illustrate to you that you cannot interfere in someone's soul journey by being prescriptive of what they should do. Each has a soul contract and perhaps the daughter's role in this lifetime is to come from a position of wealth and help the underprivileged, and her father's purpose is to enable her to do so financially.

We must allow and enable all people to be and do what they have chosen in terms of their soul contracts. We must not judge anyone in any way. This process of no-judgement is an important milestone to be aware of on your road to Oneness and finding and knowing God within you.

## **A mind-boggling process is about to unfold for you**

(This is a difficult topic to understand and comprehend and you can skip it if you want too)

As we progress along the road of Oneness at increasingly heightening energy vibrational frequency levels, we are required to rid ourselves of the remnants of energy which no longer serve us. The issues we have swept under the carpet hoping they will disappear on their own have to be confronted and dealt with, ensuring we can move upwards in the intended heightening of our vibrational energy levels.

Situations will occur in our life that may appear to be negative but which we have called to ourselves to confront and resolve. Providing we do so from a Love-based soul approach; these issues should only be small pebbles on the road to Oneness. However, if we choose to come from a fear-based ego approach, then these tiny pebbles will appear as boulders on our road to Oneness.

Your progress will depend on your Love or fear approach. Big leap of progress or snail's approach to progress, it's your CHOICE- Can Help Overcome I Change Energy.

Everyone will get to Oneness; eventually, it's merely a question of how much pain and hardship you select by an approach of fear, or how much easier your passage will be with an approach of Love?

Failure is not an option; you will get to Oneness eventually as you create your 'what is' reality each time you make a choice. That choice creates a perception of your new reality. That new reality must be faced and confronted, and growth occurs by overcoming what you call to yourself for much-needed growth.

This is an infinite journey, and some people will call an early release from this life on earth through fatal accidents, terminal ill health, suicide, and the like. There is no judgement here. Once in Spirit again, when they are ready to return to earth, they will re-enter at the level of growth they exited the earth plane.

The road to Oneness may have lengthy pit stops along the way. It's always the choice you are called upon to make, for you create it all.

There already exists all the variables, and their resulting outcomes, your choices will trigger into being, once you make these choices.

The *Law of Attraction* states Like will attract Like. You criticize someone, and you will receive criticism in return. You praise someone, and you will receive praise, in some way or another, in return.

The reality you create with your attitudinal mindset and resulting thought forms is the reality you have chosen. Change your attitude, and your resulting thoughts and your reality will change. Try it out on your nearest and dearest. Compliment your spouse or partner or child or best friend and see how they respond to you. Now criticize them and see how they respond. You can sense the change in the vibrational energy levels they respond with. The reality of being with them after either praise or criticism is either enjoyable or threatening.

Now, this is happening on a larger stage when you choose what you want your reality to be. At a vibrational energy level of existence, our soul on earth is a sliver of our Higher Self/Soul. Other slivers/souls of our Higher Self/Soul are operating in different realities of which we on earth are unaware. Not only are we doing this "split soul" issue, but so is everyone and "everything" else. All these slivers are affecting each other's slivers. Hence the choices we make impact countless other souls being part of their composite Higher Self/Soul.

Now I know that maybe mind-boggling for you because it was for me when I learnt about it. The ramifications are beyond comprehension for our human minds to contemplate. At a vibrational energy level, you may feel elated or deflated and not know why. It could be that some sliver/soul somewhere has been attracted to something you choose to think, say or do and it's now responding in terms of the *Law of Attraction*. This was explained to me as how to begin to comprehend why suddenly one feels elated or deflated for no apparent reason. Go figure!

Let's try and bring this down to a simpler level of understanding. I hope!

When you dream, and you see yourself in different places, and you awake the next morning and say to yourself, what was that all about? You usually either forget the dream in your sleep or upon waking it slips from your memory. Your Higher Self/Soul through its slivers are present as part of You in these states you accessed in your dream state. The same may happen when you meditate. You visited with other sliver/soul of You at this “place”. You appeared in the dream but for that sliver/soul that is their reality!

These fragmented parts of you, in different life spaces, combine to create You as part of Oneness. Their tasks are to bring you to the Divinity within you by you experiencing such Divinity as energy-based feelings, a glimpse of You as part of Oneness. The joy and bliss of Oneness touch you, and you feel it energetically in your heightened state on the road to such Oneness, and in finding God within you.

(I fully understand if you feel confused. Finding out that there are different and various parts of you in different life-spaces all combining to create You as your Higher Soul/Self is mind-boggling. Don't worry about it now; I have included it for thoroughness purposes only),

## **Winning through with a Love-based abundant mentality**

After that mind-boggling stuff let's give you some good news. After confronting the repetitive patterns of the past, which negatively triggered your reactions, and found a resolution, you will know inner peace at that present moment of Now. You have attained completion of that obstacle, or hole in one's soul, as I term it to be. There may be some residual occurrences, but the place of inner peace and contentment will enable you to recognize the issue and nip it in the bud before it becomes a drama in your life, as in the past.

You will experience a feeling of detachment, and may even smile in amusement, when the familiar drama peeks its head around the corner to see if it can get a rise out of you, as in the past. This detachment comes with an inner smile and a feeling of wellbeing as you release the negative energy, and it is replaced with positive energy flooding your mind, body and soul.

As stated earlier, having detachment to outcome releases any related negative energy as you adopt the 20-year perspective I referred to earlier or any other way you release the people and event in Love.

You have found a freedom in your liberation. The comfort or discomfort can measure this freedom, you feel within by the harmony, or disharmony, of your vibrational energy level and by the levels of joy and bliss you feel, or don't feel.

You become the sole judge of the issues of your past that have driven you to attain and succeed. You cannot control what others think, or their motivations for doing so. You can only control what you think and feel, and your motivation is likely to be your freedom and peace of mind. Simplicity is expected to be your goal now.

You need to control and micromanage the process to achieve an end goal is now replaced with TRUST- To Release Unto Spirit Totally, and then, To Rely upon Spirit Totally. Trust God's timing for you, not your urgent ringing bell. The key is to be in alignment between you and You, between you and Oneness. If you are planning to steal the Crown Jewels, then all the micromanagement and planning will come to nought because that is not in harmony with you and You. Conversely, If you are planning to uplift people through some proposed action, then you will have the wind at your back, and things will fall into place as they are supposed to, in God's timing.

Additionally, your desire and intent should be one of expectation of ease and that all the pieces needed will fall into place as and when required. That is what you will get.

It's the *Law of Attraction*. Your attitudinal mindset and resulting thoughts create your reality.

Conversely, if your intent and desired expectation are for hard work; obstacles to overcome; sweat on your brow; lots of pushing and shoving to make it happen, then that is what you will get. It's the *Law of Attraction* and your attitudinal mindset, and resulting thoughts will create that reality.

If you create with joy in your heart, joy will result in an effortless manifestation. Conversely, choosing hard work and a tough time may see you eventually succeed with a grimace on your face for all your hard work.

If you can adopt an attitudinal mindset that the highest and best outcome for all concerned is going to result, then the vibrational energy of all concerned, both Seen and Unseen Entities, automatically create such an outcome.

You are working with the vibrational energy of Love in creating what the highest and best outcome for all concerned is. And the smooth process results. Alternatively, allowing the vibrational energy of fear to create, embeds fear into the process and nothing flows well vibrationally, hence the struggle and toil that is required to achieve the outcome.

Everything is vibrational energy, and you create such energy. The energy of an abundant mentality states that whatever you need will be provided for you, when you need it, providing what you are doing is in harmony with you and You.

When you decided to come to earth, you expected to experience the joy, bliss and Love in all the sensual ways possible. Only an abundant mentality and mindset can bring such joy, bliss and Love into your sensual experience through your feelings, the language of your soul, of you and You.

Your road to Oneness, and finding the God within you, is accelerated with the Love-based abundant attitudinal mindset mentality and resulting thought-forms. An abundant reality results for you to experience.

## How to achieve ease and joy in your tasks

Now for a practical application of these topics.

Yesterday I was asked by a friend to help her with her Masters' Thesis which has had her bogged down for years. When I arrived, she was cursing and complaining about how this work was so complicated and intricate. She said it required a logical, meticulous approach, and she was the opposite of that. Her strengths are working with people and bringing the best out of them. She and the work were at loggerheads, but the work didn't know that!

I took a look at the piles of papers and notes on her desk, and at her computer, I could see she was confusing herself by not working in a logical, analytical, "pain in the butt" way she always complained that I approached tasks!

After helping her with some analytical work, and writing notes for her to adapt to her style of writing, she thanked me profusely. I then stated that the real work for her is about to begin.

Firstly, I asked her to take several deep breaths. Deep breathing allows and enables your energy vibrational frequency to vibrate in alignment with your Higher Self/Soul and then with your Higher Power. This alignment enables and allows Love and ease to flow into your life. Conversely, short and sharp breathing is what happens when you experience fear, and all efforts are constrained and constricted and do not flow properly.

Secondly, I explained to her one of the purposes of this book, which is a positive attitudinal mindset, followed by positive thought-forms, creating a positive can-do reality for you. And this is accomplished by aligning the vibrational energy of your soul, with the vibrational energy of your Higher Self/Soul, and with your Higher Power, to combine in Oneness. It starts with deep breathing.

Thirdly, I stated that attacking the work as an enemy and swearing and shouting at it, and its difficulty, is going to set up a negative mindset, negative resulting thoughts and a negative reality for herself. This is her current reality.

Fourthly, she admitted that she needs to get this Masters' Thesis completed to earn more money in her chosen profession. I recommended she change her mindset and attitude to one of befriending the work, and appreciate it, as it's her necessary passport to increased knowledge for her, and others, and, importantly, for increased earnings for her.

Fifthly, I suggested she write her thesis a heartfelt letter thanking it for enlarging her knowledge, for assisting others who will benefit from having this distilled knowledge at their fingertips, and, for the increased earnings she will receive after its completion.

Sixthly, I recommended that each time she sits down to work on her thesis, she smiles and greets it like the friend it is to her in helping her in her life's journey.

Seventhly, I suggested she be loving, gentle and kind to her work, and gratefully appreciative, that she has the opportunity and ability to complete the task.

Lastly, I suggested that before she begins this new positive and appreciative attitudinal mindset approach that she envisages what her completed Masters Thesis will look like in book form. I recommended that she create a front cover sheet with the title of the thesis, place and date and her name proudly displayed on this front cover sheet. After that, to keep this front cover sheet visible while she is creating her thesis. The adage from the late Stephen Covey, “Begin with the end in mind.”

If she follows this formula, and if you, my dear reader, do so as well in your tasks, then the alignment of the vibrational energy of your soul, Higher Self/Soul and your Higher Power, combine in Oneness and will allow and enable the Love energy within you to emerge.

What this boils down to is no resistance, being negative energy, and allowance, being positive energy.

The task in front of you now will be much easier to accomplish, by allowing this Oneness alignment process to create energetic vibrational harmony in your life. Now Unseen Forces will be unleashed to be the wind at your back, and you will accomplish your task with ease and with joy. What more can you ask for on your progressive road to Oneness, and finding and knowing God within you?

## **Manifestation creation techniques**

Two primary factors determine the choices you make—scarcity, which is fear-based and abundance, which is love-based.

If you believe that the resources you need, whatever they may be, are in scarce supply, then the fear of not having enough now, or in the future, will create the negative attitudinal mindset and resulting thoughts to create that scarcity reality for you.

Conversely, if you believe in an abundant universe, that there is an unlimited supply of whatever you may need now and in the future, then your positive attitudinal mindset, and resulting thoughts, will create such an abundant reality.

The ability to dream something into creation is the initial step, and after that, having an abundance mentality to see it materialize into manifestation is the joy of creation.

If you are a parent and you decided it was time to have a child in your union, you either were fortunate in the timing of your procreation, or it was meticulously computed to find the most opportune time to conceive a child. Either way, your mindset was one of abundance as you believed that the child you may be creating would be perfect in every way. You didn't stop halfway through the act of procreation and begin to doubt whether all its limbs would be there, or wonder whether it would be born blind, etc. A fear-based scarcity mindset was absent at that precious moment of copulation and procreation.

If you are a screenwriter for a movie and you have an idea for a script, you first put the skeleton of the story together and then you add the meat onto the bones.



At that stage, your creative juices are flowing, and you are not thinking about where to go for the money and who is likely to accept you or turn you down. You are not thinking about everyone else involved in the numerous stages of movie production: the actors and actresses, producers and directors. Far from your mind are the people who do makeup, costumes, the lighting and sound people, and so on, who are to be employed on the film's production. You are not thinking about the post-production, the marketing; the ticket sales to get 'backsides on seats' in the movie house; the accounting and admin functions, etc. which all come into being when there is a movie script that is seen as a bankable commodity.

When you are writing the script, you inherently believe that everyone and everything will be available to make this movie. If you were thinking with a scarcity mentality and wondering where you will find a lighting person or the money to produce the film, then the energetic vibrational flow involved in your creative juices would dry up and no bankable script will emerge.

If your belief system said that you are abundant and, with the *Law of Attraction* coming into play, that Like attracts Like, you will attract abundance into your sacred space. If you have TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally, and alignment with Oneness, as discussed above, then you will have vibrational Love energy bringing abundance into your life.

What is essential though is having the belief that you deserve to have such Unconditional Love and abundance in your life. A belief is only a thought that you have regularly and often. Your abundance and Love based attitudinal mindset will create the thought forms to bring this reality into being, providing you believe you are worthy and entitled to receive it.

After all, you create your reality, and this is all your doing. You create the energy that transforms itself into manifestation. No Fairy Godmother is gifting you this manifestation. Either you create it, or it doesn't happen. The buck stops with you.

What you believe to be your inner truth will drive this process, either abundantly or through scarcity. What inherently you think via your desires and intentions will create the manifestation you receive. You are responsible for your life. What may have happened in your past, or what other people think about you, or demand from you, is no longer relevant. The only things that matter are the choices of the desire and intent propelling your inherent belief system. Is it based on abundance or scarcity? Whatever the desire and intention, Love or fear-based, this will manifest as your reality.

Your road to Oneness has to be one of an abundance mentality because Oneness is All That Is. God within you, All That Is, is abundant and does not know scarcity.

The process of having the Loving desire and intent of your inherent abundance belief system requires patience to manifest. All the vibrational energy needs to blend correctly in the 'vibrational escrow account' in Spirit. Additionally, all the various seen and Unseen Forces are required to get into position, as it were, for the manifestation of your desire and intent to be seen on the earth plane.

Prayer is patience because such manifestations don't usually happen in our required timing, but rather in God's timing. As stated earlier, our needs may be good for us, but God's timing may be great for us, and good is the enemy of great!

Desire, intention, proactive action and prayer, while remaining patient, awaiting God's timing for us, is part of our journey to Oneness and finding and knowing God within us.

## Seeing adversarial relationships in a new light

When forging a samurai sword, the strongest and sharpest of all swords, an intricate process is used of converting iron to steel using different metals and heat. The folding process is quite elaborate and may occur up to sixteen times to create strength and flexibility. The bottom line of this process is that the original iron is subjected to much force, in different ways, to emerge as a samurai sword.

We, too, are subjected to various forces to strengthen us to become who we are today. As the saying goes, *"Ships look great in the harbour, but that is not what ships are for."*

In Spirit, we choose our earth-bound Soul Mates in terms of our soul contracts. Some of these Soul Mates are required to toughen us up. On earth, we create an adversarial relationship with them where we both look at the same picture but through different lenses. One sees something, and the other sees something else, and both believe that they are right. One sees white, and the other sees black. One sees round, and the other sees square. And on and on we go. The limits of our vision are different. The object is the object, but our perceptions of belief are different.

These adversarial relationships are very beneficial, believe it or not. The friction required to polish an uncut rough diamond into a beautifully set perfectly polished diamond in an engagement ring is a vital part of the process.

You should firstly recognise and realise that this adversarial person pushing your buttons, and living inside your head, is your Soul Mate. You two have probably been doing this dance lifetime after lifetime on earth and returning to Spirit in unconditional Love of each other until the next round of coming back to earth occurs.

You have selected each other purposely to get rid of your pride and your ego-based self. In this process, we expand our soul's consciousness and its connection to its Source Energy, being God within you. But being human, we are usually blind to these vital issues, and we continue to play the role of either an antagonist or a victim, lifetime after lifetime.

Perhaps in this lifetime you can open your eyes and see this pre-arranged dance for what it is?

You can stand back and see the latest episode in this soap opera and dissect it looking for when your ego and pride are running your life. See each ego-based attack or defence in isolation. Look for the root cause in your life that caused the creation of this emotional wound that your ego is overprotecting. You will then realise that the resolution lies not in your Adversary's hoped for changed behaviour, but within yourself. You are fighting yourself, and your Adversary is merely holding up a

mirror of reflection of your unresolved ego-based emotional wounds. Your Adversary is enabling you to expand your soul's consciousness and remind you of God within you, which memory has been blinded by your ego's dominance in your life

At this point in the proceedings, you need to be self-honest and have self integrity. If you chose to ignore this vital step, then your dance will continue again and again, as it has in the past in this life, and, in lifetime after lifetime before.

Are you courageous enough to have self integrity and open your eyes to the root cause issue of this emotional wound, protected by your ego-based pride? If you are then, after that, it's "demolition derby" time as you demolish the ego- created protective walls and replace them with bridges of soul-based Love and trust.

Now the hard part! If practically possible, meet up with the so-called Adversary and, from a place of surrender and vulnerability, apologise to them for your past behaviour. Now, or later, you can admit to them the transition you have come through in identifying the root cause issue that your ego-based pride was protecting. This confession is coming from your Love-based soul and whether it is accepted or rejected by them, at this time, is immaterial, you can't control them, only yourself.

If it's too challenging to face them, perhaps an email could be the icebreaker. If you still feel too uncomfortable to make this apology than its time to pray to your Higher Power for their understanding and forgiveness of you. Sincerely pray for the well-being of the so-called Adversary, and release them in unconditional Love. Keep them in your prayers for a while reinforcing this vibrational energy message at soul level between the two of you.

Should you meet up again in the future, you should greet them with as much unconditional Love as possible. If you haven't personally contacted them, as discussed above, their guard will be up, as before, but hopefully, the smile on your face and your open, loving arms will melt their resistance to you.

Whatever their reaction, you will now be able to see the relationship for what it is, one of unconditionally loving soul mates in Spirit, meeting upon the earth in terms of your soul contract. You will now begin to see the Divine Order involved and be grateful that they allowed and enabled you to experience the depth of emotions you lived through.

Life on earth is one of duality, of contrasts; it is about the co-existence of opposites. See it as a see-saw, the lower you go down emotionally, the higher you can rise emotionally. However, the rising of the see-saw can only occur once you have reached a place of self-integrity and undertaken the processes referred to above of bringing Love-based soul closure to this previous adversarial ego-based relationship.

With your vibrational energy heightened through this process, there may be no point of attraction of vibrational energy with your previous Adversary who may remain at their vibrational energy level through unforgiveness of you. If they participate in the healing process with you, then their vibrational energy level may also rise, and your mutual point of attraction will be at a more Love-based soul level, devoid of protective ego and pride.

Your attitudinal mindset has moved from a negative one to a positive one about them and your relationship. And with it your thoughts about them too. You have prayed for

their well-being and released them in unconditional Love. The tension levels that existed in your mind about them have now been extinguished.

You feel a little amused, if not embarrassed, to see how poorly you behaved towards them in the past when they were pressing your buttons. You now have a perspective of seeing the accurate picture of what the relationship was about - giving you vision, not merely sight. You will find that as they are released from the tension of your mind, where they occupied a prime position of anger in the past, your thoughts about them recede until, eventually, they hardly register a ripple of interest. This may take months, if not years, to accomplish but with your heightened vibrational level, you are on the road to Oneness now, and that is where your focus belongs. God within you is more evident to you as you go through this self-healing process of vulnerability and surrender to remove your ego and pride.

## **Love has many faces**

Love has many faces. How many have you recognized today?

As your heightened vibrational energy increases, you will begin to see and recognise from your soul's memory what Love looks like.

If you believe, as I do, that God is Love, and that we are a part of God, therefore we are Love too. If you also believe that God is All That Is, then so is Love. If Love is All That Is, then what is not Love?

Imagine if we saw everything as Love, everything as God? I believe that is what the Spirit world is- eternal Love and Light. Most people returning from Near-Death Experiences (NDE's) say they experienced Unconditional Love and Light that we, on earth, do not have the vocabulary to describe the feelings they experienced.

As we continue to progress on the road to Oneness, by heightening our vibrational energy levels, we need to improve our sight to include emotive vision as well. We need to look for the Love that is All That Is. Such Unconditional Love is both seen and sensed as feelings too, hence the use of emotive vision.

The starting point for this improved emotive visionary aspect must be one of non-judgement. We can either judge someone or something, or give them, or it, Love, but not simultaneously. Judgement precludes Love, so we leave judgement behind. Judgement is negative fear-based ego.

Now we can look at someone or something without any fear-based ego involvement, as without the need to judge, we merely accept 'what is'. When we look, it is now with different eyes; it's with improved vision. We no longer see what's wrong; we only see 'what is'. Take away fear-based ego judgement and the world we live in changes for the better!

By taking judgement away, our need for our ego-based negative attitudinal mindset and resulting negative thoughts also disappears. The happiness and unhappiness we experience come from our attitudinal mindset and resulting thoughts creating the reality of happiness or unhappiness. This message is reinforced throughout this book and most of my books.

Do you agree with me, and many other people living on earth, and those Vibrational Energies in Spirit, that we are all a part of God, and that God is Love, and so are we, at our essence? If so, then, whoever we look at has a part of God within them, a part of Love within them, as you do too.

Do you ever look for that part of such Love in yourself, or in others? Most people don't as one's ego-based judgmental self is involved in such looking. But we have decided to drop that through nonjudgement, so welcome to our world, the awareness and acceptance of 'what is' - without the need to judge anything.

We are now learning to accept whatever we see as 'what is'. In addition to acceptance, we also appreciate everything we see as 'what is'. With such acceptance and appreciation, there is now perfection in any previously judged imperfections of 'what is'. We use cultural norms to assess perfection and imperfection, but, of course, this is judgmentally based assessments. There is such perfection in imperfection, but we chose to see what is wrong instead of what is right. Focus on the parts that are right, or positive, in life and disregard all else; then you will see the perfection in the imperfection.

Now comes the next part. We accept that whatever we look at has a part of God, a part of Love within it. Can you see it? Are you merely seeing with your eyes, or are you using your four others senses as well? Are you also using your sixth sense, your intuition, the God-inspired part within you? This sense is feelings-based; hence improved emotive vision referred to earlier.

If you look at yourself, or another, with dignity and respect, does your emotive vision improve? Do you see something within you, and them, being reflected on their face and in their Being? And on yours too? Do you see them treating you with such dignity and respect in return? It's the *Law of Attraction*, Like attracts Like.

Once you have the foundations in place of:

- (1) Nonjudgement;
- (2) acceptance and appreciation of the perfection of 'what is';
- (3) dignity and respect for others, and yourself;

you are opening the way for the Love within you, and the Love within them, to emerge as a feeling, as feelings are the language of our souls.

You will now recognize the Love as part of All That Is in whatever you look at without judgement, and in acceptance and appreciation, providing you approach all with dignity and respect.

Every atom radiates Love. We need to have the receptors to receive such Love.

So, our journey on the road to Oneness is enabling us to see the many faces of Love all around us and to heighten our vibrational energy in the process further. God within you is the Love within you, and God recognizes its Isness in everyone and everything. When you find God within you, so will you also see the Love in everything and everyone.

## Synchronicity

Around this stage on the road to Oneness, as your vibrational levels are heightening, something called synchronicity begins to occur. Carl Jung, the Swiss psychiatrist, first spoke about synchronicity in the early 1920s. He wrote about it in 1951, and in 1952 publishing *Synchronicity – An Acausal Connecting Principle*.

My understanding of synchronicity is that at a vibrational level, causal issues are connected to issues of similar meaning. As stated throughout this book, your attitudinal mindset and resulting thoughts which create your reality connect at a vibrational energy level. Other people, or events, at that same vibrational energy level, who, or which, have special meaning to you, connect vibrationally and that connection is brought into your awareness.

If, and when, you can live part of your life in the present moment of Now you will discover how life evolves moment by moment bringing you what you need, (not want,) as you need it, for the highest growth of your soul. Needing is based on TRUST- To Release Unto Spirit Totally and then, To Rely Upon Spirit Totally, and is a soul-based activity. Wanting is an ego-based activity.

This ‘evolving moment process’ in the Now seems, somehow, precisely to know what you need when you need it. For example, when I was writing the previous topic, my cellphone buzzed, and it was a WhatsApp message from a friend. I stopped writing and watched a short video clip of an American Rabbi discussing something he had read, which impressed him. He used the words in his story of dignity and respect, and it was the two words I needed to use as two of my foundational pillars in the previous topic.

Furthermore, few minutes ago, I had packed away my computer for the day, and another WhatsApp message came through entitled ‘Tap on my Shoulder’. This was from a committed Christian friend of mine who lives a very aligned and attuned life to the God and Holy Spirit of his understanding.

This prompted me to do one more topic today, this time on synchronicity. Believing as I do in synchronicity, I thought I would recount the story from ‘Tap on my Shoulder’.

A man was sitting in a pizza restaurant with his friend when he noticed an elegantly dressed lady sitting alone at a large table. Within a few minutes, what appeared to be her daughter and grandkids arrived to join her for lunch. When the man was finished with his lunch and had paid the bill, he approached the elegant lady and bent down to her sitting level, looked her in the eyes and paid her an unusually worded compliment. The lady replied, “I know you”. To which the man said they had never met. The lady responded, “my husband died a year ago, and that’s precisely the words he used when paying me a compliment”. These two strangers hugged in Unconditional Love of what they just experienced.

So, when we have those taps on the shoulder let’s believe it’s our soul, our Higher Self/Soul and our Higher Power bringing synchronicity into the lives of others, through us, and maybe into our lives too.

Another personal example of synchronicity occurred a few nights ago. I usually end the day watching some entertainment on TV. A few nights ago, there was a problem with my TV antenna, and I couldn’t get a picture. I went upstairs to read before falling

asleep. I have a library of spiritual and meditative CD's and books, and when I passed by, I noticed something that I have seen many times, but not looked at. It was the *Conversations With God - Book 1* CD. I originally read this book over 20 years ago and studied it intently. It is one of the few foundational books that has shaped my life. I haven't read it, or heard the CDs in years.

Wiping the accumulated dust off the CD box, I decided to begin listening. Neale Donald Walsch, the author, talks to God, who is played by deep-throated Edward Asner and the female version of God by Ellen Burstyn.

Well, to say I was blown away, again, is an understatement. What struck me this time was the commonality of the Universal Laws/Truths that come through via all three channelled works I am referring to in this book: *Conversations With God*; *Oneness*, translated by Rasha, and *Abraham* channelled by Ester Hicks.

For example:

1. thinking, feeling and experiencing your highest and best self;
2. the need for experiencing contrast or duality to know what you don't want so you can attain what you do want;
3. the reason we are here on earth is to experience joy;
4. our relationships are for our growth to become the best person we can be in the context of the other/s behaviour towards us;
5. God is Love and we, at our soul level, are a part of God, and we are Love too, at our essence;
6. the eternal growth path of our soul and the reasons we need to come back to the earth plane hundreds of times, and so on.

While writing this book about progressing on our road towards Oneness and finding and knowing God within us, I believe I attracted the synchronicity of getting further confirmation from *Conversations With God*, after an absence of many years, that what I am writing about is based on Universal Laws/Truths.

There is no greater force than Love, as God is Love, and being conscious of being Love to yourself, and others, is the only form of religion, or spirituality, that we need to practice. One of the many lessons I learnt from *Conversations With God* was to ask "*What would Love do now?*"

Carrying on this theme of synchronicity, I was busy writing this book this Sunday morning at around 9.30 a.m. when the front gate buzzer sounded, and I went to the intercom and asked who it was. He introduced himself and his companion and politely stated that he would like to share the word of God with me. I realised that he was a Jehovah's Witness and thanked him politely, and informed him that I have an excellent relationship with the God of my experiential knowing. I thanked him for spreading the word of God, as he understands it to be, and wished him good luck.

I know a few Jehovah's Witnesses, and they tell me of the rudeness they daily encounter when pressing doorbells as they believe they are instructed to do, in terms of their religious beliefs.

Each day around 10 a.m. I receive a daily email message from the late Sufi Master Hazrat Inayat Khan ([wahiduddin.net](http://wahiduddin.net)). The message I read today, 30 minutes after my interaction with the Jehovah Witness person, said, *To treat every human being as a shrine of God is to fulfil all religion.*

I inwardly smiled as I thanked God of my experiential knowing for the synchronicity of these two issues, 30 minutes apart, at this time of writing about synchronicity.

By being aware of:

- (1) synchronicity in your life;
- (2) the attunement and alignment of your soul with your Higher Self/Soul and your Higher Power; combining as Oneness;
- (3) is providing proof that your heightening vibrational energy levels are working well on your road to Oneness, and in finding and knowing God within you.

## **The strengthened willpower to turn the other cheek**

Something that I seldom come across in my spiritual research is the term, will or willpower. I think it's implied but not often written or spoken about.

In the attunement and alignment of your soul to your Higher Self/Soul and your Higher Power, the process is one of a fluid Love-based soul approach. This process doesn't require ego-based force or power to achieve as this is the opposite of such fluidity.

However, we need to find a balance between the Love we are within, and the willpower we need to strengthen ourselves within to handle the adversities of life. This requires strong willpower to remain being Love when you are surrounded by ego, hatred, fear, greed and other negative attributes of people spreading disharmony.

Reacting to such people with the similar negativity and disharmony that they give you, as you defend yourself, simply drags you down to their level of spirit energy vibrational pattern.

Conversely, having the strength of willpower to remain, Love, while all around you are being ego-based towards you, and others, is authentic power-  
POWER- Present Only When Ego Removed.

The term of will, or willpower, is usually described with adjectives such as strength, brave, enormous, tremendous, etc. We need to develop this willpower with tenacity and determination. We need to learn how to "turn the other cheek." If we allow ourselves to react to this provocation we drag our vibrational energy level downwards to an ego-based approach. We may win the "battle" of ego's, but we will lose the "war" of our eternal soul's growth.

When we can find the balance of being Love, and having strong willpower to sustain being Love when assailed by ego-based negative people and events, we then heighten our vibrational energy level and make progress on our road to Oneness and, in finding and knowing God within us.



## **Vulnerability is an excellent source of strength**

We now come to vulnerability as one of our most significant sources of strength.

When you can vulnerably surrender to your Higher Power, you lay everything open, fully exposed- all the good, the bad and the ugly- to paraphrase the 1966 movie title.

You unashamedly hang out all your dirty washing, acknowledging that there are plenty of issues that you are not proud of thinking, saying and doing. Your Higher Self/Soul and your Higher Power are already aware of everything you have done, so the vulnerability is, in fact, for self-acknowledgement, and, if you are courageous enough, for repairing the issues too.

This is where contrasts of opposites and dualities come into play. As stated throughout this book, and elsewhere in my other books, experiencing contrasts, or dualities, is like sitting on a see-saw seat being down before you can go up, experientially. Knowing and experiencing what you don't want so you can choose what you do want. However, only knowing what you don't want is not as powerful as also experiencing what you don't want. After that experience you can knowingly choose what you do want.

This experiential CHOICE- Can Help Overcome I Change Energy- is transformational as your vibrational energy is heightened by confronting the issue you are not proud of being involved in, and, if possible, bringing resolution to it.

At a soul contract level, this is what you agreed to do when in Spirit. You saw it was a hole in your soul that needed repairing. Together with your Soul Mates, you created the circumstances that brought this issue into play so that you could attend to the repair of a hole in your soul and thereby heighten your soul's vibrational energy level on its road to Oneness.

I can only assume that when we were in Spirit planning our various intertwined soul contracts among members of our Soul Group, we were probably ambitious in considering we could repair many holes in our souls on our next trip to the Earth plane of existence. Once getting here and seeing how much energy is required to be vulnerable and repair the holes in our souls, we may have dialled back our ambitious plan and left some of the holes for repair next time we come back to earth. These issues we experience as repetitive patterns and are soul contract markers as identified in my Soul Contract book referred to above.

We have been granted free will and our Guides, Angels and other Unseen Spiritual Friends adopt a hands-off approach as we stumble around finding the correct paths to go down to honour our soul contracts made in Spirit. Of course, our Soul Mates interact with us and do what was agreed to in Spirit. Many of our Soul Mates' roles towards us, and ours towards them, is to stick a hot poker up our/their backsides to get us/them moving in the direction we agreed to take when in Spirit. My Soul Contract book referred to above deals with these issues in more explanatory depth and understanding.

Now you can begin to understand that in addition to having strong willpower to remain Love in pleasant and unpleasant circumstances in our life, there is also the need to find great strength of willpower in being vulnerable and attending to repairing

the holes in our soul issues unearthed by our vulnerability and acceptance of these choices.

Now you may also better understand the acronym for POWER- Present Only When Ego Removed.

These steps of being vulnerable and dealing with confronting and repairing the holes in our souls accelerate the heightening process of our vibrational energy on our road to Oneness. Vulnerability and surrender quicken our search to find and know God within us.

## Unlimited creation

It's time to discuss creation-

CREATION- Come Release Energy And Then Imagination Opens Now.

Creation is spawned by imagination—first, the thought, then the desire, then the intention and then the manifestation.

Creation requires passion and enthusiasm to emerge into being. Our Creator, the Source of All that Is, or Oneness, as this book is focused upon, thought this world into being. We are also creators of our life and our world. I believe that God and we are co-creators of our life, and the world as we know it.

Daily, in my prayers, I thank the God within me for being the co-Creator of my life today; always, and throughout eternity.

We are e-motion- energy in motion. Nothing is static in our life; change is constant, and so is motion and emotion. As our soul, we are vibrational energy fluctuations in Spirit. We have slowed down that vibration sufficiently to create physical matter, like ourselves, and the physical world around us.

When we attune and align our soul, our Higher Self/Soul and our Higher Power with combining in Oneness, we can access the unlimited creativity of All That Is. We use this connection to create whatever our imagination can conjure up via thoughts, dreams, desires and intentions to bring into manifestation. When we find God within us, we unleash that unlimited power of creativity within us.

I was born in 1952, and over the past 67 and a half years, I have seen how man's ingenuity has transformed the world. When I was in my final year of high school in 1969, Neil Armstrong was the first man to walk on the moon. This required massive computational ability at the time. Today our cellphones/mobiles connect us to the world instantly and probably have similar computing power necessary for the moon landing and moonwalk in 1969!

The only limit to our creativity within us is any limits we place on our imagination.

When we heighten our vibrational energy levels of our soul, we release it to become closer to our Higher Self/Soul and our Higher Power. This increased vibrational

energy level enables us to transcend and move into more frictionless vibrational energy frequency levels.

When we sufficiently believe that we deserve to obtain what we think, desire and intend for ourselves, and the world, and we remove the negativity of doubt and replace it with positive, unlimited belief and experiential knowing, we will experience a more frictionless world.

We will no longer require blood, sweat and tears to see our intended manifestations appear. We will experience effortless manifestation like the heightened energy of synchronicity I wrote about above.

Of course, this manifestation is Love-based and not ego-based. Our Love-based soul heightens its vibrational energy on its road to Oneness and finding God within us.

One of the basic tenets of this book is the attunement and alignment of our soul to our Higher Self/Soul and our Higher Power, all combined in Oneness.

As spelt out in the earlier part of this book, I describe the Now in my free book *How to Live in the Now* as a Space, I called it God's Space. The only way to access this Space is to be Love, as God is Love, and EGO- Edging God Out - cannot exist in this Space.

For people who can find the way to attune and align their soul with their Higher Self/Soul and then their Higher Power, and to achieve a feeling of Oneness with All That Is, this is how to live in the Now!

In this Now Space, life is frictionless and effortless. We are in the Space of our Creator and using our creative energy in this Space we can manifest whatever we need for the growth of our soul. It's 'turbocharged territory' as we progress on our road to Oneness and finding and knowing God within us.

## **Dealing with disharmonious issues in your life**

Not everyone is concerned with their soul growth needs, and they have other emotional and physical needs they would rather see manifested. For example, resolve the fight I am having with my relationship partner; get me that gold watch I saw on eBay; pay off my mortgage now, etc., etc. Of course, these are ego-based thoughts so they cannot be asked for in this Space of Now, as the ego cannot exist where God/Love exists.

As you heighten your vibrational energy, so the issues that have been repetitive patterns in your life begin to resolve themselves. In the past, your ego and pride prevented you from being vulnerable and finding resolutions. Your reaction to these trigger points now becomes muted, as you come from more Love and far less ego. In time, you only come from Love, and you smile at yourself as you remember how your ego dominated your reactions and created these repetitive patterns of conflict.

It's not your responsibility to be concerned whether the other party in a conflict situation accepts or rejects your more soul-based Love approach. Their reaction or response is predetermined by where they stand on their path of soul growth. If they remain embedded on their ego path and see your more vulnerable Love based approach as weakness, you are fully entitled to say to them, "don't take my kindness for weakness. I am no longer playing this ego-based tug-of-war game with you. I have let go of the rope."

You can even say, "I wish you well and release you in Love." At that point, getting away from them physically and emotionally is your quest.

If you don't release them in your Love-based heart, then your ego-based mind will keep replaying the old tune of resentment and bitterness. You will suffer dis-ease at some point as that resentment and bitterness find its way from your dis-eased mind into your dis-eased body. In my experiential knowledge, I have seen people with bitterness have sugar diabetes problems. I have also seen resentment eat up people's insides with the increase in acid secreted through this anger of resentment. There is an unproven theory that such resentment may cause breast cancer in women and prostate cancer in men.

Your function is to use your higher energy frequency level to improve your inner stillness and encourage ease into your life through being soul-based Love more often. This will reduce the negative attributes in your life that your ego previous played to, causing you emotional, mental and physical disharmony in the past.

Your increase in harmony in all areas of your life will heighten your vibrational energy frequency levels which are attracted to the more harmonious energy levels of your Higher Self/Soul and your Higher Power. This attunement and alignment process will speed you on your road to Oneness, and in finding and knowing God within you.

## **We are God and God is Us**

All three channelled works I am using as reference material in writing this book, viz, *Oneness*, *Abraham* and *Conversations With God*, all state, in their inimitable ways, the same concept. The God we seek, pray to, beg of, is not somewhere out there, up there, or anywhere else, but only within us. We are God and God is us! The God we seek is within us.

For many people, if not most people, this may be a bridge too far to contemplate, understand and accept that God is within us and that we are God. However, all three Channeled Entities are saying the same thing.

Some biblical proof of this concept:

Psalm 82:6 states "ye are gods; you are all sons of the Most High".

John 10:34 states that "Jesus answered them, is it not written in your Law, I said ye are gods?"

When we accept the responsibility that whatever happens to us is called by us in our pre-arranged soul contracts, made in Spirit, as well as by the free will choices we make in this lifetime, then we can communicate with the God within us for our guidance.

When we deny that we are responsible for ourselves, and our lives, and we create a separateness of the God within us and ourselves, we then look for that God out there, or up there, or elsewhere. We direct our thoughts, prayers, even our begging, to a Power outside of ourselves, but there is nothing outside of ourselves when we are in Oneness. All is within us, and we are within All That Is.

When we look for God outside of ourselves, we allow our EGO- Edging God Out- to become our decision-maker.

The God within us is listening to us and guiding us if we would simply be still and listen.

Psalm 46:10- "Be still and know that I am God".

This is where meditation is beneficial. In prayer, we talk to God, but in meditation, we listen to God. Listen, and silent have the same letters and stillness requires such silence and listening.

The choices we make whether we listen to God within us, or not, determine the cause and effect of how our life turns out. Such choices create our destiny. As all we are, at our eternal essence, is vibrational energy fluctuations, we can change our energy to become more Godlike in our thoughts, words and actions.

CHOICE- Can Help Overcome I Change Energy

You are God, and when you separate from God, your life's issues begin in earnest. You choose to make this separation as you look outside yourself for guidance, someone else to be responsible for you, and someone to pray to and to beg too for what you want to be made manifest in your life. This is your ego's quest.

You are the co-creator of your life's issues, not God sitting up there, or over there. God, your co-Creator of your life, is within you and gives you free will to decide whether to seek Its guidance and implement it or not to, through the choices you make.

As stated earlier, we are not born to be a winner or a loser but a chooser.

Every choice you make is based on two polarities- soul-based Love or ego-based fear. Soul-based Love is from God within guiding you, and ego-based fear is choosing to separate from the God within you, via your EGO- Edging God Out.

How comfortable it is to hand over your life's issues to someone else outside of you to solve for you. A map can never move you one inch on your travels. You must move yourself. The map can guide you but not move you. God within you can guide you to help you move through your Godlike choices.

When I started work in 1970, I was visiting a client and saw a poster on the wall of their office which showed birds in flight and underneath was written, "Let go and let God". I found it inspirational and kept it ever-present in my mind. When I began writing my free books in 2004, I changed that to read, "Let go and let God within."

Now that I am writing this book sixteen years later, I realize that the Unseen Friends who I channelled back in 2004 when I wrote [Guidespeak.com](http://Guidespeak.com) free books, had

already given me this insight of God within me by my writing, "Let go and let God within."

So when you seek, pray to, or beg, God, know that God is within you enabling you to Be Love Now in your choice, or to choose ego-based fear and become separate from God within you, allowing your ego to make your choices for you.

God within you is your co-Creator. This implies that you can't pray to God and then sit back and do nothing. You must also co-create your life and do whatever is in your power to do, ensuring that this prayer, and your resulting action, creates the manifestation you require.

Remember Power- Present Only When Ego Removed.

With this understanding, and, hopefully soon, experiential knowledge of God within you, we need to revisit the acronym for TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally.

This release and reliance upon Spirit are not to a Spirit out there somewhere, but to the part of Spirit within you. This Spirit is experienced through the attunement and alignment of your soul, your Higher Self/Soul and your Higher Power combining within you as Oneness of All That Is.

All the Channeled Entities I referred to above state that we are powerful beyond measure. They all say that if we knew who We really are, we would not have any fear and only Be Love. It's only in our belief that we are not God, and our choice to be separated from God within us through thoughts of ego-based fear, that we know such fear and limitations.

We are limitless. We are omnipotent. We are pure Unconditional Love and Light. We are God. God is within us always and in all ways. We are not alone, but All One. We seek to know ourselves as God within us.

Now, all that remains is for us to have this knowledge as a belief first, and, then, hopefully, as experiential knowing too. It all begins with you and the thoughts, words and actions you are prepared to take to make this so.

You, and God within you, are co-Creating your life Now. What more could you want than that?

With this understanding and implementation, your progress on your road to Oneness has been catapulted forward as you begin connecting to God within you.

## **You choose to experience everything that happens to you**

You chose a journey in terms of your soul contracts where you would have situations that would see you experience great heights of jubilation and know the depths of huge disappointments and heartaches. You wanted to experience these ranges in emotion to feel alive and have the sensual knowledge, as, let's face it, in Spirit, where there is no sensuality of emotions, you hankered after these experiences on the earth plane of existence.

In Spirit, you knew even when you experienced the lowest lows on earth that you, as a soul, would be undamaged, and therefore, as a Loved-based soul, there was no thought of being afraid.

Sure, as a physical body, you may suffer damage, but the body is merely a shell for your eternal soul to live in and is expendable at the end of this life on earth. The undamaged, but now more enlightened soul, passes on into Spirit.

The thrill and the challenge were soul-driven for the sensual experiences of both the highs and the lows. Having it all and then losing it all. Or having nothing and gaining all you wanted. The challenges, striving, achievements, wins, losses, or whatever emotional ups and downs you wanted to experience, you called them all into being. Whether it was health; wealth; emotional wellbeing; material possessions; relationships; loved ones; or whatever you wanted to experience through these heights and these depths of emotional feelings, they are all of your choosing in terms of your soul contracts, and of the choices, you make with your free will on earth.

The question is, why would you choose to lose that which you prize so highly? Why would you want to experience the lowest lows you could imagine? Unless you are a masochist and you enjoy pain, why would you choose such emotional, and maybe even, physical pain? The answers may surprise you.

God within you also wants to experience everything available on the sensual experience menu on the earth plane for God to be All That Is. You, as a soul, also want all these sensual experiences too, and your body is available to be used for such purposes.

In terms of your soul contracts, as explained in my Soul Contract book referred to above, you chose to fix certain holes in your soul, and together with your Soul Mates from your Soul Group, you arranged to experience these issues with their assistance. They may be people who betrayed you or abused you in some form or other, or a myriad of issues such as a dependent parent, or a cot death of a child and so on. They may also be there to assist you and help you in your times of need.

You also need to experience the contrasts of opposites, and duality, on earth, to find out what you don't want so you can choose what you do want.

What you will experience is that your darkest moments will become to be seen as the turning points of your life. This was when your authentic emotional experience of being down and out released you from the repetitive ego-based patterns of choosing to be separate from the God of your experiential knowing. Your ego-induced humiliation and feeling of hopelessness brought you to your knees in surrender and vulnerability to God within you. Your ego-based self-pride was shattered on the rocks of despair, and what was left was your eternal soul-based Love wanting to access

God within you. Your ego-based choices blinded you to God within you, but now the road to Oneness is seen and traversed.

In this way, what on earth is seen as your darkest moment, in Spirit is seen as the dawn of awakening enlightenment. Your ego-based self- pride has dissolved, and your Love-based soul is in the driving seat of your life as a co-Creator, with the God within you as your Navigator on the road to Oneness

So you need to embrace in Unconditional Love all your supposed failures and extreme hardships you have experienced, and may still suffer, and recognise that they were called by you to experience God within you more intently. You had to replace ego-based fear with soul-based Love, time and again, until you only knew God within you in all your choices. You then become Godlike in your thoughts, words and actions.

When you can embrace, in Unconditional Love, both the emotional heights and the depths equally, and know that nothing matters, except Love, then you will be both whole, and holy, as God within you shines through in Oneness.

## Being alone and All One

At this stage in this book, we are approximately halfway through our journey to Oneness and finding and knowing God within us. You can pat yourself on your back for making it this far. This is not meant to be an easy book to only page through but rather a book that requires serious study, understanding and application. After all, what could be more important in your life than finding and knowing God within you?

At this stage on your road to Oneness, you will notice a shift in the energy that you feel and the energy you project to others. As your soul is now much more attuned and aligned with your Higher Self/Soul and your Higher Being, and you know experientially that God within you is guiding you as your Co-Creator in your life, life becomes more free-flowing, and ego-based resistance is lessened. You become more accepting and grateful for life as it begins to unfold in front of you. In your stillness, you can simply Be, and everything finds its correct place effortlessly.

You find yourself saying YES to life as you ride the crest of the never-ending wave of expanding consciousness. You are looking forward to new challenges and opportunities using your soul-based Love as your key to unlocking your future.

The energy you are projecting is being attracted to similar energy levels at this heightened energy vibrational level, as the *Law of Attraction* brings Like to Like energy vibrations.

At this heightened energy vibrational frequency level, you may find fewer human beings and sense more Unseen Spiritual Beings in your orbit. The human connections will be instantaneous as the recognition of like-minded, more enlightened, human beings are transparently seen and felt without ego-based self-pride muddying the waters. Your smile and their smile will show each other the vulnerability and truth in which you both operate.

SMILE- So Make It Love Energy



## TRUTH- To Reach Unto The Heavens

The Unseen Spiritual Beings may make themselves felt through your feelings, which are the language of your soul. You may experience synchronicity more often as your attunement and alignment are sharpened. You may dream of family or friends and have those dreams remain in your memory for a while. You may feel a nudge towards something you need. You may imagine someone who has passed on, making their presence felt in your thoughts. You may have an inspired idea to resolve something that has been blocked until now. You may feel your Third Eye, the space between your eyebrows, throbbing. You may feel a light touch on your face and neck. There are countless ways that you may be connecting with Unseen Spiritual Beings. All that is required is for you not to have resistance to this idea of such a connection. Be open to it. There is nothing to fear and only Unconditional Love to gain.

Remain in stillness with your eyes closed whenever you can, and, in your mind, say, "Welcome my Unseen Spiritual Friends, I await your connection". What have you got to lose; you were sitting in stillness anyway!

Ah, but what you have to gain is immeasurable and without any limitations.

## GAIN- God And I Now

You will now feel the Unconditional Love as your soul, and your Higher Self/Soul attune and align with this Higher Power within you. Your Unseen Spiritual Friends come from this Love and Light in Spirit, and you feel their Love for you.

Every eternal soul grows towards Oneness at their own pace of evolvment. Their vibrational energy fluctuation level will only be attracted to you if they have reached the vibrational energy fluctuation level that you are currently operating on. Think of it as Grades at school from Grade 1- Grade 12. If you are, say, in Grade 6, then only eternal souls from Grade 6 upwards will be attracted to you. For that reason, you may be looking forward to seeing a loved one from your life who has passed on, but they may not be able to access you if they are below Grade 6. I state this from the research I have done into the Afterlife but cannot say that this is 100% confirmed by my current experiential knowing. It remains my researched belief system for now.

At your heightening energy vibrational level, you will feel that certain other human beings that have accompanied you so far on your earthly adventures may no longer be who you want in your space now. The harmony you are experiencing is something you prize above all else. Those people who don't get where you are currently are to be let go of without any judgement or recrimination.

When you were in Grade 4 with these people, life was enjoyable together, but now that you are in Grade 6 and they remain at Grade 4, you have fewer things in common. No one is right, and no one is wrong, you are now at different energy vibrational levels and have different levels of harmony, and, even perhaps, disharmony.

I have seen this increasing divergence occur in spiritual learning groups. Most often, one spouse or partner, usually the female in the relationship, is often more sensitively attuned to spirituality. They find resistance and, possibly, resentment by their relationship partner when they attend spiritual classes or groups. It begins to

become a “them and us” relationship and divisions and rifts emerge and are usually exacerbated over time.

At an individual level, the spiritually developing person begins to become protective of the space they are now occupying. They may choose to distance themselves through increased isolation or decide to spend more time with people they are attracted to at an energy vibrational level.

As you can imagine, the people being left behind are usually not happy. However, should you be such a spiritually inclined person your priority is for your happiness.

You are responsible for you, and they are responsible for themselves. Life grows and expands, and we each choose how we relate to that.

When we begin this more protective stance, we must ensure that it is not done from a position of being judgmental of others. You may prefer chocolate ice cream, and they prefer strawberry. Life would be boring and monotonous if there were only vanilla ice cream.

I will discuss judgement in more detail a little later, but for now, the decision to choose to be alone is based on preferring one’s own company and finding more joy in doing so. The discussions and banter of your companions probably won’t be as gratifying to you as your own alone time. The silence and stillness, coupled with the opportunity to feel connected energetically to your soul, your Higher Self/Soul and your Higher Power within you, and maybe others in Spirit too, makes you more harmonious and blissful.

In a way, this aloneness, or All Oneness, is a self- protective mechanism as your evolving energy vibrational levels are susceptible to being negatively affected by the disturbance of energy from lower vibrational levels. You feel like the new person entering Grade 6 having been promoted from Grade 5 during the current semester. You need to find your feet in Grade 6. Having your Grade 5 friends insisting you come out and play when you have homework to do for Grade 6 is not helping your cause. When you say no to them, they may take it personally. However, you must have sufficient inner strength to do what is right for you now.

For those on this spiritual growth path of heightening your vibrational energy fluctuations, your decision to be alone may be unpopular to others. You didn’t come to earth to win a popularity contest; you came to have spiritual growth, to experience as much as you can sensually, and to find joy and bliss. Only you can determine how to achieve those objectives with such balance and harmony as your time allows.

This balance and harmony are required on your road to Oneness, in finding and knowing God within you.

## **Maintaining your heightening spiritual growth path**

There are many benefits to this decision to be more of an isolationist and finding a more harmonious centre within you.

All the stuff that you have accumulated and that surrounds you begins to lose its meaning and importance in your life. You now crave for simplicity both in material possessions and life in general. The need to rush out and get the latest gadgets or see the newest movie or eat at the restaurant with the rich and famous simply doesn't raise your interest level any longer.

Holidays to exotic places and new adventures, once a must, now become ho-hum. It's not that you have become dull and staid; it's because the ego drive is lacking. You don't have to prove anything to anyone any longer, and you don't care what other people think about you. You are answerable to you, your soul, your Higher Self/Soul and your Higher Power within you, and no one else.

Needing the compliments and accolades that drove your ego-based existence in the past is now comparable to children playing at the sea-shore seeing who can build the tallest sandcastle before the incoming tide washes them all away.

Your drive is now to be the highest and best version of yourself you can be. You now know that nothing matters, except Love- the Love you give and the Love you receive.

You no longer need to control and manipulate yourself and others as you have "Let Go and Let God within". You acknowledge the God within you as your Co-Creator in life.

With such TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally, you have attuned and aligned yourself to increasing vibrational energy levels of awareness or consciousness.

The ability to go with the flow of life is so refreshingly natural when you have no ego-based resistance, and you accept and appreciate 'what is', by saying YES to life.

YES- You Evolving Spiritually.

You experience the simplicity of wonder and joy as life flows effortlessly at your feet. Your life is coming up roses, and the Love energy that surrounds you and everyone else can be felt by you.

At this point, you do not want anything or anyone to threaten or jeopardize this heightening energy vibrational level of existence. You do whatever you need to ensure that this fantastic feeling is sustained. You position yourself as your Watcher or Protector seeing this life from the outside looking in. From this vantage point, you attain a different perspective, much like a visitor to the aquarium. Before you were one of the brightly coloured fish swimming around showing yourself off, now you are a visitor who sees not only you but all the other fish in the aquarium too.

This perspective of becoming separate at this spiritual level enables you to look at your life from the benefit of being on the outside looking in. You realize the vulnerable position you are in, but then you see the interconnectedness of the eco-system of all of life of which you are an invaluable part. You experience Oneness.

Sensing this Oneness, you see that the way you are viewing your world is based on what you project as your attitudinal mindset, and resulting thought-forms, which create the reality of your world.

You are living in the reality of a world of your attitudes, thoughts, opinions and judgements about all of life.

Now we revert to maintaining this fantastic feeling of the vibrational energy level of free-flowing existence where you positioned yourself as the Watcher or Protector.

The only way to ensure you can maintain the wonder and joy you have discovered in your life is to change the way you view your world. This is done with a positive attitudinal mindset, and resulting positive thought-forms, creating your positive reality of a free-flowing, heightening, vibrational energy level, which you are desirous of maintaining. But positivity alone may not cut it. If you add Love with positivity that might just be the missing ingredient?

So how do you do that? It is so simple, it laughable! Simply ask yourself before every attitude you adopt; thought you think; the words you say, and action you take, "What would Love do now?"

As stated before, you can either Love someone or something, or judge them or it, but not do that simultaneously.

Once nonjudgement is part of your attitudinal mindset and thought-forms, then your reality will become much more Love-based than ego-based. With Love sponsored attitudes and thoughts ruling your life, it will be easy to maintain the heightening vibrational energy levels of a free-flowing reality bringing you wonder, joy and bliss.

With wonder, joy and bliss on board, the road to Oneness is becoming easier to travel as your search to find and know God within you is becoming more attainable.

## **You will know both extremes on your road to spiritual growth**

Now that you are living with wonder, joy and bliss through nonjudgement and Love, and much reduced ego-based involvement, you will soon see that there is nothing to fear in life.

You are experiencing life with a level of detachment as you are not in the ego-based mix of life. You are on the outside looking in. You are creating whatever you desire as your reality by using Love, positiveness and being nonjudgmental.

All the negative energy that drained your life before through ego-based fear is now diminished substantially. You do not react judgmentally to anyone or anything. You simply shower them, or it, with Unconditional Love and positive energy.

At this stage, your need to be alone is replaced with the feeling of being All One in Oneness. You can now re-enter life with others in your space. By remaining nonjudgmental, being Unconditional Love, and having positive energy, those people who are not at that vibrational energy level, and who do not want to aspire to that level, will feel uncomfortable in your presence, and most likely move out of your space. Those people at this level or above, or who want to aspire to be at this level, will stay in your space.

We each have our journey to Oneness, and of finding and knowing God within us. There will always be those who are at your current level of awareness or consciousness; those at higher levels and those at lower levels. There is no right and wrong here. Each Grade at school has pupils in it, and each person needs to be respected and not judged for where they currently find themselves.

These levels of awareness or consciousness are not static but are continually moving. As one moves through them, you experience moving from one extreme of experience to the other extreme.

You fall to depths through your separateness from Oneness, through your ego-driven approach; by being judgmental and having a negative attitudinal mindset, with resulting negative thought-forms.

This creates the reality of falling to depths of despair. You reach rock bottom and, as described before, you begin your ascent through an increasing attitudinal mindset of positiveness, with resulting positive thought forms and your reality slowly starts to improve. You climb each step from the dungeon of darkness into the sunlight above. Aided and abetted by increasing thoughts of nonjudgement, Unconditional Love and positiveness you ascend upwards until, eventually, you reach the place I am calling Oneness.

For many, they will experience the lows and highs of each new level they reach. The Nirvana of Oneness is reached through the cycles of each level as we learn to strip away any form of negativity caused by one's egoic approach to life at each level.

Egoic living is not only about material obsessions and possessions or the need to feel superior to others. Many spiritual people remain egoic as they consider that they know more than another. Indeed, most so-called religious people are egoic as they use their knowledge of their rituals, traditions, prayers and learning as an instrument to show superiority over their fellow congregants. Every so-called religious person who considers that their religion is the only religion worthy of practising and that other faiths are somehow inferior to theirs are on an ego trip of note.

The higher the levels of consciousness or awareness, the more stringent the requirements for showing Unconditional Love, positivity and being nonjudgmental towards oneself and others. The cycles of low to high through each vibrational energy frequency level become more acute to develop the person's soul growth at these heightening vibrational levels. The room for egoic error narrows as your soul's growth is heightened in its vibrational energy fluctuations.

Through this process, you experience what you don't want so that you can choose what you do need. You must experience it all because Oneness is All That Is. Each extreme, and that which is between these extremes, is all of it that needs to be experienced by you. Your desire and intention are to be Oneness or All That Is.

You can't pick and choose the nice bits of life and become who you truly are, Oneness, as you are God within you - omnipotent, limitless, Unconditional Love and Light. To become Oneness, you must be All That Is, both the profane and the sacred, and that must be your experiential knowing. To put it simply, you cannot only eat dessert; you must have your vegetables too!

You will continually experience moving between these two extremes as you move through the various vibrational energy levels on your road to Oneness. For those who choose to accelerate their spiritual growth in this lifetime on the earth plane of existence, they will know a roller coaster of emotions. They hit previously unexplored depths, and know unexplored heights, as the roller coaster moves through each vibrational energy level on its way to Oneness.

If you can retain the experiential knowing of being detached from the dramas and remain the Watcher of your emotional experiences, then you can sit in the movie house and watch the movie of your life. If you can't be the detached Watcher, then you will experience the raw emotions as you venture from one extreme to the other.

Remember that these are the choices you made while in Spirit as your soul contracts, and the free will choices you make on earth.

At times of despair, you cry out "why me and why this?" You chose this to experience the sensuality associated with living through both extremes in physical form for the eternal growth of your soul. You chose this accelerated path of eternal spiritual growth for this life on earth.

It is for this reason that Spirit Guides always say it takes courage to come into physical form on the earth plane of existence. This is not a place for the faint of heart!

The road to Oneness requires you to experience both extremes in life to choose what you need through experiential knowing of what you don't want. Finding and knowing God within you is always your North Star in this quest.

## **Your journey is unique**

At some stage, through this process, you look at your life and see what you have had to go through, and how well you have behaved, and still, you appear to be struggling.

You look around, and you see people who are living the good life without a care in the world. You see successful people who are enjoying the fruits of their labour and who seem to have struck it rich through honest means. You see other people who are living it up involved with the seedier parts of life, such as drugs, prostitution, arms smuggling, sex trafficking, bribery, corruption and they are living it up while you slog your way through life.

This is where nonjudgement comes into play. Each person is on their journey to Oneness at the pace they choose to do so. They may have been through the depths of despair, as described above, in a previous lifetime. For this life, they may have chosen only to eat dessert and not the vegetables. They may be in a selected state of rest and recuperation to balance their harmony after such an ordeal in another lifetime.

We all must go through each extreme as described above to eventually find our way to become Oneness. We have eternity to do so. Some choose an accelerated path,

and others prefer a slower road. Some are at heightened vibrational energy levels and some at much lower levels. As we have seen above, to make progress through these increasing vibrational energy levels, we must experience the two increasing extremes and the pathways within them. This requires increasing courage, fortitude, strong inner strength and willpower.

This is a hero's journey of note. What is seen through the eyes on earth is not what is seen through the eyes in Spirit.

Seeing the playboy on his yacht surrounded by beautiful people sipping champagne and seeing the broken person toiling on the rubbish dumps in India is not seen as such in Spirit as it is on earth.

For this reason, nonjudgement is always required. Attend to your journey and keep your focus on nonjudgement; being Unconditional Love and having a positive attitudinal mindset with resulting positive thought forms creating your reality.

Your chosen road to Oneness and finding and knowing God within you is unique to you. Don't contrast and compare your life to anyone else as we each have our choices made in Spirit as our soul contracts, and the free will choices we make in this lifetime on earth.

## **Becoming Oneness while still in your body.**

There is an alternative to this continual increasing cycle of extremes of polarities described in the previous topic. It is not going to happen to many people, but it is available. If one can co-ordinate the multidimensional Aspects of your Higher Self/Soul, of which you are one Aspect, then it may be possible to merge in Oneness, and even while still in your body in this lifetime.

I do not know how to do such a merger of all Aspects of my Higher Self/Soul currently operating in other dimensions unknown to me. I can only assume that such

co-ordination will require the desire, intention, focus and attention of Powers in Spirit who are watching over me here on earth, and in other dimensions unknown to me here.

I naturally assume the same for you, if you desire such a merger with Oneness while in this lifetime on earth.

I would describe such a process to be one of complete enlightenment and becoming Oneness while still in one's body on earth.

I have always been intrigued to find out what happened to Eckhard Tolle at the age of 29 when he had some form of epiphany and became the person we know today. I have read many of his books, listened to many of his CD's, watched many of his DVD's and what I see is a Spiritual Guide in physical form. The monotonous way he speaks without much emotional variation in his voice; his dry sense of humour; his ability to talk without any human failings such as uhms and aaahs; the ability to speak

for hours without any notes, and his apparent experiential knowledge of having no fear, and being egoless, makes him some form of Super Human Being in my mind.

When I listen to channelled Entities speak through their Channel, I feel the same energy vibrations when I listen to Eckhard Tolle.

Reading about Indian Mystics such as Sai Baba and Meher Baba makes me realise that they too could have been Oneness in human form. The same for the Sufi Hazrat Inayat Khan, and Rabbi Schneerson, the Lubavitcher Rabbi.

I decided to include this topic but remain unaware of how to make this transition to Oneness in this lifetime. I believe the starting point may be to know that God within you is You. I will explore that in the following topic.

## **A full experience requires total commitment**

If you are reading a book such as this one, and you have reached this far, you undoubtedly know that you are not your body but the eternal soul within this body. You may even know that the You, as your soul, is only one Aspect of your Higher Self/Soul in Spirit and that other Aspects of that Higher Self/Soul are in different dimensions in this eternal present moment of Now.

You have chosen this bodily form known as you to house the You of your soul, but you have also been many other forms in many other lifetimes and life spaces too. You have been both form and formless, and You may even recall when that was achieved simultaneously also.

You are without limits, and your brain in this lifetime cannot perceive such limitlessness. The finite cannot understand the Infinite, but that does not mean It

doesn't exist. When we are at the beach, and we look out to the horizon, our eyesight reaches some seven miles. Does the sea then simply disappear because we cannot see it?

At this stage on the road to Oneness, it's time for an unreality check! A reality check would be one of limitation, but an unreality check is limitless.

The connectivity you experience when you are aware of God within you is one of Unconditional Love and Light. You feel safe and protected, and you do not know any fear. You only experience the blissfulness of Love and Light within you. In some cases, you may also begin to feel an awareness that God within you is something you have experienced before in another time and space.

When you can accept that you planned your journey to Oneness through the choices, you made in Spirit, and through your free will choices in this lifetime, it will be easier to find your way back to Oneness and finding and knowing God within you.

When planning this excursion, you wanted to experience as much sensuality of physicality and emotion as you felt you needed. Like when you planned your annual vacation on earth. You could choose a lazy, lying on the beach vacation or you could



choose to climb every mountain, ford every stream, follow every rainbow until you found your dream. (with apologies to The Sound of Music movie!)

In this planning process, you put the signposts up in advance, and you created the safe places to ensure that you came to no physical harm while dangling on the edge of your adventure. You gave yourself sufficient rope to become separated from God within you, but you tied the one end of the rope to a solid structure to be able to pull yourself back to God within you at the appropriate time in your journey.

Inherently, in this planning, you knew that no matter how far you've strayed in this adventure of sensual physical and emotional experiences you would always have the ability to rejoin God within you where you would know, once again, the Love and Light you experienced before.

You knew that failure was not an option. You will be returning to the place some call Home. This Home is where your journey of sensual, emotional adventures begins and ends, time after time. This Home is where your soul contracts are formed. This Home is Spirit.

#### HOME- Help Organize My Experiences

When it's time to come Home, Unseen Energies are working with you/You to bring you Home. Much like your parent calling you in from playing outside with your friends once the sun has gone down, and it's time to prepare for dinner.

Whether you return Home in this lifetime, or another lifetime on earth is a decision You/your Higher Self/Soul will make, depending on when you want to return to merge in Oneness with all the other Aspects of your Higher Self/Soul. If you wish to continue playing outside tomorrow with your friends, then you will wait, but if you yearn to know Oneness once again, then you will make that decision at the appropriate time.

Whatever choice you make, to stay and play, or to go to Oneness, do it with a total commitment of a full experience. Give it all you have got. Don't leave anything back. Flat out commitment or nothing. Leave no stone unturned. Squeeze life dry. Own the experience fully. In this way, you will know joy and bliss, whether on earth or in Spirit with Oneness. For those fortunate few referred to above who know such enlightenment of Oneness while on earth, their passion and commitment remain undimmed their entire life.

This desire and intention of the choice you make require you to be fully present and fully committed. I have used the story of making ham and eggs before in my free book- *Achieving your Goals and Dreams* found on [personalempowerment.co](http://personalempowerment.co). The pig is fully committed but the chicken only partially so!

When I look back at my life, as I did partially in my Soul Contract book, referred to above, the successes and failures I achieved rested on whether I was fully committed to the task at hand, in the case of the achievements, and, only partially committed when the failures occurred. You could say that I was the chicken when the failures occurred and the ("kosher?") pig when the successes were experienced!

How about you? Can you do a similar exercise to prove this hypothesizes?

Such full commitment is complete focus and passion of desire and intention, and, as your attitudinal mindset, and resulting thought forms create your reality, this committed focus and passion enable achieving your goals and your dreams, whatever they may be.

When we rationalize why our goals and dreams didn't materialize as planned, we often look for mitigating circumstances to justify our failure to achieve our objective. We do not take full responsibility for our lack of actions which were needed. We may even become victims of people or circumstances. We look for reasons and even proffer excuses—none of this matter one iota. You either chose to get energetically behind your choice or you didn't. As in sport and life, there are no remarks columns on the scorecard, only the numbers to record the result.

To paraphrase Shakespeare, 'two' Be or not 'two' Be that is the question!

- (1) Be fully committed energetically behind your choice, and,
- (2) Be Here Now, always and in all ways!

I recall complaining to a friend of mine in the USA about the issues we had as developers with the changed political dispensation in South Africa since 1994. The installations of unqualified and inexperienced previously disadvantaged people into positions of decision making power at local government level was causing mayhem. Obviously, through apartheid, many of these appointees were deprived of the education and experience to occupy these positions, many of which were political appointments and not based on sound economic principles. Most of these newly appointed officials could not give a decision, so no decision was ever forthcoming, holding up massive intended developments.

My USA fellow Developer asked me one question over 20 years ago, and it has stayed with me since then. He asked, "What are you going to do about it?" He was asking me how I intended to resolve the issue, firstly, how to get the go-ahead with the decision I wanted. After that, what I was prepared to do to bridge this knowledge and experience gap caused by the legacy of apartheid. I rose to both challenges.

When one is fully committed, you operate from the willpower of your inner strength, from your heart-centred soul, and you draw upon the Unseen Energies that get behind you propelling you forward.

Earlier on in this book I quoted from William Hutchison Murray, the quote is equally relevant here and now:

*"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.*

*All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way.*

*Whatever you can do or dream you can begin it. Boldness has genius, power and magic in it. Begin it now."*

— William Hutchison Murray

The road to Oneness requires such commitment to enable you to experience your form as a human being entirely, and in finding and knowing God within you.

## **Putting spirituality into practice**

I spent four hours this Sunday afternoon with five successful businessmen in their early to mid-thirties. They have a monthly consciousness session, and I was invited along. At this age, it is usual to find young men like these parading their egos around and not being concerned about their spiritual lives.

What a fantastic afternoon, we all had. We shared our experiences of our beginnings and motivations in following a spiritual path. They pummeled me with questions and, hopefully, I was able to answer most of them.

One of the questions that the host asked me was, what is the meaning of life? I retorted straight away - to be Godlike, and because God is Love, we must be Love too.

We ended up watching various YouTube videos the host had collected from the current 'gurus' discussing more scientific proofs of spirituality.

Each video was about eight minutes long, and I sat there nodding my head through it all as all the information I had shared with them during the afternoon was being validated through these more scientific-based informational videos. They kept saying to me, "but that was what you were saying", however, as intelligent young men they felt they needed some harder proof rather than my experiential knowing at age 67.

At the end of the afternoon, I said it was exciting having these discussions and watching the videos where hundreds of people were present in the audience. Still, it feels like we are all at university learning about spirituality and then doing nothing about implementing this knowledge.

I questioned whether the purpose of acquiring this spiritual knowledge was only to learn it, or also to apply it?

We have countless beggars in Johannesburg, as I have stated in my various free books. I asked if our time would not be better spent in helping these beggars rather than dissecting the meaning of Love, surrender and other beautiful spiritual words?

I told them that in one of the free books I have written, I discussed the 600 000 homeless people in the USA, the world's wealthiest economy. I computed that there are some 300 000 places of worship of all religions in the USA. If each place of worship would take in two homeless people and house, feed and find employment or skills to teach them, enabling them to find work and be self-sufficient, would that not count more than all the prayers offered by the congregants in these places of worship?

I asked them how they thought God views 600 000 homeless people, of which He/She is God within each of them, being left out in the cold in winter, and boiling in summer, without a roof over their heads and food in their stomachs?

I asked them, does God need more prayers? Or would God within these homeless people prefer to be housed, fed, given employment, or be taught skills to find a job, and become self-sufficient?

The host said, does that mean being Godlike as you stated was the meaning of life? I nodded my head, saying, "What would Love/God do Now?"

Someone then asked me how do you find enlightenment, and I said having no ego, having no judgement, being Love by asking yourself, "What would Love do now?" And living in the Now.

I then spoke about Eckhard Tolle and what I had written earlier this day about him, which I referred to two topics ago. They were all Tolle fans, and when we watched the videos, later on, they showed me his first-ever TV interview and also introduced me to Eckhard Tolle TV channel on YouTube.com. Talk about synchronicity!

So, why my dear reader am I regaling you of this afternoon's events in my life? I wanted to show you how to Be the Human Being you are from a perspective of Being Love Now and not an ego-based human doing.

The road to Oneness requires you to Be Love Now by asking yourself at every available opportunity, “What would Love/God do Now?” And putting the answers into action. In this way, you connect to God within you.

## Miracles become commonplace

By now, we all understand that there are different vibrational energy levels as we ascend towards Oneness. As a dog has an audible range much higher than humans and can hear what to humans is a silent dog whistle, so those of us ascending in vibrational levels experience a world differently to those whose spiritual growth is not as advanced.

If we change the way we look at the world, the world we look at changes too. If we look at the world with wonder and awe, we see the miraculous around us. If we are news junkies and follow every disaster reported every hour all day and all night, our life will reflect the negativity of a world 'going to hell in a handbasket'!

Always remember the *Law of Attraction* - Like attracts Like.

The world we experience is continuously changing, and that is why the statement that “the only constant in life is change” by Heraclitus, around 500 BC, has stood the test of time.

Our changing world also measures our spiritual growth. That which used to irritate us about someone is now seen in the light of better understanding and reduced

judgement or, preferably, nonjudgment. As we AGE- Always Growing Evolving- we experience life differently, and, hopefully, more maturely too.

At heightening levels of vibrational energy, we begin to see what we may call miracles:

MIRACLE- May I Recognize A Conscious Light Evolving.

In time, these miracles begin to become more commonplace in our lives as we peel back more and more of what has been hidden from us in the past. These miracles, as we call them, have always been there, but our vibrational energy level was not advanced enough to experience them sensually.

In Spirit, in the *Halls of Learning* and other such places, such souls as Einstein, Galileo, and the like, continue to create and develop what we would call miraculous technological advances. These “inventions” sit in a vibrational escrow account awaiting the likes of a Bill Gates, or similar, to discover these miracles of our time. I know this sounds like science fiction, but I have read many accounts of these processes in NDE experiences; in messages received by Spiritual Mediums and via Channeled Entities.

Whether you believe me or not, the fact remains that miracles do continually occur and we can only pick them up vibrationally if we are attuned and aligned from our soul to our Higher Self/Soul and our Higher Power, in Oneness. This attunement and alignment may be done intentionally or without our direct request or awareness. If Spirit deems you worthy, the Unseen Energies will bring this “miracle” of understanding into your thought processes, and you will “discover” this invention or event or issue in your life.

We remain oblivious to the miracles that surround us. For example, we may be praying for a solution to our current dilemma, and no answer is forthcoming. We lose faith in the God of our understanding and may even begin bargaining or begging God to act now, as our needs are urgent. If we knew experientially that God’s timing is always perfect, we would do whatever we can ourselves to co-create with our Co-Creator. Through this attunement and alignment, we would wait patiently for a solution. Perhaps God is stalling because He/She is clearing the pathway first for us, and probably has an even better solution we could not even envisage?

Change your attitudinal mindset and your resulting thought forms and believe that your soul, your Higher Self/Soul and your Higher Power will always give you what you need, not want, when you need it, for the highest growth of your soul. Know that the timing of receiving what you need is always perfect. Simply TRUST- To Release Unto Spirit Totally and then To Rely Upon Spirit Totally.

Once you can have such TRUST, and come from soul-based Love and not ego-based fear, then through this process you will live in a world of the Now, where you are on the leading edge of the never-ending wave. Life will unfold itself at your feet, and the miraculous will become commonplace.

Try it out for yourself. What do you have to lose but your fear!

Once you have reached this level of vibrational energy, you will begin to experience operating at various levels of reality simultaneously. This could be a difficult time for you as you deal with unresolved issues in your life and other problems that seem to come out of nowhere. They are not from nowhere but from Now Here!

What is happening is that the multidimensional You, and by this I mean your Higher Self/Soul's various slivers of its Being, are all coming into your reality to be resolved by you. This is a huge step forward in the vibrational energy level you will soon attain. All these slivers of the Higher Self/Soul are coming together in unison to integrate, and you are the orchestra leader of this vibrational energy orchestra playing in harmony with your Higher Self/Soul and your Higher Power. This is

powerful stuff, so keep your one eye on the main prize of such harmonization, and the other eye at your feet where the obstacles you have to overcome are attempting to trip you up.

Once that integration is complete, you will become an advanced soul still in human form. You may or may not reach the Spirit like status that I described above as Eckhard Tolle, but you will be well above the friction level of life.

Your attitudinal mindset will be positive and without ego-based fear in evidence; you will emanate Love. You will be tested with reoccurrences of repetitive patterns, obstacles, hardships, challenges, previous fears in your life and people who reflect mirrors of your past behaviour. Hopefully, you will now operate solely out of Love - based soul and be able to smile and even laugh, at the way you used to deal with these issues from a place of ego-based fear. The graduation from ego to soul is your highest growth currently on your road to Oneness. With this Love-based soul, you will connect with and know God within you. You will be experiencing a MIRACLE- May I Recognise A Conscious Light Evolving.

## **The winding upward climb to Oneness**

At this heightened vibrational energy level, you will find yourself thinking, saying and acting from a place of soul-based Love and without any ego-based fear. This is going to confuse some people, surprise others and confound many more.

When others harm you, you are not going to retaliate from a place of ego and set up yet another conflict. You are going to approach them with an olive branch and ask them what is causing them to act in a way that is out of character for them, even if it isn't!

Every bully is reacting to being bullied either now or in their past. If you come from a place of wanting to understand them, and not from ego-based judgement, they may or may not open up to you immediately. Still, with soft persistence and coming from soul-based Love, you will manage to crack their hard exterior and get them to trust you to fully understand their actions against you, and no doubt, many others.

You must always respect their vulnerability and surrender with the utmost confidentiality. They will probably ask you why you didn't react and retaliate and how you managed to come from such understanding and nonjudgement as they intended to harm you. At that stage, you must remain humble and say that you have been developing along a path of spiritual growth where you have learnt that nothing matters, except Love.

If you do slip from time to time and your thoughts, words and actions do harm someone, then, as soon as practically possible, you must offer them a heartfelt apology, preferably in writing, as an icebreaker to help thaw the damaged relationship issue. Come from Love and allow them time to adjust as they will be hurt and perhaps, they are not at the same vibrational energy level as you.

This heartfelt apology is as much for you to release any resistance within your heart and mind, which is impacting negatively on you emotionally, physically and spiritually. By releasing this resistance and allowing the attunement and alignment of your Love-based soul to your Higher Self/Soul and your Higher Power to combine in Oneness, you enable the highest and best version of you to emerge, once again.

Whether the other party comes to the party or not, you have been directly instrumental in healing yourself from within, where God within you resides.

This healing process speeds up your progress on the road to Oneness.

As your vibrational energy levels heighten, you will see yourself as detached from the emotions and dramas that previously held you in their clutches as your ego-based fears dominated your life. At these heightened levels, you will feel a stripping away from you of the negativity that has drained you of energy. In the past, you resisted accepting 'what is' occurring in your life. You now can allow and appreciate 'what is' occurring in your life, from a level of detached acceptance. What is, is, so be it. If you want to, you can use your desires and intentions to create a preferred position of 'what is' to occur in the future. You now know that you co-create your life with God within you as your Co-Creator. Anything and everything is possible now.

You are well on your road to Oneness now, and as you climb to reach the top of the mountain, you discover that the view is unparalleled in your experience. You see a perspective that was unimagined as you climb upwards on your journey to Oneness.

But wait, this is not the top. Look over there. There is another mountain, a much higher one, and the view and perspective from there must be incredible. And so your journey to Oneness continues with an ever heightening vibrational energy propelling you forward and upward to Oneness and connecting to God within you.

## **Your way within is the correct way for you**

A lot of people I come across who are on their spiritual journey seem more concerned that they may not be doing what is right rather than focusing on developing their feelings of coming to know God within them. They become stuck in the intelligence of what they believe spirituality is, and want to debate the relevant issues of spirituality. They are intent of stating who said what and who proved what.

My experience of some of the most spiritual people I have come across are those struggling to live in the world. They are at such a high vibrational energy level that they battle to function in the so-called real world. They fight within their relationships as their partners are usually much more physically based than spiritually based.

They find it hard to hold down a job and make a living as people are so ego-based and they are so Love-based coming from their soul. They have few real friends as they struggle to find people to relate to intimately at their high vibrational energy level. These people are usually far from intellectual champions of thought leadership. They simply know God experientially within them, and they are attuned and aligned from their soul to their Higher Self/Soul and their Higher Power in Oneness. From time to time, they know the bliss of Unconditional Love and Light.

Some of these spiritual people I know don't even know God within them. They are connected to a Spirit Guide, or Guides, and glean all they need to know from these Unseen Friends. These Guides usually claim to be God in some form or other. The three Channels I am primarily using as my source reference material for this book, *Oneness*, *Conversations with God* and *Abraham*, also all claim to be God in some form or other. Personally, the Channels I know who act as Mediums also seem more focused on their Guides than on their concept of God.

There are many differing and varied routes to reach the top of the mountain to become Oneness. All paths lead to the same place of Oneness, and all journeys are authentic and valid. There is no one specific route making others the wrong ways. That's ego talking. Find the path that best resonates with your inner knowing and not with anyone else's. Trust your feelings as they are the language of your soul.

Everyone has their journey and the way of finding the connection to God within them. Some do it via prayer, some by meditation, some by walking in Nature and some by running a marathon. People who play a musical instrument, or knit, or crochet, or play a sport or indulge in a hobby, or spend time at religious or spiritual places, or hugging a tree, or, or, or....

I remember sitting on a fallen redwood tree in a forest in California surrounded by these hundreds of years old redwood trees and finding such inner peace and bliss. Over 46 years ago, I remembered coming across a mainly glass built church in a forest in Cape Town and feeling the Spirit of God within me.

At age 22, I remember going to a funeral of an eighteen-month-old baby being buried in a small coffin and knowing God had a reason. I found peace within me among the wailing of mourners trying to understand the cruelty of this loss.

Your way to Oneness is the correct way for you and don't let anyone tell you otherwise. If it feels right within you, it is your way, for now. All paths lead within to find God living within your heart.

What is vital, though, is the vibrational energy you use in your search to find Oneness. You will come up empty-handed time and again if your vibrational energy is compromised. For example, if your ego-based mind is seeking; or your heart is not fully committed, or you feel that you are obliged to follow this process whether religious or spiritual, or you drag yourself through sheer will to put in any effort in your process to find Oneness.

This journey within begins in total surrender to the way you have felt the calling in your search for God within you. Ensure you are imbued with the energy of joy in your

surrender process. In your vulnerability, be open to all experiences by saying YES to life as you begin and proceed on your journey within. As you attune and align your soul with your Higher Self/Soul and your Higher Power, ensure you are not results orientated but accepting of the flow in the present moment of Now.



As you go on your way to Oneness, and finding and knowing God within you, simply ensure you are being led by your Love-based soul and not your fear, or hope, based ego.

## **The Chosen People are the ones who choose**

Various religious practices use superstition, guilt, shame and fear to dominate one's sacred journey. If you believe, as I do, that God is a God of Love, then these practices and rituals are man- devised and not part of God's plan for us.

How is it possible to find a harmony of your soul, your Higher Self/Soul and your Higher Power in Oneness by feeling ashamed and guilty of what you eat, drink, wear or act, and fearful that a vengeful god will strike you down.

A loving God does not judge you; you judge yourself. Your causal process determines your future by your past and present thoughts, words and actions.

What would the benefit be for All That Is to punish Itself, through you, for a myriad of human-made laws, rituals and practices? Would a father of a delinquent child found stealing from a shop whip himself to punish his child?

The fear-based issues of superstition, shame and guilt torment most people as does the concept of burning in hell for eternity. The only hell is of your making. You lower your vibrational energy level separating yourself from Oneness and consign yourself to resonate with others at this same level. For some, that is hell on earth, and for others, who seem to have no conscious awareness of their soul's journey, this is party time. There is no judgement, only acceptance of what is. Each soul determines its journey through Soul Contracts made in Spirit and through free will processes while on earth.

Although I was born into the Jewish faith and daily pray to God within through certain prayers and meditations, I learnt growing up; I have evolved into a Universal Spiritual Being. I now have a relationship with God within me which develops through prayer, meditation, reading, listening, awareness, knowledge, wisdom, and through my writing, and they all become experiential knowing in every moment of Now. If I explored Judaism with the same passion, I have embraced spirituality; perhaps I would have found a similar purpose and meaning in my life through Judaism? Many others I know have. I also know others who have used the same energy in exploring the religion they were born into, or adopted as their own, and they have found a similar purpose and meaning in their lives.

When we choose to find Oneness within us, I believe we become the chosen people of God within ourselves. We are not unique. We are chosen through our thoughts, words and actions of wanting to attune and align our soul to our Higher Self/Soul and our Higher Power in Oneness, and to find that Oneness is within us.

Those who choose to ignore any thoughts of conscious awareness of God within themselves are also the chosen people. They have chosen another path to travel along. One thing I have read in so many books is that eventually, we all find our way

to Oneness. Some choose to turn their backs and walk away, and others choose to embrace their spiritual path. Neither is right or wrong; they just are 'what is' in this moment of Now.

In our duality on the earth plane of existence, we all choose to know what we are not so that we can choose again to become what we are. We must know darkness to know light. We must hear a noise to appreciate silence. We must taste sour to know what sweet taste likes. We need to smell lousy odour to appreciate the scent of a flower. We need to touch rough to understand what smooth feels like.

We are all the chosen people through our choices.

CHOICE- Can Help Overcome I Change Energy

## **All truths are valid**

In our journey to Oneness, we are going to discover what we believe, know and experience as truth.

TRUTH- To Reach Unto The Heavens

That is our truth, and other people will have their truth that they believe, know and experience. There is not only one truth, other than God is Love, which I believe to be a Universal truth.

Where most of us fall is believing that there is only one truth, and that is our truth. Countless arguments, conflicts and wars have been fought and millions upon millions of lives lost and impaired because we refused to believe that there is more than one truth, which is our truth.

This is an ego-based approach of 'my way or the highway'.

We must change our perspective to knowing and believing that we have our truth, and others have their truth, and all truths are valid.

The best analogy I can think of in understanding that all truths are valid is an orchestra. Each musician in an orchestra probably began learning their chosen musical instrument when they were young. Whether they chose an instrument, or their parent, or music teacher did, is unknown. A choice was made either by them or for them. Similarly, certain truths were understood and accepted in their home, usually recognised as truths by their parent/s and passed onto their children.

There are between 70-100 members of a Western Orchestra depending on the music being played. There are violins, viola, cello, flute, piccolo, clarinet, trumpet, trombone, piano, harp, and so on.

Each musician playing their chosen instrument and following the musical score led by the Conductor plays their instrument/(truth), and harmonious music is heard.

Listening to only one instrument could be monotonous or boring after a while, but hearing the entire orchestra seldom is boring or dull. Harmony is found in the blending of all the instruments under the supervision and watchful eye of the Conductor.

The same harmony is found by accepting all truths under the supervision and watchful eye of God of our understanding and belief. Whether one prays facing Mecca; on your knees in a church; with a tallis and yarmulke in a synagogue; at a Buddhist shrine or Indian Temple; and so on, the prayers are focused on a Higher Power that the supplicant praying believes to be their perception of this Higher Power in their lives. All truths are valid, and the range of such valid truths enriches the experience of the Higher Power, and, if they are open to it, to the supplicant praying too.

The inability to allow others to follow the religion of their belief and to live and let live has been going on for millennia and continues to this day. Even factions within each religion, the Sunnis and the Shiites, the Catholic and the Protestants, the Orthodox and the Reform in Judaism, and so on, continues this ego-based single truth belief, and non-acceptance of other truths, to this day, and no doubt into the future.

We each have our journey on our path to Oneness, and this journey will be a lot more frictionless if we stopped believing the notion that our truth is THE only truth. We are resisting accepting all truths as valid truths and, in such resistance, we are retarding our progress on the road to Oneness. What you resist, persists.

All our truths resonate within us. The truth which we seek is only found within us as all searching ends when we find God within us. This God is All That Is, and It encompasses all the truths too. Others' truths are already within you. It's only your resistance of accepting this that is causing disharmony within you. You have separated from God within you when you do not acknowledge and accept the truths of others. This separation is ego-based, EGO-Edging God Out- and will keep you off the road to Oneness.

By accepting and allowing all truths to be valid, we heighten our vibrational energy levels and speed up our journey on the road to Oneness and of finding and knowing God within us.

## **Spiritual healing processes**

We have now reached a place of heightened vibrational energy that begins a shakeout process, much like a dog coming out of the water and shaking itself violently to start to dry itself.

As I have stated in this book, and many others, all we are is vibrational energy fluctuations. Your soul's vibrational energy fluctuations had to slow down significantly to enter your physical body on the earth plane of existence. The changing rate of vibrational fluctuations of this energy occurs as it heightens and lowers itself through our thoughts, words and actions. Coming from soul-based Love is heightening the rate of vibrational energy fluctuations and coming from ego-based fear is lowering this rate.

Our energy level is based on our desire, intent, purpose and meaning. Our mission is to discover our unique gift. Our work in this lifetime is to develop this gift as best as we can. What gives meaning to our life is sharing that gift with others. Providing we do these steps coming from soul-based Love then our vibrational energy level will heighten.

Conversely, doing so from fear-based ego will lower our vibrational energy level. While we may have copious amounts of energy to build an ego-based fortune of some description or other, this is not reflected as spiritual vibrational energy unless soul-based Love is the motive behind this purpose and meaning of one's life.

Perhaps the losses often suffered by certain types of ego-based people focused on building their monuments to their ego is a causal result. These losses could be both financial and in familial relationships, where loyal spouses are often dumped for people much younger, and children are estranged from their ego-based successful parent.

Other factors empowering or disempowering our vibrational energy level are whether one is allowing our energy to flow when we are working for something from a soul-based perspective or resisting something from an ego-based perspective.

Congratulations, we have now reached a state of vibrational energy level that approaches taking us to the fringes of accelerating spiritual awareness that we could call formlessness, but more of that later on in the next topic.

For now, we need to focus on the shaking off process of no longer required energy blockages from this lifetime, and from other past lives, we have been carrying forward, lifetime after lifetime.

I have been referring through this book to my recently published free book I have been calling my Soul Contract book- *The Purpose and Meaning of your Life in terms of your Soul Contracts* found on [personalempowerment.co](http://personalempowerment.co). It would have been preferable to have read that book first before reading this one, as it provides the foundation stones for this book.

In this Soul Contract book, I identified Six Soul Contract Markers to unearth the purpose and meaning of why you have come to earth. Primarily, the reason is to 'fix the holes in your eternal soul', and through your agreed to Soul Contracts, you, and some Soul Mates from your Soul Group in Spirit, have come to assist you in doing that. In turn, you have agreed to help them with their Soul Contracts too.

Another primary purpose of the Soul Contract book is to identify 100 Archetypes for you to more accurately determine which archetypes you resonate with and the resolute steps required per archetype to 'fix the holes in your eternal soul'.

Here are my Six Soul Contract Markers:

1. Repetitive patterns in your life
2. Fears in your life
3. Blockages
4. Challenges
5. Hardships
6. Mirrors to yourself

This 'fixing' process is almost always the need to move from ego-based fear to soul-based Love in resolving these identifiable issues.

Where your ego has entrenched itself to protect your emotional ego-based wounds, it has created protective unseen scar tissue. An acid test to detect that invisible scar tissue protecting these deep-seated emotional wounds is to see what you irrationally overreact too. The need to be right over an issue is another acid test marker. A further detection process is to identify the illnesses and diseases you currently have, which have shown your inner disharmony within your vibrational energy field.

Your illnesses and diseases are the manifestations of this disharmony within your vibrational energy field. They are the effects of this disharmony, not the cause of such disharmony. The causes of the disharmony are the blockages in your vibrational energy fields. To simplify this, when you have a high temperature, your hot forehead is the effect, but the cause is often some form of infection in your body. If you resolve the infection, your temperature will revert to normal.

So back we go to these heightening vibrational energy levels approaching formlessness. This formlessness is achieved by coming only from soul-based Love and not from fear-based ego, at all.

The negative vibrational energy blockages have a density level not compatible with your heightening vibrational energy levels. These blockages are holding you back, much like an anchor dragging along the bottom of the sea weighing down a small boat attempting to sail.

Unless these causes of the negative vibrational energy blockages are identified and resolved, these negative repetitive behavioural patterns will continue, and the effects of these blockages, as reflected as illnesses and diseases, will continue, and, probably worsen, to possibly become life-threatening in time.

What happens in your life at this point of your heightening vibrational energy levels is that illnesses and diseases come to the surface to be dealt with by you. Not only at the level of the symptoms but, more importantly, at the level of the causes. Hence the six Soul Contract Markers above as identifiers of these causes.

The late Louis Hay was a modern-day pioneer in identifying the causes of illnesses and diseases from the physical symptoms that manifested in one's body. Her multi-million sales books such as *Heal Your Body* (1976), and *You Can Heal Your Life* (1984) - over 30 million books sold - identify the causes from the manifesting symptoms we experience. There is a free PDF download of *You Can Heal Your Life* available at:

<https://ia801309.us.archive.org/25/items/YouCanHealYourLifeLouiseL.Hay/You%20Can%20Heal%20your%20Life%20-%20Louise%20L.%20Hay.pdf>

The symptoms and causes are towards the rear of the book, but the whole book is well worth studying too.

Thousands of years ago, the Chinese identified the body's energy, or *Ki*, or *Chi*, meridian patterns for healing. Acupuncture, reflexology and other modes of healing use this ancient meridian knowledge in both identifying causes from the symptoms being manifested, as well as for preventive healing through the identified pressure points on these meridian lines to restore the body's balance and harmony.

The first prize in this healing process is to tackle the Six Soul Contract Marker issues immediately and attend to the ego-based issues you discover through your self - integrity analysis, or working with trained professionals such as psychologists and others. In layman's terms, you must find out what is bugging you so that you can identify the real underlying issues from your past, and maybe even in the present.

I have yet to find a remedy that did not include total integrity in self or professional analysis; humility; surrender; vulnerability; forgiveness given and received; apology; restitution; gratitude and similar attributes, as you move from fear-based ego to soul-based Love.

All that is required is the courage to let go of the fear of being rejected by the other party. Even if they reject you, send them an email, or another form of written communication, stating what you would have said to them face to face. It may be easier to begin by writing to them, followed up with a face to face meeting, if that is possible to arrange. If the other party is not available in person for a myriad of reasons, including having passed on into Spirit, then write down all the issues you have boiling up inside of you, and release them in Love, or ask for them to release you in Love. Complete sincerity and authenticity are the keynotes of this spiritual healing work.

I have found that praying for other party and their wellbeing and success in all their endeavours, whether they remain on earth, or have passed into Spirit, to be a powerful healing process. This releases the resistance within me represented by a blockage in my vibrational energy field. I usually end up praying for their wellbeing morning and evening until I feel the resistance blockages within my vibrational energy fields have been released in Love. The acid test here is how you feel when you think about this person. If you clench your jaw or have a negative feeling in your gut, you are still holding onto the detrimental blockage within your vibrational energy field. If you think about them and feel either neutral or even smiling at the thought of them, then your blockage has been removed, and your illnesses and diseases are on the way out of your physical body too.

Whatever their reaction and response are, it is of no concern to you. They have their way of dealing with these issues, and you have yours. Do not defend your statements as that would bring your ego into play, which contributed to causing the problem in the first place. Often, you will have to swallow your pride, and even if you believe you are right and that they are wrong, it's immaterial. Instead, be happy and healthy rather than being right! This process is only about removing the blockages within your vibrational energy fields to avoid, or to repair, any physical illnesses and diseases that you are attracting, or already are suffering from.

With your rapidly evolving vibrational energy levels, ideally, you can do the spiritual healing work now, and thereby avoid the arrival of these illnesses and diseases. If you do so, the vibrational energy level blockages will dissipate soon after the correct spiritual healing work above is completed.

However, if these symptoms are already in evidence, you need to allow the symptoms to appear as illnesses and diseases. Do not suppress them with modern medicine. This will drive them deeper into your emotional body, and your health condition will worsen.

Simultaneously to experiencing the illnesses and diseases that manifest in your body, you must do the spiritual healing work stated above.

Through this spiritual healing process, you will remove the blockages in your vibrational energy fields and heighten the progression of your vibrational energy fluctuations towards formlessness which I will discuss next on your road to Oneness and finding and knowing God within you.

## **Want to experience your passing on into Spirit?**

At this heightened vibrational energy level, you may experience a new attitudinal mindset and resulting thought-forms. Although they may not create the resulting reality, as in the past, you will have transcended the ego-based fear's need to be concerned, if this potential outcome did result in such a reality.

What is this potential reality?

Your passing on into Spirit!

What? I can imagine you saying. "How did we suddenly get to the end of my life on earth?"

"I was busy healing myself of my illnesses and diseases through the spiritual healing processes, and now I am no longer a body on earth but passed on into Spirit."

Who is asking this alarming question? Your ego-based fearful body and mind or your soul-based Spirit?

The biggest fear of your ego is its death. That is why your ego uses potential death as its greatest weapon to keep you fear-based. Now the ego is facing its worst nightmare. Upon your passing on, you do not need your ego and your body. Ego is finished, kaput, klaar, finito, fini, etc.

So back to your current reality created by your now 'detached to any outcome' scenario. You don't care if you stay on earth, or if you pass on into Spirit. You know that You are eternal as a Soul and that your visit to the earth plane had its soul contracts, and it doesn't matter one iota if you stopped breathing this very moment.

If you have regrets that you have unfinished business on your desk or your computer, or that you haven't kissed your spouse or partner goodbye and hugged your children for the last time, or that you have a ticket to a sports match on Saturday, or, or, or....

Nothing matters, except Love. As you transition into Unconditional Love and Light in Spirit, you will have no regrets at all because only your ego can have such regrets and you left that behind on the earth plane of existence.

You are welcomed into Spirit by your loved ones who remained behind when you went back to the earth plane on your last visit there. You meet up with your Spirit Guides and, together with them, you participate in the kaleidoscope review of your life. Here you experience every emotion you felt and, others felt, by your thoughts, words and actions during this lifetime on earth. You identify which holes in your soul have now been fixed from your thoughts, words and actions of your recent visit to the earth plane. You also identify any new holes in your soul caused by your choices and resulting consequences from your recently completed life on earth.

You join many of your Soul Mates of your Soul Group, and you feel the Unconditional Love and Light that permeates throughout Spirit.

That is what is likely to happen if you move from form to formlessness as your heightened vibrational energy fluctuations need to increase their vibrational speed through the efforts you have applied in becoming Oneness.

Initially, our soul had to reduce its vibrational energy fluctuations to be able to enter the physical body of a baby. Now the reverse occurs. Your progression on your road to Oneness requires the heightening vibrational energy fluctuations that propel you on this road to your destination into formlessness with Oneness.

Many people who have recorded their Near Death Experience ( NDE's), state at this point, that they are offered a CHOICE- Can Help Overcome I Change Energy. Do they want to return to the earth plane of existence to complete what they began in the same body as before, or, once more enter a new baby's body to complete these remaining issues? Or whether to remain in Spirit?

The NDE's that we hear from all returned to earth, and they share the wonderful and blissful experiences they had temporarily in Spirit. As I have stated before in this book, and in other books, there are now numerous previously sceptical scientists and medical personnel who have had NDE's and written and spoken about what they experienced. Some of these books became New York Times Best Sellers too!

So that is the topic of formlessness I promised you at the end of the previous topic.

There is nothing to fear as fear is illusionary. Fear is only a negative attitudinal mindset and resulting in negative thought-form. Still, it does create a negative reality for you to experience, instead of experiencing the Love that surrounds you always, and in all ways. Please remember fear is not from God, it's from EGO- Edging God Out.

As we progress on our road to Oneness and finding and knowing God within us, we must understand that we have peered into the abyss and was not frightened of moving back into Spirit. It's a tempting offer! Whether we go or stay, is immaterial, as we do not have any attachment to the outcome. Whatever happens, will be 'what is' and you accept any and every outcome knowing that it is for the highest growth of your soul.



## How is this choice going to make me feel?

It's now time to talk about the central themes of the three Channeled Entities of *Oneness*, *Abraham* and *Conversations with God*. Each One expresses in their inimitable way that the purpose of your life is to make choices and to do things, that make you feel better about yourself, as feelings are the language of your soul.

How simple is that Universal message? Simply ask yourself, at each time of making a CHOICE, is this going to make me feel better, or worse, about myself and my life?

Remember the power of CHOICE- Can Help Overcome I Change Energy. And while we are playing with acronyms, remember POWER- Present Only When Ego Removed.

Let me throw in my acronym for focus, as I am discussing it in the next topic:

FOCUS- For Our Choice Understanding Spirituality

So there is no need to read any more spiritual books; listen to any spiritual audio's; watch any spiritual based movies; or view YouTube videos of experts explaining the belief, or the scientific proof, of spirituality. There is no need to follow a guru, or go to seminars, or on oceangoing cruises to listen to someone spiritually inclined speak, or listen to a Channel. There is no need to go to a spiritual retreat or meditate half-starved alone on a mountain top.

Simply ask yourself, is this choice going to make me feel better or worse about myself?

Some of your choices could be: having another slice of cake; having another alcoholic drink before driving home; going for a walk in nature; watching a Nature documentary rather than some mindless violence on TV; letting my ego defend a mistake I made and I now need to own up to; being kind to a stranger, and so on.

Do not underestimate the POWER of CHOICE- Present Only When Ego Removed, then, Can Help Overcome I Change Energy.

The correct choices you make in the heightening of your vibrational energy fluctuations will make you feel better about yourself, and, according to these three Channeled Entities, that is the purpose of your life.

Here are eight simple Universal Truths that you must ask yourself:

1. Is this choice going to make me feel better or worse about myself, and my life?
2. What choice would Love/God within me make Now?
3. In my choice am I coming from fear-based ego or Love-based soul?
4. With this choice am I resisting the flow of Life, or am I releasing in acceptance of this flow of Life?
5. What is stopping me from enjoying my life, and finding joy and bliss now?
6. Is what is stopping me worth more to me than my joy and bliss now?
7. If not, as the co-creator of my life, what am I going to do positively about resolving this now?
8. Once resolved, am I now feeling better about myself and my life?

The 9th point is - go back to point no.1 and begin again, and again, until you can remain, as much as possible, in joy and bliss in every moment of Now.

Your Love-based purpose is to find a way to feel better about yourself in every moment of Now. This is the road to Oneness and finding and knowing God within you.

Anything else I tell you will simply be more icing on the cake.

## **Focus and know joy and bliss**

However, I feel I should continue and talk to you about FOCUS- For Our Choice Understanding Spirituality.

Once you have found the way that works for you to make the correct choices ensuring you feel better about yourself continually, then you will probably get to a place/space, maybe even God's Space in the Now, where the prior limits in your life have evaporated. You can operate without self-imposed limits as you had handicapped yourself in the past.

You can make any choice you want to with the full knowledge that you take full responsibility for the causal nature of such a choice. The illusionary world of victimhood no longer exists for you to hide behind. Whatever and whenever you choose to heighten or lower your vibrational energy level through your choices, this will impact on your life, positively or negatively. There are no more filters in this world of limitless choices. What you sow is what you will reap, but at this heightened vibrational fluctuation level without filters, the results will be swifter than before in your experience.

The ability to intentionally, and with clarity, FOCUS- For Our Choice Understanding Spirituality- will determine the intensity of the manifestations we are creating for ourselves through our choices.

We can create so-called miracles through such FOCUS, as with the intention and clarity of focus we can be like a magnifying glass in direct sunlight held above the paper, and we can create fire. Through such focus, we can rub two sticks together to create a spark of friction and ignite the kindling to build a fire too. We can use the fire we create to power an economy and warm people in their home, or we can use the fire to burn down forests in wanton destruction. Through such a focus, we can create or destroy life. We are omnipotent as we are a part of God that is within us.

We are powerful beyond measure when we make a focused choice. We can create holocausts or develop countries. For example, Hitler's Germany or Lee Kuan Yew, who created the miracle of modern Singapore, which he constructively managed into existence for three decades.

Throughout this book, you have been on a journey of implementing the heightening of your vibrational energy levels to reach Oneness and finding and knowing God

within you. Most, if not all, of your previous attachments to the karmic issues of your life that have followed you from past lives, and that have been created in this life, have been eradicated through the application of the Six Soul Contract Markers referred to above from my Soul Contract book. Additionally, other spiritual healing processes described in this book has burned out the negative karmic debts through rebalancing your life from ego-based fear to become soul-based Love in your thoughts, words and actions.

Now your future lies ahead of you without any form of limits or restrictions. Now is the time to create without any self-imposed limits. Given such unfettered freedom to create anything, or anyone, what will you do?

You had this unfettered freedom before. You were a Procreator. You created new life forms. You are powerful beyond measure. You are omnipotent as 260 million males, and females give life to 130 million babies each year around the world.

You are so omnipotent that you may even have taken life away. Annually, there are some 385 000 homicides globally, and that excludes a further 69 000-armed conflict deaths in 47 wars around the world. There are over 800 00 suicides globally each year, and I have seen official reports that put that figure at over 1 million people annually exercising their choice to end their life. (By the way, as I stated in my Soul Contract book, the choice of committing suicide is usually made in Spirit before arriving on the earth plane of existence. This is according to Archangel Michael in the channelled book *The Soul's journey and how it affects your life*, by Judith Farley and the Four Archangels. Free will choice also comes into play on earth too.)

Are you beginning to get a measure of how powerful you are before you reached this heightened vibrational energy level? The giver of life, and the taker of life. The creator of economies and wealth and the destroyer of such economies and wealth too. You can love without restriction and hate without any limits.

You have known Love and fear, and at this heightened vibrational energy level, Unconditional Love dominates your choices, unless you choose not to Be Love.

You have been given a blank canvas and a palette of unlimited colours to paint your masterpiece. Think of how you will use your omnipotent power carefully as the safety net of life is removed and your life is limitless. You cannot fail, as whatever you do will generate new causal issues for your eternal soul to grow from these experiences.

The only requirement you have is to give your efforts 100% of clarity, intention, focus and action. You have a ticket to the Ball of life, give it your best shot, look stunning and dance with the grace of a ballerina to lift your spirits beyond infinity. It's your time now, give it all you have got and shoot the lights out!

The only limitation you have is not using your imagination and creativity to their fullest extent and not following through with the necessary action required. Leave no stone unturned. You are your only limitation. Ensure you believe how omnipotent you are in your limitlessness. Create with passion. Take a lesson from the Wright Brothers who managed to move a heavy object into the sky and to fly. They are quoted as saying, "we couldn't wait for the sun to rise so we could jump out of bed and get our plane to fly."

It's time to realize that whatever you do, or don't do, people will talk about you, and people usually prefer tearing others down than building them up. Always do what gives you joy and bliss, and do it with passion, turning a blind eye and a deaf ear to those who stand on the sidelines.

An earlier quote from President Teddy Roosevelt comes to mind;

*It's not the critic who counts, not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms.*

*The great devotion: who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with these cold and timid souls who neither know victory nor defeat.*

Your real purpose in life is to find out what gives you joy and bliss. Your work in this lifetime is to develop such joy and bliss. The meaning of your life is to be joyful and blissful, and, if possible, sharing that joy and bliss with others.

On the road to Oneness, joy and bliss are welcomed, and fear is not. The God within you is joy and bliss in Unconditional Love and Light.

## **The creative process via Being- Having- Doing,**

There is a behavioural economics study known as Loss Aversion that deals with the aversion to loss as compared to gain. The conclusions reached were that the thought of losing something or someone was psychologically about twice as powerful as the thought of gaining something or someone.

The fear of loss is ego-based, and the ego's worst fear is death, as that would be the end of the ego. The soul, on the other hand, would return to Spirit unaffected by the death of its host body.

I have written a free book called *GAIN- God And I Now*. It can be found on [personalempowerment.co](http://personalempowerment.co). The essence of this book is to use the Power Of Love/God to achieve your objectives and to live a blissful life.

If you operate out of ego-based FEAR- False Evidence Appearing Real- your vibrational energy level lowers, and you hit the obstacles along the road. If you operate out of soul-based Love, your vibrational energy level heightens, and you operate in a frictionless environment connecting your soul to your Higher Self and your Higher Power. Now all things are possible as you approach everyone and everything with, "what would Love/God do Now?"

If you seek joy when doing anything, or meeting with anyone, that joy will be infectious and will uplift your creation, or the person you are meeting. If you seek ego-based pride when creating something, or when meeting with another person, then the outcome may be tainted, and negative issues may arise dampening your joy of such accomplishment or relationship.

The ego is intent on *doing* while your soul is intent on *Being*. This *Being* is GAIN-God And I Now- being Godlike. If your life at this heightened vibrational level is focused on the choice and intent of joyfully simply *Being* then your desired and intended manifestations will flow into existence easily and frictionless. By being Godlike you will then experience the joy of having, but your focus will be on the feelings of joy and bliss you experience emotionally and not on the material possession or relationship. Knowing and experiencing the emotion of joy and bliss will be your reward as feelings are the language of the soul.

I recall a *Mad Magazine* comic from my youth. The Father arrives home with a big box wrapped nicely and gives it to his son for his birthday. The little boy tears open the expensive wrapping paper to see his present. A gleaming new toy car is inside that he can sit in and pedal to create movement. With the toy out the box, the little boy jumps into the empty box and “drives” the box as if it was a racing car with all the appropriate noises of gear changes, crashing, screeching tires, etc. that he has seen on TV.

The joy of using his unlimited imagination was the little boy’s reward. At this young age, everything is possible. There are no limits. Only when he has to face the real world and the people he trusts tells him what is possible and what is not, do limitations appear in his life.

Walt Disney, and *Peanuts* creator Charles Shultz, are two examples of people seeking joy and who turned a blind eye and a deaf ear to all those critics who tried to place limits of realistic expectations on them.

I want to return to the concepts of Being and Having. Being limitless in your Being and Having the manifestations of your creative Beingness enables you to Do what you want, providing joy is the desire, intent and focus of such doing.

In the world of ego-based fear we have Doing, then Having and then Being. We create a work of art by doing the painting. Our pride swells when people appreciate what we have created. When we are offered top dollar for the painting, we usually go out and buy something for ourselves or a loved one. That is Having. The state of Being is often ego-based when people admire us for our newly purchased shiny object which tells the world we have made it!

So, we have a reversal of roles depending if we have a heightening or lowering vibrational energy level through soul-based Love or ego-based fear.

Love: Being- Having- Doing  
Ego: Doing- Having- Being

The creative manifestation of seeing your creation as completed before you have begun enables the creative forces to fill in the gaps allowing the end version to materialize. The late Stephen Covey taught us to ‘begin with the end in mind’ in his book, *The 7 Habits of Highly Effective People*.

Hence the spiritual terms of a “Spiritual Being” person, or “an ego-based Doing person.”

The road to Oneness welcomes people who are Spiritual Beings, as finding and knowing God within you is done through such attunement and alignment.

## Creating a frictionless journey to Oneness

So, we are on our road to Oneness, and we have joy within. We see that the road flattens out and it's time to catch our breath from the uphill climb since we started this journey. This is a time for reflection as we begin to relax and enjoy the scenery as we walk on a mostly flat part of the usually uphill road.

We now need to both alone and to be All One in our aloneness. The chattering of ego-based people must be left behind. We need the solitude to achieve, firstly, silence, and then, stillness. It may surprise you to find that silence is not stillness. I deal with this in more detail in my free book, *How to Live in the Now* found on [personalempowerment.co](http://personalempowerment.co).

While silence is said to be golden, its stillness we seek. Stillness occurs when our ego-based mind stops its internal dialogue based on fear or hope, and sometimes both in the same thought process! In meditation, we may achieve this moment of the increasing gap between our internal dialogue thoughts and know stillness. In such stillness, our soul has a direct connection to our Higher Self/Soul and our Higher Power, and we become soul-based Love in Oneness.

As we age, which I term- AGE- Always Growing Evolving- we tend to see a drop off of people we have tolerance for. We usually reduce our social activity and become selective where, and with whom, we employ our time. As our physical energy levels decrease, our focus becomes centred on our health and well-being, and we usually prefer more solitude than in the past.

In this time, when we choose to be alone, and hopefully, All One, we turn our focus inward. We simplify our life and don't need to keep ego-based busy to give our life some meaning. We yearn for the solitude found within, and we seem happier and more joyful and blissful somehow sensing our Unseen Friends sending us continual Unconditional Love. We experience this as a feeling and, as stated often, feelings are the language of our soul.

In this inward perspective, we authentically self-examine our life to date. In self-integrity, we look at where we were doing things from an ego-based approach to life and when we were applying a soul-based Love approach to life. We see the times we encountered friction in our work, our life, and, especially in our relationships, and where we felt frictionless in these areas of our life.

We see where we can remember, and even measure, the joy and passion we felt as soul-based Love, as well as the fear and hope that our ego-based self made us feel.

It becomes evident to us that kindness and respect for all matters more than most other things in life. We may have known wealth, good health, meaningful friendships, satisfying work and a loving family. But as Helen Keller is quoted as saying, "kindness is something the deaf can hear, and the blind can see". The current Dalai Lama states "my religion is kindness."

So, we develop a greater capacity for giving and receiving kindness and respect to all, and this egoless approach becomes a new standard we carry into our relationships.

We must ensure that our kindness is not taken as weakness. We must be kind to ourselves in ensuring we are not abused when offering kindness and respect to others.

From such an approach to life of kindness and respect comes a feeling of Grace. This Grace is talked more about in Christianity than most other religions. In my understanding of Grace from a spiritual perspective, I would call it being Godlike. For me, such Grace is being frictionless and attuned to one's Higher Self and to one's Higher Being, in Oneness. But it starts with kindness and respect for all.

Wikipedia describes Christian based Grace as:

*"Grace is 'the love and mercy given to us by God because God desires us to have it, not necessarily because of anything we have done to earn it'. It is not a created substance of any kind. 'Grace is favour, the free and undeserved help that God gives us to respond to His call to become children of God, adoptive sons, partakers of the divine nature and eternal life.'"*

So, for those who have enjoyed receiving such Grace from God one hopes they become full of grace, love and mercy towards themselves and to the people they interact with and influence in some way or another.

Kindness, respect, grace, mercy and Love all create the frictionless way of travelling on your road to Oneness and of finding and knowing God within you.

## **Welcome the contrasts of opposites in your life**

So, it's time to ask you a very pertinent question. Would you have preferred to be born into this state of frictionless Being you are now on the road to attaining Oneness, or would you have preferred to have had your journey in achieving this heightened state of vibrational energy level?

In essence, would you have preferred a 'silver spoon' existence or one of earning self-respect through all you have had to overcome?

It's a theoretical question, but I want you to appreciate that the contrast of the duality of existence is first to find out what you don't want to find out what you do want. That is why it is often said that it's the journey, not the destination. Eventually, we are all going to end up in Oneness, but for some, the journey may seem unending while for others, it may be frictionless and much faster.

Appreciation and gratitude are critical components of the journey.

Appreciation of what you have endured through the duality of the contrasts of opposites develops self-respect, and, after that, perhaps, respect from others.

Gratitude for managing to survive what you lived through when you discovered what you don't want, and gratitude for thriving when you found what you do want, is an essential part of the journey.

In certain of my other free books, I have stated, "Thank you, God, for everything that happens to me." When we realize that we are the co-creators with God of our lives and that we call everything we experience to ourselves in terms of our soul contracts, and our free will choices on earth, then our gratitude to God, and ourselves, is for the challenges and growth of our eternal soul. That is why we must be grateful for the co-existence of the duality of opposites in our life. The purpose and meaning of our lives are shaped through the co-existence of the duality of opposites we experience.

As paraphrased in the bible, "first the labour, then the reward". We must earn to spend. We appreciate and are grateful for what we attain, whether material or non-material because we have known and experienced the contrasts of the duality of opposites.

If they handed out Ferrari motor cars to anyone and everyone then the desire to work hard and earn money to buy a Ferrari is no longer there.

I have worked with and consulted to wealthy families and their trust fund kids. The lifestyle that many of these young people have may be enviable from the outside. However, through my discussions with many of them, they feel empty within, and their life is devoid of purpose and meaning.

The struggle up the mountain of Oneness is what cements the value of making the journey. You learn what you need to do by making rash choices, incorrect judgements and mistakes that need to be corrected, to find the right way to do things. You are like a piece of metal being sandblasted to get off all the rust and make you smooth and perfect.

The contrasts make the journey purposeful and meaningful. Having a tug-of-war with an opponent to strengthen oneself and get the opponent over the line is the fun and hard work of such a game. It's certainly not fun if the opponent lets go of the rope and walk away.

It is said that a diamond is only a piece of charcoal that could withstand extreme stress and pressure for a long time. Patience and endurance make diamonds, and worthwhile people too.

The value of your journey to Oneness is in the contrasts. The greater the contrasts you have survived and thrived in, the more beneficial the reward of becoming Oneness and finding and knowing God within you.



## Contrasts evolve to create Oneness within

Taking the contrasts spoken about in the previous topic to the next level of awareness, we now look at your connectivity to Oneness and finding and knowing God within you.

When you were full of EGO- Edging God Out, you were separate from God, you may very well have prayed to a god, but it was probably a god of your making which you believed, at that time, was the Omnipotent One. However, it was more likely that you felt omnipotent at that time, and the god of your reflection was who you were worshipping.

Ralph Waldo Emerson said it best:

*The gods we worship write their names on our faces; be sure of that. And a man will worship something ... That which dominates will determine his life and character. Therefore, it behoves us to be careful what we worship, for what we are worshipping we are becoming."*

I have witnessed people in power, and people with power, consider themselves omnipotent and not accountable for their thoughts, words and actions. Whether this power was political, financial, economic, military, or any other form of dominance over another, their ego separated them from the God of our experiential knowing.

Choosing to be separate from Oneness in our ego led power- based life is one end of the contrast we have decided to experience in terms of our soul contract and free

will choices on earth. Whether we "see the Light" in this lifetime on earth, or in another lifetime on earth, we will choose to be at the other end of this contrast in terms of our soul contract. We will then become Godlike in our thoughts, words and actions in this, or that, lifetime, professing that God is Love and leading a life of influence over others to bring them to greater awareness or consciousness of Oneness in their lives.

As stated in my Soul Contract book referred to above, I have been made aware through various channelings who I was in other lifetimes as a military leader and as a soldier fighting many wars.

(When writing the above paragraph, I was conscious that I was addressing my eternal soul too!)

Knowing now that I shunned God in previous lifetimes as a warrior, in current contrast, this awareness of GAIN- God And I Now- is now the centre of my world. I now believe that God is within me and that I am within God. I am fully aware of the need for the growth of my eternal soul. The Oneness I feel with the ant currently crossing my desk, or the moth flying around my table lamp, is based on respect and admiration for everything and everyone.

I have discovered what I do want from experiencing what I don't want. I have found that I must keep making choices that enable me to feel better about myself. I have discovered humility, graciousness, kindness, respect, admiration, gratitude and Love for all who inhabit the earth and for all in Spirit too.

I can now live my life with understanding instead of judgement. I can exude empathy and compassion because I have experienced in other lifetimes, and in this lifetime,

what others are feeling now as they feel separate from Oneness and reflect a life of EGO- Edging God Out.

Like a Shepherd, (who is one of my Guides in this lifetime), I can attend to those who need the comfort and support of knowing the God of their evolving experiences in this lifetime. I sincerely hope that through these free books I write and publish on [personalempowerment.co](http://personalempowerment.co) and [guidespeak.com](http://guidespeak.com) I am attending to this role of the Shepherd, and in doing so, or in Being so, am doing it as part of Oneness and of finding and knowing God within me.

## Identifying your mirrors

Now it's time to talk about mirrors. In my Soul contract book, I refer to people and events as mirrors in your life. They reflect your issues and events that remain unresolved within you. Seeing them behave in a certain way usually brings an irrational reaction from you as it's too painful to admit to yourself that you have that as an unresolved issue within you.

However, there is another component to these people acting as mirrors for your unresolved issues. As Soul Mates within your Soul Group, you may have made a soul contract with them and them with you, for them to exhibit this unresolved mutual issue and to resolve it for you too, as well as for themselves. They are 'taking the heat for you', and in doing so, are releasing you from the obligation to resolve it yourself. You may not even know that you have this issue to resolve. For you, it may be an irrational issue that you overreact to. But don't worry, your friend has your back. Talk about eternal friendship!

It's all about being a part of Oneness. Whoever resolves the issue on behalf of another enables Oneness to add this resolute experience to All That Is. This is genuine compassion in action from the person resolving this issue and letting the other person off the resolute hook.

For this reason, do not judge another for what they mirror back to you. Be understanding of them, and this mirrored issue. They may alleviate your similar issue for you when they resolve their issue the mirror is reflecting.

We are all pinpricks of Light making up the Light of Oneness. Work with everyone in harmony and Love, and you feel this Oneness within you.

We all come to the earth plane of existence without the memory of what we are supposed to be doing here. We stumble, fall, pick ourselves up, walk a few steps, stumble, fall, pick ourselves up, as we go along a path. Eventually, after finding out what we don't want to experience again, we find a road that begins to feel both vaguely familiar and makes us continually feel better about ourselves. As we progress on this road to Oneness, we begin to see the Light in all respects.

When we discover the feeling of Oneness, of finding and knowing God within us, we are exhilarated, and our search for this lifetime appears to be over as we feel blissful. However, don't confuse the plateau for the mountain top. The quest for Oneness is

eternal, and all you have managed to achieve is to peel back one more layer of the onion in this lifetime.

You have got a step closer to reaching Oneness and of finding the God within you.

## **Assisting others on the road to Oneness**

Upon your eventual return to Spirit, you will after that return to the earth plane of existence and the process begins all over again. However, you should be more attuned and aligned to your soul, your Higher Self/Soul and to your Higher Power with one less “onion layer” to deal with.

The searching, finding and experiential knowing of Oneness is the exhilaration we seek, lifetime after lifetime until the ‘holes in our soul’ are fixed completely and our soul can merge directly into Oneness.

You, together with members of your Soul Group, will go down the road to Oneness at different paces. You may already have resolved an issue that you see your Soul Mate struggling with. Please do not help them directly as this is their journey of discovery to Oneness and you will rob them of the experience by offering any shortcuts.

As often recounted in my other free books, there is a story of a man walking in the forest. He looks down and sees the cocoon of a butterfly wriggling on the forest floor. Being a kind person, he decides to assist the butterfly. He takes out a small penknife and gently cuts a hole in the cocoon, allowing the struggling butterfly to escape the prison of its own making. The butterfly flips and flops on the forest floor and is unable to fly. Unknown to the kind man, the butterfly must struggle to break open the cocoon thereby developing its wing muscles, enabling it to fly.

We, too, create prisons of our own making and feel trapped and unable to fly. Sometimes those prisons are our comfort zones, and as we all know, growth only happens outside our current comfort zone.

Reverting to the example above of your Soul Mate. You can assist the other person, your Soul Mate, in what I called the “straight jacket” approach in my Soul Contract book. Do not use your arms and hands; think of them as if in a “straight jacket” used to restrain mentally unstable patients in hospitals. After that, assist the other person with your Presence. This Presence is acting in a Godlike manner, enabling the God within you to relate to the other person. This should awaken the God within them to come from Love. Invariably their ego has got them into a state where they need your help.

By enabling and allowing God within you to connect to God within them, in Unconditional Love, this should enable and allow them to transcend their issue. Their issue is likely to be ego-based, usually fear induced behaviour. Once you allow them to access God within themselves, hopefully this should see them dropping their ego and replacing it with Love-based soul. This process should resolve their issue. Throughout this process, you can use words of encouragement, and belief in

their ability, to resolve their issue. Your Presence of having encountered and overcome this issue will be transferred to them, should we say telepathically, and they will gain the inner confidence of your Presence, and through the Presence they feel within themselves, they should confront and resolve the issue.

I have found that most people do not want advice; they want emotional support to rely upon as they handle the challenges that life presents to them. These challenges are pre-selected in Spirit by them in terms of soul contracts, or via their free will choices on earth.

Everyone needs a friend, and preferably a supportive friend who will listen. I have written a free book found on [personalempowerment.co](http://personalempowerment.co) entitled, *Listening- The Relationship Builder*. Please do not underestimate the power of listening. It enables and allows God within us to communicate with God within the other person. This could be termed a telepathic experience.

The Hindu greeting *Namaste* means the God within me greets the God within you. As stated earlier, listen and silent have the same letters. When you listen to another in silence, you allow God within you to communicate with Itself within the other person. The co-Creative role you are playing for yourself, and for the other person who you are helping, now has Omnipotence assisting them.

I used the term telepathy before in moving the assistance from you to the other person via Presence, but I have no clue how God within us communicates to God within another. I know that it happens experientially but as to how it works I don't know.

This process of Presence transcendence happens continually as we all aid and assist each other on the road to Oneness. This is not a competition to see who can get to Oneness first but is co-operation as a team effort. In our spiritual team effort, we don't have a first prize and subsequent other prizes for those who follow. We either assist each other at our varying paces, or we focus on helping those at our vibrational energy level. The quest is not to finish first but to see how many people you can assist in crossing the finishing line to Oneness and finding and knowing God within each of us. This is a team sport, not an individual one.

## Giving and receiving through Oneness

We are Oneness, and we are identified by our giving and receiving of Love to each other. Listening, understanding, compassion and empathy become our motivators as we apply our "straight jacket" method of Presence assistance to others. In the giving, we experience as much benefit as the recipient does of our largesse. Those who are givers in life know that when we give, we feel so much better about our self for assisting another.

What is occurring at a vibrational energy level when we give is that the ego-based lower density levels within us are being discharged and reduced every time we give to another. That is why feeding people living on the street feels so good when we do it. We feel like we are assisting God as a co-Creator and are being God's hands.

Like Teresa of Avila, (Saint Teresa of Jesus), stated, *“God has no other hands than these.”*

In Islam, the Prophet stated, *“Give in charity and do not withhold it; otherwise, Allah will withhold it back from you.”*

In the 12th Century, Maimonides, a Rabbi wrote the *Pirkei Avot, or Sayings of the Fathers*. Two relevant items on giving are:

*If I am not for myself, who will be for me? But if I am only for myself, who am I? If not, now, when?*

### *The Eight Levels of Giving Charity*

*The minimum level is:*

- 1. When donations are given grudgingly by the donor.*
- 2. When one gives less than he should but does so cheerfully.*
- 3. When one gives directly to the poor upon being asked.*
- 4. When one gives directly to the poor without being asked.*
- 5. When the recipient is aware of the donor's identity, but the donor doesn't know the specific identity of the recipient.*
- 6. When the donor is aware to whom the charity is being given, but the recipient is unaware of the source.*
- 7. When the giver and recipient are unknown to each other, for example, through a charity.*
- 8. The greatest level, above which there is no greater, is to support an impoverished fellow by giving them a gift or loan, or entering into a partnership with them, or giving them a job, to strengthen their hand until they no longer need to ask others for help.*

In reality, giving is Life giving to Life, as in our Oneness there is no Giver or Receiver, merely Oneness giving to and receiving from Itself.

We placed the Givers and the Receivers in our life when we created our Soul Contracts in Spirit. We even set the exact timing of their giving and receiving as it involves you and your Soul Group. Have you ever noticed at the times you wanted to give, or receive, that someone stepped into the frame of your life's movie? There are no coincidences in God's world. Everyone and everything is as you planned it in Spirit, for the highest growth of your soul. You only have to believe that, have faith and remember to say, *“Thank you, God, for everything”*. Do not judge whatever happens to you as nothing is as it seems, once viewed from Spirit's perspective.

Being a conscious Giver and a conscious Receiver in life positions you firmly on the road to Oneness and of finding God within you. God is All That Is so the role of Giver and Receiver is One.

## Where do you really live?

Our journey on the road to Oneness is about to take a turn that will surprise and probably shock you too. I don't know how to soften the blow you are about to receive, but I will try.

The world we live in on earth appears solid and real to us. The world of Spirit seems ethereal, not solid and, for many, illusionary. We use our five senses to prove to ourselves that our earthbound world is where we live.

World-famous astrologer, Carl Sagan, wrote a book called *A Pale Blue Dot* in 1994. When *Voyager 1* was taking photos of the cosmos on February 14, 1990, Sagan requested they turn the spaceship around and take a picture of earth from the fringes of the solar system 6.4 billion kilometres, or 4 billion miles, from the earth. In the vastness of space, all that was faintly visible of the earth was a pale blue dot surrounded by billions of stars and planets.

Sagan wrote,

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

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

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

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

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

I have used this lengthy quote to begin to shatter your illusions of the world in which we live. When Carl Sagan states that, *The Earth is the only world known so far to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment the Earth is where we make our stand*, he is referring to our physical state of being, not our ethereal state of Being.

The life he refers to harbouring is, once again, our known physical existence, not our spiritual existence.

Perhaps other planets do harbour life, but not what we would know sensually as life, as experienced on the earth plane of existence. From what I have researched about what we call the Afterlife, being our Spiritual World, the earth is favoured to be visited by souls within bodies because of its sensuality of experiences and delights.

What if, as I believe, as do many others, that our real place of existence is in spiritual form, in what I am calling the Spirit World. What if we come to earth as a playground and to have sensual adventures while we undergo our soul contracts which we are uniquely able to do in physical bodily form. We learn our lessons theoretically in Spirit, and earth supplies the practical place of the duality of opposites, or contrasts, to apply that which we have to experience for the highest growth of our eternal soul's journey to Oneness.

Much like the science lab at school- we learn about Newton's Laws of Physics, but we get to experience them first-hand in the lab. We learn about gases, liquids and solids as states of existence, but we get to prove them in the lab.

Am I beginning to shake your foundations of what is real, and what is not real, as we believe it to be, using our sensuality of experience and our logical mind?

If so, let's get into the meat of this topic now.

In my belief system, there are two you's involved in this journey on the earth plane of existence and our desire to rejoin Oneness, from whence we come. There is you, the ego-based identity known as you by your ID card in your wallet or purse. Then there is You, the soul-based Higher Self/Soul Entity, based in Spirit.

The identity based you, as a soul within a body, somewhere within you, carries a sliver of You. Many believe it to be within your heart. We also believe that the God we pray to is also within you too, probably even in your heart. So when we say so-and-so is bighearted, we imply that God is within their heart, with their Love-based soul too. It could also mean that God within you is your soul too?

When we reach these elevated or heightened, vibrational energy levels of existence on our road to Oneness, we begin to see through the facades of what we believe to be our life on earth. We recognize where our ego-based self has led us aground and stranded us amongst those we may call our enemy. The clashing of egos brings us

back to Carl Sagan's description of murder and mayhem as we fight over a speck of dust on a pale blue dot in the cosmos.

When we change the way, we look at life, what we look at changes in life. When we view our ego-based lives as normal, we will experience the cause and effect of our ego-based choices. No judgement intended, only a causal way we live in our world of the duality of opposites, or contrasts if you prefer.

By elevating our vibrational energy fluctuations, we tend to look at our lives differently. The perspective from above is different from the standpoint of the ego-based skirmishing on the ground.

We begin to see how we have behaved with our ego running our lives. Without judgement, we see the repetitive behavioural patterns; the fears running our lives; the challenges we face; the hardships we endure; the obstacles we place in our way, and the people we invite to become mirrors to ourselves. These are the Six Soul Contract markers I referred to in my Soul Contract book. We created all this to occur in our lives when we were in Spirit, as our soul contracts, and when we choose to use free will while on the earth plane.

From this vantage point of an enlightened or heightened vibrational energy level, we see how we created a drama movie of our life starring our ego. We fought over things in a childlike way. A word or words said in the heat of a moment ruined relationships. A perceived slight by another sent us into a frenzy of anger, and so on.

At the time of writing this in early February 2020 the two most senior members of a Swiss Bank, trading globally, has fallen out over the remarks one made to the other about his garden at his house. The one person has left the bank and joined an opposition bank, and court orders are being issued against him for possibly disclosing intellectual property and business strategy. All over a comment about someone's garden! Big egos clash. An African proverb states *that when two elephants fight, it's the grass that suffers*.

So, as we shake our heads at the antics of two massive egos clashing, we look within and see where we have allowed our insufferable ego to cause negative issues in our lives.

We begin to become the Watcher of our life as well as the participant on the stage of life. Sometimes we are proud of the way we act when we come from soul-based Love and, at other times, we cringe with embarrassment at the way we allowed our ego to create such mayhem for ourselves and, potentially, others too.

We don't apply judgement as we would know it from an ego perspective. We look at our life as a scientist would, looking under a microscope. No judgement, merely observation.

We look at the CHOICE- Can Help Overcome I Change Energy- we make at every turn. There is no judgement of these choices we made, or currently make, only the witnessing of the causal consequences that flow from each choice made.

We see that life is immeasurably different when we choose to be either fear-based ego or soul-based Love. We have both soul contract obligations to play out as well as free will choices to make. We make the right choices sometimes for the wrong reasons and, occasionally, the wrong choices for the right reasons. Right and wrong



are subjective, as history has proven time and again. The only thing that matters when making any choice is the cause and effect that will flow from that choice.

We now reach the Rubicon in our life. If we are the Watcher and the person living life, and we experientially know that we have a soul and God within us, probably in our heart, then who are we? Are we man/woman or are we, God? Do we live in Spirit and a sliver of us, our soul, lives on earth in a body known like you, or me.

At this heightened vibrational energy level, we see that we are becoming Oneness. We are dropping the costumes and attitudes we have adopted in our ego-based life on earth. We are ready to face the consequences of the choices we made in our life that have not come to a resolution, yet. We do this process in a nonjudgmental way as we need to clear the lower level vibrational energy of the soul which arose through our ego-based choices in our life.

For our soul to become integrated as Oneness, we need the remedial healing process to intensify. We welcome the restorative healing process and know that it will probably be physically and emotionally uncomfortable to endure, but the reward of integrating into Oneness is the real objective.

Change is now on the table. You will want to simplify your life to avoid being dragged back to attend to no longer required material possessions, and people, who no longer resonate at your heightened vibrational energy level, as you become Oneness.

At this stage, you know that you really live in Spirit as you remember and recognize the eternal Unconditional Love, and bathe in the Light of Oneness. You have come Home!

#### HOME- Help Organise My Experiences

This is a place of stillness where Unconditional Love and Light abound. Anchor your memory to this place/space you dwell in as Oneness. Know it as God's Space, as when you return to become you, with your ID no. on earth, your memory of being Oneness may fade.

Return to this place/space as your refuge whenever you can. It is found in the gap between your thoughts and can be accessed in meditation, or however, you can find a way to remember the feeling of being Oneness.

After writing the above, I went out to have a Sunday lunch and received a WhatsApp message from a close friend. It was entitled *The Eye of the Storm*, and it was a Christian song about Jesus's love surrounding us in the eye of the storm of life. Talk about synchronicity!

You have now witnessed who You really are, but there is still a life to lead on earth like you. Like someone who has left the shores of their country and returned with a greater awareness of how other people live in the world, so you will return to being you with your ID no., but with eyes opened to new possibilities. Hopefully, as a more love-based soul, you will see through the illusion of ego-based fear and live your life in the integrity of someone who is part of Oneness while still living on earth.

Life is now moving to a new paradigm as you are true to yourself as a part of Oneness. Most people will still be playing out their ego-based lives and dramas, and

you have seen how that movie ends! You are part of this world and part of the Spiritual World, and most people are not going to understand that about you. They will be seeing you through their eyes, and not through yours.

You are going to sidestep the dramas presented to you and elect to be nonjudgmental; more Unconditionally Loving and as egoless as possible. The ranks of colleagues, friends and family are likely to thin out as “Johnny/Jill goody-two-shoes” is not so easy to be around. “They don’t want to gossip, judge, party with addictive substances, they aren’t fun anymore!”, laments your old friends.

You have found FUN- Find Upliftment Now - to be more rewarding than another night of excessive alcohol and drugs; hangovers the next day; strange people in your bed the following day, and being totally out of control of your life. That life is an accident waiting for a place to happen, and you have sidestepped that potential drama in your quest to become Oneness.

You have been to the Promised Land and returned with joy in your heart and bliss in your soul. Anything or anyone who does not bring you joy, and bliss, is no longer needed in your life. You won’t judge others publicly or privately, but your inner self worth will direct you towards those who give you joy and bliss, and away from others who don’t. You will live in a world of reaching for a feeling of a better thought, and the *Law of Attraction* will match that thought with what you need now.

The development of your inner self worth is based on knowing that you are Unconditional Love and Light as Oneness. Your self-respect and self-Love as Oneness brings you to the precipice of becoming All That Is. And then you leap, and you find out that you have wings to fly into becoming All That Is. You experience this as a moment of Now, while you straddle the two worlds of earth and Spirit.

Of course, this is only part of the journey to Oneness. Still, when you experience such joy as Oneness or All That Is, it allows you to take a breather on your road to becoming Oneness and to revel in the experiential knowing that you are on the correct road to Oneness.

Your inner smile lights up your insides, and God within you smiles back in acknowledgement of your progress on the road to Oneness.

## **You have the solution within you**

When Socrates stated that “the only thing I know is that I know nothing,” the world, over millennia, has used this quote to illustrate how much there is to know.

What if I told you that you know everything you need to know now, and in the future? What if I told you that there is no need to ask anyone, seen or Unseen Entities, for guidance and advice? What if I told you that the Japanese have a proverb that goes, “Knowledge without wisdom is like a pack of books on the back of an ass?”

Our search for information and knowledge is part of the journey of life, but it is really wisdom we need. Knowing that a tomato is a fruit and not a vegetable is of no use to you if you put it in a fruit salad instead of a vegetable salad. (A tomato is developed

from the ovary in the base of the flower and contains seeds of the plant, hence is defined as a fruit). Its wisdom we seek, and information and knowledge may, or may not be, the steps to such wisdom.

However, and this should be in capitals. HOWEVER, the information, knowledge and wisdom we seek are already WITHIN US. God is All That Is, and that includes all information, knowledge and wisdom too. With God within us, we only need to keep silent and still, and remember the statement quoted earlier, *Be still and know that I am God* (Psalm 46:10).

You will know the truth of this wisdom through your feelings, as quoted often, feelings are the language of your soul. Part of your trip to Oneness is to know how to be silent and still and to tap into God within you for guidance, advice and wisdom.

Encouraging others to do the same will be the best advice you can give them. The answers are within you, and the solutions are too. In my free book, *How to Live in the Now*, I explain that an answer is not a solution. For a hungry man, the answer is to give him a fish to cook and eat. The solution is to teach him how to fish and, if possible, equip him with the fishing equipment to do so successfully.

In the context of this topic, we can say that an answer is information and knowledge, and a solution is wisdom.

Albert Einstein is quoted as saying, *“you can’t solve problems by using the same kind of thinking we used in creating them.”*

There is a lovely spiritual saying that goes, *“If you don’t go within, you go without!”*

When we reach a place where a crucial decision must be made, go within to find an answer or a solution. We often call this intuition, which is another name for inner knowing. We always strive to make ourselves happy, joyful and blissful through our highest choice’s outcome. Sometimes the answers and solutions we seek within are not forthcoming at speed we would like. Consider that sometimes the wrong pieces must be moved out of the way first before the correct pieces can be put into place. Trust God’s timing, not your urgent ringing bell!

The attunement and alignment of your soul, your Higher Self/Soul and your Higher Power combined into Oneness is what you seek in obtaining answers and solutions within yourself. Only once you can feel that connection can you introduce the question for which you need an answer or a solution. Then be silent and still and wait for your inner knowing, or intuition, to come through and pop the solution into your head. I often find that this occurs during meditation, or when I am not thinking about the issue at hand.

I have stated this before in another book, if I am in a business meeting and we are all wracking our brains to find a solution to a problem, I often excuse myself and go to the bathroom. I connect my soul, with my Higher Self/Soul and my Higher Power, combined in Oneness and say, “thank you for the solution to the problem of .....”. Invariably, within minutes the solution pops into my head, and I return to the meeting with the solution. It’s become a joke now with my colleagues who instruct me to go to the bathroom! Any newcomers at the meeting are appalled at their rude manners!

In my free book, *Achieving Your Goals and Dreams* found on [personalempowerment.co](http://personalempowerment.co), I explain the reasons behind finding such solutions, which

also happen, among other things, when you are in the shower or the bath or stuck in traffic. It's known as the Eureka! moment as ascribed to Archimedes leaping out of the public baths naked, running down the street screaming "eureka I have found the answer to the King's dilemma."

All the information, knowledge and wisdom are within you, as are the answers and the solutions you seek. TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally.

Such TRUST is your constant process on your road to Oneness.

Throughout this book, I have been discussing synchronicity and how I have been receiving information timeously while I have been writing it. Today is no exception. This morning, having concluded this topic above- You have the solution within you- I subsequently opened my emails to receive the daily email from *A Bowl of Saki*, <https://wahiduddin.net> with the sayings and explanation of the Sufi Hazrat Inayat Khan, which I referred to earlier on in this book. Today's one was precisely on point with the above, and I share it with you in its entirety.

Wisdom is greater and more difficult to attain than intellect, piety or spirituality

*Intellect is the knowledge of names and forms, their character and nature, gathered from the external world. ... the intellectual person takes an interest in their variety and law of change, and as knowledge is the food of the soul, he at least becomes increasingly interested in the knowledge of names and forms, and calls that 'learning'. This becomes his world, although it neither gives him a sense of unchanging comfort, nor does he thereby gain an everlasting peace.*

*Wisdom is contrary to the above-named knowledge. It is the knowledge which is illumined by the light within; it comes with the maturity of the soul and opens up the sight to the similarity of all things and beings, as well as the unity in names and forms. The wise man penetrates the spirit of all things; he sees the human in the male and female, and the racial origin which unites nations. He sees the human in all people and the divine immanence in all things in the universe, until the vision of the whole being becomes to him the vision of the One Alone, the most beautiful and beloved God.*

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*Intellect is the knowledge obtained by experience of names and forms; wisdom is the knowledge which manifests only from the inner being; to acquire intellect one must delve into studies, but to obtain wisdom, nothing but the flow of divine mercy is needed; it is as natural as the instinct of swimming to the fish, or of flying to the bird. Intellect is the sight which enables one to see through the external world, but the light of wisdom enables one to see through the external into the internal world. Wisdom is greater and more difficult to attain than intellect, piety, or spirituality.*

## Understanding vibrational energy fluctuations

As we traverse the road to Oneness, at this point in our journey, we begin to feel a lot more spiritual than physical. Through the processes that brought us to this point in this book, we should be feeling elevated in our emotional wellbeing as we operate above the friction level of life on earth. This only occurs when we, as a soul operating from Love, are attuned and aligned to our Higher Self/Soul and our Higher Power within us, all combined to feeling the elation and bliss of Oneness.

We operate at a heightening vibrational energy level, and perhaps it's time to address how we are such vibrational energy.

First, a history lesson.

Man's evolution is based on what Max Plank, a noted German Physicist, described as *"When you change the way you look at things, the things you look at change."*

He also stated, *"All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds this most minute solar system of the atom together."*

*We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter."*

When Tesla and Marconi understood that light waves and radio waves could carry sound, and, when Farnsworth invented the first electronic TV, what was deemed impossible became, not only possible but undeniable. When Lippershey patented the microscope, and we saw the living micro bacteria that exists on us and around us, our eyes were opened. When Roentgen invented X Rays, we could see inside our bodies. When Gates created Microsoft soon after that, billions of personal computers became our way of life. When the Internet was commercialized, and the Smartphone enabled us to have massive computing power in our pocket, our lives changed as we could not only be connected to billions of people instantly, but we could see them while speaking to them. Will such wonders ever cease?

I see my life, and the world, operating as if peeling a large onion, layer by layer. As each layer is peeled back, and we change the way we look at things, the things we look at change.

Now a lesson about the future.

There will come a time when someone is given the tremendous insight to understand and prove, that everything and every living species; animal, vegetable and mineral, are only vibrational fluctuations of energy, and all are part of a Unified Consciousness, we are calling Oneness in this book.

At present, some of us believe this, and we have some information and knowledge to discuss the structure of an atom and the vibrational fluctuations that create energy. Still, we can't show the irrefutable evidence of this Unified Consciousness, as vibrational fluctuations of energy, as yet. The earliest evidence of this information goes back to Emmanuel Kant in the late 1700s.

Max Planck stated that *"Science cannot solve the ultimate mystery of Nature. And that is because, in the last analysis, we ourselves are a part of the mystery that we are trying to solve."*

My favourite Sufi Master, Hazrat Inayat Khan, stated, *“Whoever knows the mystery of vibrations indeed knows all things”*.

His other comments relevant to vibrations include:

*“All planes of existence consist of vibrations, from the finest to the grossest kind; the vibrations of each plane have come from a higher one, and have become grosser. Whoever knows the mystery of vibrations, he indeed knows all things. ... From the scientific standpoint, spirit and matter are quite different from each other, but according to the philosophical point of view they are one. Spirit and matter are different, just as water is different from snow; yet again they are not different, for snow is nothing other than water. When spiritual vibrations become more dense, they turn into matter, and when material vibrations become finer they develop into spirit.”*

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*“All existing things we see or hear, which we perceive, vibrate. If it were not for vibration, the precious stones would not show us their color and their brilliance; it is vibration which makes the tree grow, the fruit ripen, and the flowers bloom. Our existence is also according to the law of vibrations, not only the existence of our physical body but also our thoughts and feelings. ... When we begin to see life from this point of view it will appear that birth and death are only our conceptions of life, that there is no such thing as death and that all is living. It only changes from one form to the other, subject to the law of vibrations.”*  
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*“The inward and essential part of every being is composed of fine vibrations, and the external part is formed of gross ones. The finer part we call spirit and the grosser matter, the former being less subject to change and destruction and the latter more so.”*

*The standard of right and wrong, the conception of good and evil, and the idea of sin and virtue are understood differently by the people of different races, nations, and religions; therefore, it is difficult to discern the law governing these opposites. It becomes clear, however, by understanding the law of vibrations. Everything and being on the surface of existence seems separate from one another, but in every plane beneath the surface they approach nearer to each other, and in the innermost plane they all become One. Every disturbance, therefore, caused to the peace of the smallest part of existence on the surface, inwardly affects the whole. Thus, any thought, speech or action that disturbs peace is wrong, evil, and a sin; if it brings about peace it is right, good, and a virtue. Life being like a dome, its nature is also dome-like. Disturbance of the slightest part of life disturbs the whole and returns as a curse upon the person who caused it; any peace produced on the surface comforts the whole, and thence returns as peace to the producer.”*

As each layer of the large onion is peeled back, and new information, knowledge and wisdom are revealed, our sight turns to vision, as what we now look at changes the way we look and see new possibilities.

So we wait for someone to “discover”, and prove irrefutably, what some of us believe, and know, in a theoretical sense, and, maybe even have experienced sensually, that we are vibrational fluctuations of energy in a Unified Force we call Oneness.

## Living a more spiritual life

With the increased awareness that we are vibrational fluctuations of energy as our source material, that is the You of our soul, and we occupy this body we know as you, our sight turns to vision. We see a new world of possibilities.

Our sensual being may begin to see and experience colours in more detail and depth, as well as to interpret what we cannot see physically but can feel intuitively. Our sense of taste begins to discern subtleties of flavours previously unknown. Our hearing becomes more attuned to what is said, and intuitively, what is not said. Our sense of touch is enhanced to measure better the heartbeat and vibrational energy of what we feel physical, emotionally and spiritually. Our sense of smell is more fully developed and triggers memories of both this life and, possibly, other lifetimes too. Our sixth sense of intuition is awakened more fully as we connect to the God within us and know our unlimited true POWER- Present Only When Ego Removed.

For some of us, it may feel like we are walking on air, above the friction level of life. The world we know where more dense vibrational energy exists caused by ego-based decision-makers is no longer of interest to us. We find ourselves distancing from such people. Their dramas and ego-based shiny objects no longer hold our attention. We are protecting ourselves from being drawn back down into those denser energy levels. It's not judgmental, rather self-protective. We wish those more ego-based people well and release them in love. We know that people operate from their level of consciousness or awareness of God in their lives.

We find that the ego-based search for love through high achievement and acquisition of wealth, beyond reasonable needs, no longer holds any allure for us. We have discovered inner Love and inner peace, and it doesn't have a dollar sign in front of it. We have found contentment and peace that passes understanding by our former ego-based self. We have become a Loved-based soul operating through a physical body, enabling us to be God's Hands as Saint Teresa of Jesus, also known as Teresa of Avila, stated in the 1500s.

You are now looking at the world you live in with a changed perspective and the things you are looking at change as well. When you used ego-based fear, hate and anger, you only saw things to fear, people to hate and issues that made you angry. Now that you are looking at life with Love in your heart, and are being led by your soul, you only see people, animals and other things to love. In your former stance, you knew fear, and now you know Love. You are still you, but your perspective has changed, and that comes about through a positive attitudinal mindset with resulting thought-forms creating a reality I am calling Love, contentment and inner peace.

The structures that surrounded your life and gave it form as an ego-based person are going to fall away as you become a Love-based soul occupying a body. Your relationships that survive this transformation will be Love based ones. All the people who you thought were your friends but were wanting what you could give them will drop away.

You may change your job if it no longer ties into your new authenticity of being a Loved based soul and find a more fulfilling job where you can operate with authenticity. You may earn less, but with your reduced personal needs, as you simplify your life, you should make enough for your needs.

Your spare time will be spent uplifting yourself, and maybe others too. The need for simplifying your life will see more walks communing with Nature, more time spent in spiritual pursuits such as reading, listening, meditating and in prayer. People will seek you out for your guidance and advice- give it willingly but only once asked. We each have our journey, and when people are ready, they will approach you.

You will find that without any judgement of anyone or anything, you will be talking less and listening more. Upon their request, you may find yourself guiding and advising others and stating, *"let's take your ego out of the situation and then see what the issue looks like."*

Where you need to ask someone for forgiveness for your past words and deeds, do so without delay. Whether they accept or reject your request is up to them. You have cleared your slate of your conscience and released them in Love.

Whenever and wherever practically possible, be grateful to God for everything that happens to you. Do not judge it as good or bad; simply accept and appreciate what is occurring now. You can then desire and intend for what is happening now to be transformed into what you would prefer it to be. Then put your positive mindset attitude and resulting thought forms and all your energy into making it manifest as your reality.

After you have put in your best effort then detach yourself from the result and TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally. Trust God's timing and not your ego's need for instant gratification. If it manifests in God's timing then so be it, and if it never manifests then so be it too, it wasn't meant to manifest at this time. Such acceptance ensures no resistance and enables allowing to occur.

This allowing frees you from trying to control your life from an ego-based need to have things going your way by tightly holding the reins of your life. Through letting go and letting God within, you both co -Create your life together. You open your hands in gratitude for whatever you need, not want, for the highest growth of your soul.

Many of those structures that created your ego-based life will now be seen to be superfluous in your now more simplified life. In this process of surrender, you will be excited to be on the leading edge of the wave that never breaks. With no ego-based fear, and only Love in your heart, you await with eager anticipation what will unfold next in your life. You know you cannot fail as failure is an ego-based concept. By trying, you will experience and learn. You will experience life first- hand with God within you as your co-Creator. For you, failure and success are both termed learning experiences, with no judgment required.

With your outside world changing, and your inner world strengthening with God within you as your co-Creator, you face exciting times. Going within for answers and solutions will soon be preferable to going outside of yourself, as you have done in the past. Remember, when you are in Spirit, you are, effectively, within. You came to the earth plane of existence to experience the sensual delights available here as well as to deal with your soul contract issues made in Spirit by fixing the holes in your soul. For these reasons, you are not expected to live in a spiritual retreat forever, or to live half-starved on the top of a mountain in ascetic bliss.



Life is for the living, go and live in Oneness with everything and every one and find joy and bliss in whatever you think, say or do. Doing so by finding and knowing God within you is the ultimate high you will experience.

## Moving to know One

We have been on this road to Oneness for some time, and the kids are yelling from the back seat, *Are we there yet!*

Where? If God is All That Is and God is Oneness, then Oneness is All that Is. So then where is where? It must be everywhere. It is a focal point in a non-focal space, what I term God's Space. Oneness is Everywhere and Nowhere, not actually Nowhere but Now Here. So, Oneness is everywhere and Now Here too. So Now Here must be everywhere. That means that there is no other place/space than Now Here. The Now is all there is!

QED- the Now is all there is! (*Q.E.D. or QED is an initialism of the Latin phrase "quod erat demonstrandum", literally meaning "what was to be shown".*

*Source: Wikipedia)*

Ok, I am sure your head is spinning after that journey to Nowhere or Now Here. We went in search of Oneness, and we took a road to do so never realizing that the Oneness we sought was Here and Now all the time. There was no need to go on a journey out there when Oneness was within each of us all the time.

When we were looking out there for Oneness, we assumed It had to be someplace there, where we were not standing. We looked for Oneness like it was a game of "hide and seek". If Oneness is All that Is, then It is Everywhere, including within you too. You are in Oneness also when you are operating as a Love-based soul with a body.

So, to recap, the Now is all there is, Oneness is everywhere, and you/You are within Oneness as Oneness is within you. Now we need to find out who you/You are?

If you/You are in Oneness, then you/You have merged Form/Non- Form with Non-Form. The you is now Non- Form as Oneness. What this means is that Oneness is All that Is and that you are in Oneness. There is now no-one definable as you as you are merged in Oneness.

So, we have Now Here and only the merged Oneness present. The Loved-based soul within a body, I am calling you, has ceased to exist as you when you are a part of Oneness. The only way for you to exist as a separate identity is to be separated from Oneness, and that is your ego-based self at work. Hence the acronym for EGO-Edging God Out. Only the you, as a Loved-based soul within a body, can be in God's Space as a merged part of Oneness.

The transition to becoming a high vibrational fluctuation of energy so that you can merge in Oneness is to realise that you are no-one living Now Here. In this transitioned state of living on earth without fear/hope based-ego, there is humility and gratitude for knowing and experiencing the Unconditional Love and Light that is Oneness. You have swapped your ego's needs for knowing such joy and bliss.

You have moved from no-one to Know One! You now know God within you.

In terms of your soul contracts, you have dealt with your ego and fixed the holes in your soul that you agreed to do when in Spirit. Mission accomplished, and the rewards are bountiful joy and bliss for Now.

I would love to tell you that is the end of the story, but, in a way, it may be the beginning. This process is ongoing as there are numerous levels of heightened vibrational fluctuations of energy, and we have made the transition to the first of these higher levels.

Don't be unhappy thinking that after all this effort I now have so much more work to do. When you finished Primary School or Elementary School, you progressed to Middle School or Junior High, and then you proceeded to High School. Those people intent on obtaining further education go onto College or University where there are levels of education at Bachelor, Masters and PhD levels. This progression is similar as we progress in the Spiritual Universe. We are talking about eternity here, not 12 years of school education.

With your now obtained higher vibrational fluctuation energy level, you must ensure that your Loved-based soul approach remains. Otherwise, your ego-based approach will increase unwanted lower densities' energy levels that you have strived to rise above in this lifetime.

To this end, we are now going to deal with conflict resolution to bring about peace and harmony, so Oneness is achieved.

## **Conflict resolution through your soul-based Love efforts**

Let's begin with the statement that everyone is doing the best they can from their level of consciousness. Those who know God within them are likely to react and respond to life's issues with soul-based Love more often than those who do not have the understanding, belief or experiential knowing of God within them.

At the concept of using vibrational fluctuations of energy at various levels of density, those with heightening vibrational energy levels are more likely to react and respond with Love than those with lower density vibrational fluctuations of energy using ego-based fear/hope reactions and responses.

If you have reached this place in this book, I am assuming you are in the former camp of heightening vibrational fluctuations of energy levels.

As such, you are an authentic human being. Should you conflict with another person, sometimes your ego-based thoughts, words and actions flare-up, uncharacteristically. You may say and do things that you will regret. At a physical level of behaviour, you may be justified in your words and actions. Many will probably support you and say you are in the right and the other party is in the wrong. But the purpose of this book's journey is to heighten your vibrational fluctuation level

of energy to become Oneness and be soul-like, and negatively reacting to another is ego-like.

I must confess to be going through such a process at present, and it is not for the faint of heart!

There is a certain sense of self-satisfaction in justifying one's ego-based words and actions and getting other people to side with you. However, you are merely leaving the 'elephant in the room', spiritually speaking, and compromising your authenticity and your soul-based integrity. The dis-ease you feel can develop physically into disease in terms of mind-body-soul living.

Your objective is to create peace and harmony within you. How the other party reacts and responds is likely to be from their level of consciousness and, quite frankly, is not your concern. In your self-honesty, you must address the conflict by unearthing and understanding the ego-based fears within you that caused you to react in such an unspiritual way and allowed your fear-based ego to run your life.

For many, this self-interrogation may be very uncomfortable. However, if your motivation is to become Oneness, and find and know God within you, then the pain of complete self-interrogation and identifying and resolving these ego-based fears is allowing and enabling you to heal within, and rid yourself of such ego-based negativity poisoning you from within. You are letting go of negative-based resistance and enabling positive-based allowing to flow in your life.

Once again, I refer you to my Soul Contract book and the Six Soul Contract Markers:

1. Repetitive patterns in your life
2. Fears in your life
3. Blockages
4. Challenges
5. Hardships
6. Mirrors to yourself

These tools should help you identify where your ego is protecting your emotional wounds. Now for the hard part. Only you will know what the causes of these emotional wounds are. You may have blocked them out of your conscious memory as they were too painful to keep in your conscious memory bank. They may be in your sub-conscious and here a good psychologist, or someone capable of hypnotically treating you may be needed to unearth these painful emotional memories.

The fear of failure at some level is usually at the root cause of such ego wounds. When the other party and you conflicted, they pressed a button within your psyche that you immediately reacted too, with the painful conscious, or unconscious, memory of that emotional wound. It was as if they touched that raw emotional wound with their finger. The rawness of the wound could be decades old, or it could have happened yesterday. To your subconscious memory, everything is happening now.

Once you have unearthed the emotional wound, you need to deal with the issue now. Whether the person or event causing the initial emotional wound is around, or not, you must reach a place of forgiveness and release them, or it, in Unconditional Love.

In my Soul Contract book, I deal at length with the processes required to ensure such forgiveness healing occurs.

Now that you have the initial perpetrators squared away in forgiveness and the emotional wound healing process has begun, you can start to address the party in the current conflict where your behaviour was ego-based out of fear.

We are dealing with a spiritual level of understanding here, not the earthbound physical one of 'who was in the right and who was in the wrong approach'.

I have dealt with this resolution process earlier on in this book but will repeat it here. I recommend you begin by writing an email or letter as somehow the written word has more validity than the spoken one. In the email or letter you don't discuss the issues that caused the conflict, your focus is on apologizing for the way you behaved as this was not the way you usually live your life coming from a position of soul-based love and not ego-based fear. You understand that what you said and what you did has caused irreparable harm to the person and has probably broken any form of trust between both of you. You state that you are prepared to take any action the other party requires you to remedy the harm you have done to them. You offer them your unreserved apology and hope that, in time, your relationship may resume at a level where both of you are comfortable with. You request that when they are ready, you would like to meet face-to-face with them. That's it.

However, they react or respond is now in their court. You have done all you can to deal with your past ego-based wound and its healing initially, and to repair your relationship through your written apology. At a spiritual level, you can include them in your prayers and pray for their well being. You now release them in Unconditional Love, and that should be the healing process for this conflict resolution. You should feel the inner peace and harmony of this resolution immaterial of the other party's acknowledgement or not of your written apology.

This is your journey to Oneness and not theirs, and you have addressed the situation to ensure you come closer to Oneness and finding and knowing God within you through such resolution of the conflict.

## **Conflict resolution through the process of Unconditional Love**

It is not uncommon for people in a personal or work relationship to create conflict. Most times, this conflict is ego-based and a power struggle between bruised egos results.

Here is an approach you may use to defuse the situation:

Ask the other party if they believe, as you do, that God is within you?  
Assuming they agree, then ask them if they believe that God is a God of Unconditional Love and Light?

Then ask them if God within them and God within you can communicate in Unconditional Love and Light?

At this point, the two of you can either get on bended knees and pray together or do so standing with your eyes closed and, ideally, with holding each other's hands.

After a short while, the bruised ego issue should be sidelined, and the two of you realize that you are both Unconditional Love and Light within. This experience should enhance the bond between you both. You are moving forward to ensure that you treat each other with soul-based Love and not fear-based ego.

The importance of this approach is to ensure that you focus on being happy together. You are unconcerned about who is right and who is wrong in this temporary hiccup in your relationship. Finding and knowing God within you is the solution to life, let alone any conflict situations.

## Dealing with multi-faceted parts of you

We now reach a stage in our journey to Oneness where our higher vibrational fluctuations of energy state offer us the opportunity to operate our lives in a more frictionless state than before.

Once again, as Max Planck stated, *when you change the way you look at things, the things you look at change*. Your sight now becomes vision, and all your other senses are heightened, and as explained above, all your senses experience new deeper and richer sensations.

Your creative ability is enhanced as is your intuition, your sixth sense. Perhaps the creative geniuses throughout history reached this elevated state of awareness or consciousness and saw and experienced what they needed to so that they could create their masterpieces on earth.

My research into what we call the Afterlife has unearthed information about the Halls of Learning and other spaces where specific Souls in Spirit continue the work they did on earth further perfecting their earthbound work. This information, knowledge and wisdom are then fed to selected people on earth who then "discover" something to help humanity's progress.

Let's revert to you and your heightened state of awareness or consciousness. You are still you on earth. You are in the same body, in the same relationship, have the same family around you, probably go to the same place of work and have the same social life too. The only thing that has changed is that you see life on earth through vision and not only sight. You can envision what life could be like if you, and others, all operated from this more frictionless place of higher vibrational fluctuations of energy.

However, and it's a big, HOWEVER, you can only attend to your heightening state of vibrational fluctuations of energy and no one else's. Each person has their journey

towards Oneness, and the only influence you can have on others is through the way you live your life. You can set an example for others to follow but at their pace of evolvment. If people ask you how you have changed to become this more enlightened and much nicer person you can tell them of the journey you have been on but keep it brief. You can point them in the direction of what helped you. The books you have read, CD's or other forms of audio you have listened too, the Videos and YouTube programs you have watched, the meditation and prayers and other spiritual pursuits you follow.

At this, increasingly heightened state of being you will experience a shift in the people who you now want to spend time with. You will also prefer to spend more time alone, as All One, in stillness and silence or other spiritual pursuits.

You will reach an understanding that your time left on earth is limited and that any time wasted is like pouring your valuables down the drain. You will find that other people who do not aspire, as you do, to heightening their vibrational fluctuations

level of energy, will have less and less in common with you, and they will separate from you, and you from them. You may be fortunate enough through the *Law of Attraction* to find people, like you, on the journey to Oneness. You will now experience the quality of friendship as opposed to the quantity of friendship you may have known before.

These changes will continue to occur, and you may find your primary relationship changes if the gap between the two of you becomes too large and untenable to sustain. In your relationship, you will be coming from a place of attunement and alignment of your soul with your Higher Self/Soul and your Higher Power to combine into Oneness. You will know joy and bliss. Your relationship partner may remain unchanged and be the same person you fell in love with when you were operating from a more ego-based self than at present as a more soul-based person. You have changed, and they haven't. There is no judgement here, merely stating a fact. It's as if you learnt a foreign language and they didn't, and you prefer to converse in that foreign language, and they can't communicate with you now.

We come into this world alone, and we leave alone, and the longest relationship we will have is with our self. We feel most comfortable with people at our level of vibrational fluctuations of energy. If this heightens or lowers, through the *Law of Attraction*, we will find our friends and relationships change too.

Now we need to go a bit deeper into this understanding of changing levels of friendship and relationships. We are all multidimensional in that we have different slivers of our Higher Self/Soul operating on earth, and in other dimensions too. You are one such sliver.

So, when you deal with a friend in these transitional times, you may well be dealing with a part of you and a part of them that are unfamiliar with each other. I know this sounds "spooky" but bear with me, please. You will both be bringing energies into play, and they may be unfamiliar to each other, unlike the energies you usually communicate with that are familiar to each other. Perhaps your soul contract required these new, unfamiliar energies to clash and to unearth hidden ego parts of you both that need to be brought into the Light for healing. Your familiar energies in your friendship would have sidestepped these ego issues and turned a blind eye to them as the value of the friendship was more important than unearthing these ego areas of conflict.

In your integrity, you need to expunge all hidden ego issues within you. Your friend, your Soul Mate in your Soul Group and you created this part of your Soul Contract while in Spirit. You could be the best of friends and know Unconditional Love with your familiar energies. Still, you both agreed to root out this ego issue once and for all. This is why your unfamiliar energies from another Sliver of you and another Sliver of them, as part of your multi-faceted Beings, had to clash over this issue to enable your hidden ego issue to emerge.

What at an unenlightened physical level has emerged as best friends becoming worst enemies is, at an enlightened spiritual level, Unconditional Love being shown by two Soul Mates from their Soul Group fulfilling a Soul Contract.

As I stated in the topic above entitled, “Conflict resolution through your soul-based Love efforts” – “I must confess to be going through such a process at present, and it is not for the faint of heart!”

I have recently emerged from such an ordeal where best friends have become worst enemies. I have implemented many of the guidance issues I have written about in this book to remedy this situation. Having found this solution in the book *Oneness* about different parts of ourselves/souls attending to ridding us of our hidden ego-based issues I felt a huge sense of relief. In very abnormal circumstances a previous best friend behaved way out of character, and, in judgement, I reacted way out of character for me. I have now made peace with it and done everything possible to repair the broken trust from both sides. My hidden ego issue has now been addressed too. Regrettably, for now, he remains where he was, but we each have our own journey towards Oneness.

As I often state in my free books, what is seen on earth is usually the opposite of what is seen in Spirit. That is the difference between having sight and having vision.

This process of unearthing repressed ego-based issues will be ongoing, and you will experience great emotional highs and deep lows throughout this process at these heightening vibrational fluctuation energy levels.

You need to clear your multi-faceted Being of all this negative energy of repressed ego-based issues to be able to transition into Oneness in complete authenticity and integrity of your Being finding and knowing God within you.

## **Continuing the cleansing process of ridding you of ego**

The transition to becoming Oneness requires an ongoing process of acknowledging all the parts of you, the good, the bad and the ugly, to quote the movie title from the 1960s.

Today you can look back at your past and identify those parts of your journey you would classify as the good, the bad and the ugly. I am writing this book in early 2020, and the saying is that 2020 Vision is perfect sight, and now we can add perfect vision too.

The wholeness of you is the mistakes you made, the small ones and the disastrous ones that set you back empty-handed but with more invaluable experience. The cringe-worthy times when you wished the earth would swallow you up rather than face the embarrassment you caused for yourself and others too. And all the things you would much rather forget ever happened, all are part of the wholeness of you. So are the good times when you were the star of the show, the happiness, joy and bliss you experienced when the highlights reel of your life is shown, these times too are part of the wholeness of you.

Knowing good health, bad health, wealth and poverty, and all the dualities of the co-existence of opposites that you experienced as your life are all invaluable parts of you and create your wholeness.

Gratitude and appreciation for everything that you have experienced must be expressed to God within you. You and God within you are the co-Creators of your life and you both, as Oneness, orchestrated your journey for you both to experience it all.

In Spirit, you yearned for the sensuality, and for the duality, of experiencing it all. In Spirit, when you were Unconditional Love and Light, you had no ego and fear was unknown to exist. You planned for all these experiences, what we are judging as the good, the bad and the ugly. You wanted to bungee jump from the top of the tallest structure to experience the exhilaration of free-falling. You longed to swim the ocean floor discovering all types of fish and sea-based species. You wanted to know all the experiences sensually. God within you also wanted to participate in these experiences too, as God is All that Is.

On earth, you discovered ego and with that ego came fear. It is that fear that held you back from experiencing all you planned to do on earth while You were in Spirit. Your ego's biggest fear is the death of your body, and with it, the death of the ego. The ego does not know, will never know and will not experience passing on from this life to the next. The ego believes that your death is the end of your life and the death of the ego's existence. The ego uses fear to ensure you do not die prematurely through your actions where you may want to be fearless.

Of course, your soul knows it is immortal and eternal and that you have hundreds of lives on the earth plane of existence. Your soul does not know fear. Fear does not come from God/Love, only from EGO-Edging God Out.

In your transition to Oneness, you need to continue the process of knowing and experiencing the emotional highs and lows as you cleanse your multifaceted Being of all the negative energies hiding in previously undetectable areas within the various facets of you.

Your Soul Mates have been selected to be the button pushers to get you to open, initially from a protective ego position, and then, through vulnerability and surrender of your ego to become more soulful. Issue after issue needs to be unearthed, come to the surface and be healed in Unconditional Love. Each time this happens, your vibrational energy fluctuations rises, and your energy levels heighten to new spaces in Spirit.



Conversely, allowing your ego issues to remain unresolved keeps your vibrational fluctuations of energy at lower denser levels, and your transition to Oneness gets bogged down.

If you are diligent in this cleansing and healing process, you will find that eventually, life seems to become more tranquil and that your reactions and responses become far more muted compared to the past when ego was running your life. You accept

life with a shrug saying, *Is that so*, and being unperturbed as you know that You, as a soul, are immortal and eternal. If your body gets damaged or sick, so what, it's only a shell for your soul. Your soul will survive and thrive in Spirit once more as it had done hundreds of times before when your soul was housed in a body on earth.

At this elevated enlightened place of consciousness or awareness your vibrational fluctuations of energy are devoid of ego and your transition to Oneness, and finding and knowing God within you, is on track.

## **What a waste of energy choosing your ego-based self**

You have now reached a place where you understand, believe and experientially know that nothing matters, except Love. You know that God is Love, and that you are Love too.

All the ego-based energy that you, and the world as you know it, expends in keeping up the facade or the mask you all wear to impress the world, is wasted energy.

To draw a simile, you have all been looking into a mirror trying to comb your hair by scratching upon the mirror, and not by combing the hair on your head. It's all meaningless. How high you managed to climb on the totem pole of life; how low you stooped to demean another; how many shiny objects you collected while your fellow man slept on a park bench covered with a newspaper to keep out the winter's chill.

All that wasted ego-based energy has accomplished is the creation of cause and effect, or karma, to add to the holes in your soul that need repairing. However, if your actions were for the betterment of humanity, then they have elevated your vibrational fluctuations of energy towards becoming Oneness. Through such blessed actions, you have expressed the only thing that matters, and that is Love.

At this point, you have become detached from the various drama's: those of your life; of the lives of others around you; of your neighbourhood; of your town or city; of your country; of your continent and the world. You now know that nothing matters except Love.

All the ego-based energy of who is right and who is wrong? Who slighted who and who insulted who? Who assaulted who and who murdered who? All this drama, because of the ego's needs to dominate the Love-based soul within each person so affected?

With this ability to be detached from all this drama, you will find that the need to be isolated and alone is overwhelming as you prefer to go within where you will find the Love of God within you. Perhaps you will allow a few chosen people at your

heightened vibrational fluctuations of energy to join you, but you won't succumb to judging the others outside of your circle for their choices and actions. You will spend your time alone, or together, fruitfully enhancing your inner beings in harmony, peace and Love.

Your sole intention, or should that read soul intention(!), is to achieve and maintain your inner harmony, peace and Love, no matter what is happening outside of you.

In one of my free books on [guidespeak.com](http://guidespeak.com), *The Book of Inner Peace*, I ask the question, *Is this worth losing my inner peace over?* If you asked yourself that question, you would achieve the required detachment from the ego-based dramas' that surround you.

We come back to CHOICE- Can Help Overcome I Change Energy- that I dealt with at some length in the earlier part of this book.

The choice you are making is whether to maintain inner peace, harmony and Love through detachment, or whether to react or respond and potentially enable your ego to make that choice.

It's back to the basics: a choice between Love/Soul or ego/fear/hope.

If you desire to become Oneness, the choice is detachment from your ego-based self, thereby allowing and enabling Love/Soul to flower. If the choice is to react or respond thus remaining at the physical level where ego usually dominates life, then choose ego/fear/hope. Of course, if your choice is to respond in Love, then that probably trumps the choice of detachment from your ego-based self. Your vibrational fluctuations of energy level will likely determine your choice, but you have free will and the causal consequences of such choice.

Through choosing to either respond in Love or to be detached from your ego-based self and not react or respond at all, either way, you have not moved one inch. You remain where you are. However, internally, you move closer to God within you to make those choices.

## **Communicating with God within you**

So, when we move within, what do we find? If God is All That Is, then we find God, or Oneness, everywhere and in everything. And that includes within you and within me.

We have been on a journey believing that Oneness is out there, and we need to pass milestones on this journey. Our search has been outside of us and look at what we have now discovered. The inner peace, harmony and Love we sought was not out there but was within us as God.

The God we sought up there, or out there, was within us all the time.

So, the big question is how you communicate with God within you, and most importantly, how do you get to know what God wants you to know?

I believe and know experientially, that you begin by surrendering yourself to God within you. You ensure that your ego is not present in any way or form. Find a place where you can open yourself up in total vulnerability and surrender and speak to God within you. I have found that speaking out aloud somehow creates a more genuine approach, however, as I live alone, I can do so, and you may not be able to. Speaking to God through your unspoken thoughts works also. Some people find that writing out your words on paper or electronically helps too.

I believe that God is my Best Friend and acts as the co-Creator in my life, much like a best friend would do. On my part, wherever consciously possible, I try and be as Godlike as I can in my thoughts, words and actions when dealing with the God within each person, animal, vegetable and mineral, as God is All That Is.

Very much like the Hindu greeting, Namaste, or the Muslim greeting, As-Salaam-u-Alaikum, or the Hebrew greeting, Shalom, coming from God within us we are acknowledging the presence of God within the other person we are greeting.

Pour your heart out to God with the Love-based soul intention of thanking God for all the abundance you have. In gratitude, you can thank God for everything that happens to you, without judgement, as you and God are the co-Creators of your life. Through your attitudinal mindset and your resulting thought forms, you create the reality that is your life.

Now I know that you are probably communicating with God within you for something more that you want to occur in your life. What desires and intentions are you so focused on bringing into manifestation that you are metaphorically, and maybe practically, on your knees in surrender and vulnerability to the God within you to make such a thing, event or issue manifest?

The real question is, what are you going to do to create such manifestation? If you have your Love-based soul intention focused like a laser beam, and you leave no stone unturned in your actions to make that manifestation occur, then I think that God within you may show up as your co-Creator.

At this stage, you will need to be still. That means the thoughts in your head must also be still. Open yourself up and patiently wait to see if you get a message pop into your head. Or you may sense a feeling, as feelings are the language of your soul. Or any other form of communication which may be from God within you. As outlined throughout this book, and in the next topic, synchronicity may be another way God within you is communicating with you.

No one can promise any form of communication or manifestation, as God within you, who sees the Bigger Picture, will decide what is in your long term best interests. This is where TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally, comes into play for you. This is vulnerability, surrender and acceptance of God's Will being done for you.

What I have learnt experientially is that God within you will give you what you need, not want, for the highest growth of your soul. God's timing is always perfect, trust God Now and be Godlike in your approach to yourself and others.

At this stage of your communication with God within you, I would advise that you have self-integrity and identify things, people and events that you received unexpectedly. It may have been what you didn't want, and it may have appeared to be one of the darkest periods of your life. Perhaps days, weeks, months, or even years later you looked back at that cataclysmic event in your life, and you saw the new path you were probably forced to take to survive. This path may have eventually brought you closer to the real purpose and meaning of your life. Initially, you may not have received what you wanted from God within you, but you would have received what you needed for the highest growth of your soul.

Have you experienced one or more such unexpected events? Can you now see more clearly how God within you co-Created your "new" pathway to bring you closer to the purpose and meaning in your life, as you decided via your Soul Contracts when in Spirit? Now it's time to let God within you know how appreciative you are for that intervention.

By doing so, you are acknowledging your trust in God within you to guide you always, and in all ways. This acknowledgement is for your sake, not for God's sake. It is enabling you to have an inner knowing to trust God within you, no matter how bleak, or otherwise, things are looking for you now.

Always, and in all ways, be open to receive communication from God within you. In time, you may find a preferred form of two-way communication. It may be a dream, or a message is popping into your head when your ego-based thoughts move out of the way; in meditation; through prayer, and in so many other ways.

Let me recount a story I have told in one of my other free books. Ram Dass, was a pioneer of the current spiritual movement which emerged around the late 1960s /early 1970s. He wrote *Be Here Now* which was published in 1971. Richard Alpert, who changed his name to Ram Dass, was an Ivy League University Professor. Then he discovered "magic mushrooms," become a drug user, travelled to India and spent the remainder of his life, as a spiritual teacher, passing on late last year at age 88. He lectured extensively and wrote numerous bestsellers about his spiritual experiences.

At one lecture, he was expounding on his earliest spiritual awakening, aided and abetted by hallucinogenic plants and drugs, and reaching altered states of consciousness where he knew joy and bliss. He noticed a little old lady in the front row with a crocheted hat on who was appreciatively nodding as he recounted his journey and experiences. The more he spoke of the "out of this world" experiences he had, the faster this little old lady nodded her head in seemingly experiential awareness of what he was saying. When the lecture was over, he walked up to her and thanked her for her enthusiastic response. He asked if she also experimented with such substances, and she said, "Glory be, no, I crochet."

From this, we can deduce that from her continual crochet movements with her preoccupied hands, her mind became still, and her soul was able to find and communicate with God within her. She experienced a state of Being where she found joy and bliss.

Be open to any communication to and from God within you. There are no prescribed ways to guarantee such a connection but having EGO- Edging God Out- is one way it is unlikely to occur directly.

However, your over-developed ego is likely to be the catalyst for the unexpected event, person or issue to occur in your life, which is likely to shake you to your core. In terms of your soul contract, this was planned to happen, enabling you to find the real purpose and meaning of your life.

There is nothing to fear as you cannot fail. You may stumble and fall, but eventually, you will rise and embrace this new path that God within you knows is where you need to be, for now.

## **Synchronicity about God within you**

Today is Sunday, February 16, 2020, and, after six weeks of writing, I have reached this place in writing this book. To further show the synchronicity that has accompanied me throughout writing this book, today, Sunday, February 16, 2020, I received the daily email from my favourite Sufi Master, and this is what it said.

*We are always searching for God afar off when all the while He is nearer to us than our own soul.*

*Source: Bowl of Saki, February 16, by Hazrat Inayat Khan*

*The commentary is:*

*Spirituality has become far removed from material life, and so God is far removed from humanity. Therefore, one cannot any more conceive of God speaking through a man, through someone like oneself. Even a religious man who reads the Bible every day will have great difficulty in understanding the verse, 'Be ye perfect, even as your Father in heaven is perfect.' The Sufi message and its mission are to bring this truth to the consciousness of the world: that man can dive so deep within himself that he can touch the depths, where he is united with the whole of life, with all souls, and that he can derive from that source harmony, beauty, peace and power.*

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*When a person turns for guidance to God, to the inner Being, then all light and all knowledge are his for his guidance. "But," people say, "how can we attach ourselves with the inner Being, so as to have that guidance?" When the mind is fixed upon anything, then the person becomes linked to that, a current is established between him and it. It may be called the guidance of God or the guidance of the Self. If we look within, God is nearer to us than our mind and our body, because He is that life in which as is said in the Bible, we live and move and have our being.*

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*'The one whom I have called God, whose personality I have recognized, and whose pleasure or displeasure I have sought, has been seeing His life through my eyes, has been hearing through my ears. It was His breath that came through my breathing, His impulse which I felt, and therefore I know that this body which I had thought to be my own is really the true temple of God. I did not realize that this body was the shrine of God. Not knowing that God experiences this life through man, one*

*is seeking for Him somewhere else, in some person aloof and apart from the world, whereas all the time He is in oneself.*

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Through such synchronicity, I experientially know that I am being guided to write the words of this book, identifying and explaining the concept of finding and knowing God within each of us.

## **Confirmations of God within you**

As I have quoted before in this book, and in my various other books, Psalm 46:10 states, *Be still and know that I am God*. This is in what is referred to as the Old Testament, the Hebrew Bible as it is often called.

In that stillness, you will find and know God within you.

I decided to research what the other various major religions understood about God being within you and found the following references:

*Christianity- Know ye not that you are the temple of God, and that the spirit of God dwelleth in you?*

*Islam- The heart of him who knows and so believes with full assurance, is the throne of God.*

*Hinduism- God is the light of all lights and luminous beyond all the darkness of our ignorance. He is the knowledge and the object of knowledge. He is seated in the hearts of all.*

*Sikhism- God, is concealed in every heart, his light is in every heart.*

*Shintoism- If we keep unperturbed the human heart- which is like unto heaven and received from earth- that is God.*

*Jainism- May he abide always within my heart, the Supreme Self, the One God of all gods.*

Source: *Oneness- Great Principles Shared By All Religions* by Jeffrey Moses- Ballantine Books- New York.

Leo Tolstoy, a Russian author, who is regarded as one of the greatest authors of all time, according to Wikipedia, wrote the non-fiction book, *The Kingdom of God is Within You*, which was published in 1894.

The three Channels I have used as guidance in writing this book, *Oneness; Conversations with God*, and *Abraham*, all say, in their own way, that we are God and that God is within us.

So, it appears that the you/You/God/Oneness is all the same Essence, and you are truly God. God is found within you always and in all ways. How does that make you feel, as feelings are the language of your soul?

The God we pray to, the God we beg too, the God we praise, the God we thank, and, on occasion, the God we blame for our misfortunes, this Isness is within you. The God we are also calling Oneness is this book, and elsewhere, is within you.

The road to Oneness we have been on in this book is a road within you, and not outside of you.

Can you handle this TRUTH as agreed to by all major religions, and is a foundation stone of spirituality?

TRUTH- To Reach Unto The Heavens- but as we now know this Heaven is also within us too.

As stated before:

You are God. Psalm 82: 6 has been telling us for millennia that, "You are gods, you are sons of the Most High."

In John 10:34 it states, Jesus, answered them, saying, "Is it not written in your Law, I have said ye are gods?"

Now how does that affect your thoughts, words and actions towards yourself and others? When you praise yourself, and others, you are praising God, and when you judge yourself, or others, negatively, you are criticizing God.

So, we come back to your intent, or intention, in creating the manifestation of what you have been asking God for in your prayers, thoughts, words and actions. In your meditations, when you remain still and know God within, and you receive insight or intuition or inner peace, harmony and Love, are you intentionally using the *Law of Attraction* for your desired manifestations?

My takeaway from this is to be very responsible in the choice of my attitudinal mindset; my resulting thought-forms; the words I utter, and the actions I undertake. I know that the *Law of Attraction* will manifest the intentions behind my attitudes, thoughts, words and actions. The higher my vibrational fluctuations of energy, the faster will be such manifestations in my life.

God, within me, knows my innermost intentions. There is no place to hide if these intentions are coming from my ego. However, if they are coming from my Love-based soul, then God within me will manifest these intentions in God's timing, which is always perfect for the highest growth of my soul.

## **Moving from harmony to Oneness**

At this stage of this journey to Oneness, which we now understand to be within each of us, we operate at much higher vibrational fluctuations of energy. The past ego-based choices we made created resistance and obstacles were put in our way. Our life now becomes more effortless and free-flowing at these higher vibrational levels.

Without ego driving us, as before, we look beyond our personal needs, and we embrace the need to work for humankind's progress in whatever way drives such passion. Our particular sight becomes a universal vision.

Our financial needs, our requirements for good health, our improving relationships and other personal requirements, will be satisfied when we lift our gaze beyond ourselves and focus it on the well-being of others too.

We will feel in harmony with the Universal Spirit, the Unity beyond all diversity, through such upliftment and empowerment of others.

Many years ago in a meditation I was "told" to register the website name [personalempowerment](http://personalempowerment.co) and found that [personalempowerment.co](http://personalempowerment.co) was still available. From the paragraph above I now understand why.

When I write these free books on [personalempowerment.co](http://personalempowerment.co) I often get transported to another "space" of harmony with my Unseen Friends and the Universal Spirit we are calling God and Oneness in this book. Should the doorbell ring unexpectedly, I usually jump in my chair as I get pulled back to this reality we call earth. This harmony I experience enables and allows the words to flow from me like an ever flowing fountain.

I wrote the six free books on [GuideSpeak.com](http://GuideSpeak.com) during three months in early 2005, while running my business during the day and looking after my sons and our home throughout a difficult divorce process. I have written and published a further sixteen books, and compiled and published two other books, all on [personalempowerment.co](http://personalempowerment.co) from 2010- 2019 - all available for free. I wrote the first draft of this free book in six weeks in early 2020 while running my business during the day. All this writing doesn't come from me, but rather, I feel, through me.

I am ever grateful for being able to plug into this harmony of Oneness which I now know is within me and write so freely during my spare time. I feel both honoured and privileged to be given this ability to write so freely and to share these words with the world. I believe it to be a form of channeling which I used to do more deliberately but now comes effortlessly through me.

One of my favourite Psalms is Psalm 121,

*I will lift up mine eyes unto the hills, from whence cometh my help.*

*My help cometh from the Lord, which made heaven and earth.*

*He will not suffer thy foot to be moved: he that keepeth thee will not slumber.*

*Behold, he that keepeth Israel shall neither slumber nor sleep.*

*The Lord is thy keeper: the Lord is thy shade upon thy right hand.*

*The sun shall not smite thee by day, nor the moon by night.*

*The Lord shall preserve thee from all evil: he shall preserve thy soul.*

*The Lord shall preserve thy going out and thy coming in from this time forth, and even forevermore.*



This is the feeling that will resonate with you harmoniously when you lift your eyes beyond your needs to assist the needs of others. Do so with abundance, love and kindness in your heart.

Certain religions favour the role of poverty or personal deprivation, to show one's humility in their relationship with their Higher Power.

God, or Oneness, as we also call such Higher Power in this book, is All That Is, and this includes all abundance too. Why would the God within you of such abundance, joy and bliss, want you to separate yourself from such an abundant and joyful God through choosing poverty and deprivation. This is not Oneness; it's madness!

The God within you wants to share Its abundance, joy and bliss with you. The God within you wants you to make the highest choice every time to feel good and feel bountiful in your abundance. That way, the abundance of Oneness is felt by both you and by the person, or people, you are assisting in lifting your gaze from you to others.

If you choose poverty and deprivation, you separate yourself from the abundance that is Oneness.

When you choose to help another, you are not helping them; you are helping your Self, the Oneness that is both you and them, and all else too. This Self is both the Giver and the Receiver of Life's abundance. Giving is receiving and receiving is giving, it all depends on changing the way you look at it, for it to change.

In searching for a harmonious way of life with Oneness, and all else, we must appreciate that life is like an orchestra. We each have our ways of being but in finding unison we make lovely music together in Oneness.

True harmony requires a relationship between ourselves and one or more others. That harmony may not emerge immediately and may need some ego bashing actions to get the pieces to fit as they should. Expect abrasions among Soul Mates in terms of your soul contracts with each other. The releasing of ego-based issues is part of the process of facing resistance head-on and then working through the issues to eventually get to acceptance of who they are, and who you are, in relationship to them, and them to you. Such derived acceptance is part of the process of blending towards achieving harmony.

In such relationships, the well-hidden ego parts of you are prompted to surface as boils to be lanced by the other party. It usually isn't a pleasant process and probably is best described as "you always hurt the ones you love the most."

The result of harmony and balance in the relationship justifies the means used, however unpleasant the process. Each party recognizes and accepts the other and can stand in their integrity without compromising such integrity. Each orchestra member plays their instrument to create harmonious music and compromising their instruments to look like the other instruments will be disastrous.

In reaching such harmony and balance in integrity enables the Self to infuse the relationship in Unconditional Love and Light.

Now we take possibly the most crucial step on this road to Oneness and finding and knowing God within us. Drum roll Maestro, please!

We are about to move from harmony to Oneness. In harmony, we blend different people standing in their integrity, but in Oneness, we do not see the other person as anything but our Self. This Self is all-encompassing as Oneness, and we can't separate one person, or any other animate, or inanimate object, from the Self. You are me, and I am you. Your hope is my hope; your fear is my fear; your Love is my Love; your heart is my heart; your soul is my soul. We are Oneness; we are Self.

When we make love with our beloved, we merge our bodies and our souls in such lovemaking. We become One, and we become Procreators. As God, or Oneness, created us via our parent's lovemaking as One, so we created our children in such lovemaking too, as One, with God as our co-Creator in the process.

In this process, we move from the duality of harmony to become merged as Oneness. That which is God within us will have combined with God in everything and everyone else. You will remain throughout eternity as You, but You will also be an integral part of Oneness too.

In truth, through this process, you develop into You, and You develop into Oneness.

Your road to Oneness within you has reached its destination for Now. You have found God within you, and now you know that you are God too.

## Conclusion

Thank you for coming on this journey with me.

I have learnt so much information, knowledge and wisdom in researching and writing this book. I know that my Unseen Friends who guide me were behind me throughout the process, and I am ever grateful for their involvement with me.

I am indebted to Rasha who received and transcribed *Oneness*; to Neale Donald Walsch for *Conversations With God Book 1* and *Abraham* of Abraham-Hicks.com for all the information, knowledge and wisdom I gleaned through their words.

I sincerely trust that you now have a better awareness of Who You Really Are and that you find your way to becoming Oneness by finding God within you and knowing you are God too.

In Love and Light

Neville Berkowitz

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Johannesburg  
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April 2020

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**Notes**