

GAIN

-God And I Now-

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PersonalEmpowerment.co

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GAIN—God And I Now

Introduction, confessions, explanations and Superheroes

I don't have a religion; I have a personal relationship with God.

My God is a God of Love.

My belief system comes from my understanding of spirituality. This understanding is growing daily and is experiential rather than simply knowledge based.

Allow me to throw a cat among the pigeons and ask you, "Does God have a religion?"

Your name for this Higher Power may be God/Higher Power/Oneness/ or whatever name resonates with you, I will use God for simplicity sake, as it ties in with the acronym GAIN- God And I Now.

I am not asking what your religion believes God to be but instead looking at it through God's eyes, does God genuflect, prayer on a prayer mat, wear a tallis and yarmulke, believe in the Veda and so on?

If God did have a religion, who would God pray to?

Most of us were born into a religion, and for those who decided to follow the teachings of that religion, they adopted many of their beliefs, traditions, customs and behaviour relative to that religion.

The occasional person like myself have used the religion they were born into as a base and as a springboard. We have then added to our belief system by cherry-picking the parts of other religions, as well as universal spiritual understandings, to create a living and evolving belief system.

In my case that religion has been replaced by a personal relationship with God, my evolving perception of God- a God of Love.

People often ask me why I quote Jesus, Mohammad, Confucius, Indian mystics and many other leaders of other religions as I am obviously Jewish judging from my surname.

My answer is that I believe all these founders and leaders of various religions have invaluable teachings for me. Why would I turn my back on this wisdom merely because its not the religion I was born into?

If I was counting on my fingers and toes, and a Chinese person showed me how to use an abacus or someone else showed me how to use a calculator would I say no thanks for this knowledge as my forefathers counted on their fingers and toes, and the scriptures I follow says that this is the way to count? Would you say that?

For most of my adult life, I have collected quotations from people throughout the ages. I found that I had collected over 750 000 quotations that had some meaning and purpose in my life. I then culled these down to some 13 000 quotations and after that categorised them into subject headings. I went further and arranged them in chronological order under each subject heading to see if the concept of that heading had changed throughout the ages. I added a mini-biography of most of the people who had made these quotations.

I called this book *5000 Years of Wisdom*, and it ran to about 1000 pages. I then bound the book in aged leather and used it as a gift book for family and friends. There are over 2000 people quoted in this book, and some of whom were religious and spiritual people of their time. The wisdom contained in this book is profound and arguably the most wisdom likely to be found in any book. One day I plan to find a way to place this book, as a free book, with a searchable database, on my website *personalempowerment.co*. In the interim, I have created *Wisdom in a Nutshell* as a free book on *personalempowerment.co*.

Daily I receive and share emails and WhatsApp with teachings from many religions, spirituality and what I would term Masters who have roamed the earth since the beginning of recorded history as well as people alive today. With few exceptions, I learn from these messages and add this knowledge and wisdom to my store of knowledge and wisdom. I use this to help myself and other people in my day to day life.

My perception of God is the God, and in some cases, a God, of most religions. I believe that if you pray in a church, mosque, synagogue, temple, or any religious structure, and especially if you pray in Nature, the same God is present to hear those prayers of supplication and praise. I know this experientially because I have done so, and my perception of my God remains the same wherever I pray and, in meditation, I listen to my God wherever I am. My God is the Unity behind all diversity. My personal relationship with my God grows daily.

Because we cannot definitively and scientifically prove the existence of God, we must rely on our belief system to “prove” the existence of God. Without this irrefutable proof we develop a thought via our imagination, this thought becomes a belief system and that belief is cemented as the “truth”. This “truth” must not be questioned by a believer under pain of excommunication from the religion and maybe even death as the ultimate penalty for disobeying this “truth”.

It's merely a thought, now wrapped up in the garb of a religion or spiritual belief system, and, the God involved wants the religious leaders to put you to death for disobeying this "truth".

I don't think so!

Not my perception of God as my God is a God of Love. My God is Love, and my Love is God.

Is your God so insecure that a mere mortal can upset this Omnipotent Power because they ate the wrong food, didn't wear the right clothes, didn't pray a prescribed number of times a day, had sexual relations with someone other than their spouse, etc. etc.

It's mere mortals who are so insecure that non-conformists threaten them and their way of life. They do not have sufficient faith and belief in their God, as a God of tolerance and Love. They need to get rid of these non-conformists within and outside of their religion as they are threatening their fragile ego's belief system about their God.

Most religions have their non-conformists in their history, and currently, and fighting over a minor change to the major belief system has led to countless wars and bloodshed in the past and even currently.

According to research from the Pew Research Centre's Forum on Religion and Public Life, globally some 84% of people follow a religious faith. The remaining 16% do not follow a religion, and their lives appear to be unaffected as they go about their day doing what they need to do and seem none the worse for not having such a religious belief system.

It's not obligatory to believe in God, and for those who do, some obtain solace and a comfort level with this active belief system. Of 84% who supposedly do believe in a God or the God, I believe the majority of whom don't consciously connect with God daily. I believe that active behavioural religious people are in the minority in most religions. Attendance at places of worship is usually low daily and ramps up on the religions' holy day of the week.

For these non-daily observant people, God serves the same function as an airbag in a car- for emergency accident purposes only! Let's call this majority of people in the world, those who follow an "Airbag God". For the most part, their lives carry on much the same as the atheists and agnostics unaffected by their apparent non-daily observance of their God.

I would speculate that less than 10 % of most people following a religion practice their worship daily and less than that number behave religiously towards their fellow man.

So to be contentious, let me speculate and estimate that say 5% out of the total of the 84 % of religious people, actually actively lead a religious life of both daily worship and following the Golden Rule of “doing unto others as they want done to themselves”.

Bringing this down to actual numbers, I estimate that some 375 million people actively worship their God daily and behave in a Godlike manner towards their fellow man. Slightly less than 5% of the current 7.7 billion people on earth as of April 2019.

Am I too optimistic? Or do you think I am too pessimistic?

The reality is that our DNA is encoded through tens of thousands of years to be only concerned for our well being and, for those with families, also to be concerned for their well being too.

To overcome that entrenched self-survival mindset within our DNA and to be concerned and willing to assist our fellow man from a religious behavioural viewpoint, or simply because you feel its the correct way to behave, is a monumental task.

Let me give you an example I have used before in my free book *How to Live in the Now* found on personalempowerment.co.

Picture a high society ball in a five-star hotel's penthouse ballroom. The men are in their tuxedos and the ladies in their most elegant ball gowns with diamonds glistening on their wrists, around their necks and as tiaras in their hair. These people are the epitome of high society with impeccable manners and politeness as they all preen themselves to create the correct impression of how special they all are.

Suddenly smoke starts billowing under the doors and fire alarms are sounded. These previously genteel people begin acting like animals in the forest trying to escape the oncoming fire. There is a mad dash for the doors as people are screaming, pushing and shoving to escape the oncoming smoke and fire. Pandemonium ensues, and people are pushed, and fall and are trampled underfoot as the self-survival fight or flight adrenal response kicks in and its every person for themselves.

It's not a case of this action being judged right or wrong; it's encoded in our DNA from tens of thousands of years ago to ensure self-survival from looming disaster.

Now, let's return to our assessed 375 million people, or 5% of the world's population, who actively live a religious or spiritual life in daily belief and behaviour.

What would you estimate the number to be of these people who would not revert to encoded DNA fight or flight response in the scenario above? What number of people amongst our 375 million people would sacrifice themselves to ensure that someone else survives the looming carnage?

Whatever number we choose is only a guess, but, the point I am making is that its a minority of these religious or spiritual people, or even atheists or agnostic, who would pay the ultimate sacrifice for their fellow man.

So I conclude that a superhuman conscious effort is required when circumstances are at their extreme, such as in the fire scenario above, to be a human being, coming from soul-based love rather than a human doing coming from ego-based fear and hope.

In my view this is real POWER— Present Only When Ego (is) Removed— and in achieving the status of the title of this book GAIN—God And I Now—you become a Superhero, and the world needs superheroes now more than ever before.

How do I know this? Because Superhero movies grossed \$2.8 billion in the USA alone in 2018 according to [statista.com](https://www.statista.com). With SuperHero movies in eight of the top eleven grossing movies in the USA in 2018, according to www.boxofficemojo.com, the world is hungry for a SuperHero.

One of the reasons that the world is hungry for superheroes is because they do not see any in public life. There is no Nelson Mandela's, no Gandhi's, no Mother Theresa's, no Winston Churchill's, no Lady Diana's.

What we have instead is top church officials being charged as paedophiles and rapists, as are globally famous actors, politicians, musicians and sportspeople. Political leaders are being demonised, and their actions are adding fuel to this fire daily. It appears that egos are running rampant and it's every man and women for themselves who are in the public eye.

Corruption is endemic mainly in most of Africa, many countries in South America, Russia, North Korea, Afghanistan, Iraq, Iran, Eastern Europe, primarily the ex USSR countries, countries in Central America as well as globally publicised corruption scandals daily in the First World countries. The greedy, exploitative image of Wall Street and the financial gods running and ruining the world has never recovered from the 2008 Great Depression. This financial carnage was caused by excessive greed with most of the culprits currently still at their desks perpetrating the next looming disaster of corporate borrowing, and, in China, of non-performing loans for real estate and other banking misfeasance.

The world is crying out for Superheroes as people feel so defenceless against the threats they are facing. One Eastern European country has just elected a comedian as its new President!

I believe that we are all capable of becoming real Superheroes by adopting a life-style of GAIN- God And I Now.

You are a Light Being

Its time to start the story at the beginning of creation. I have spelt out this process in numerous of my other free books found on personalempowerment.co

For those who read and believe in the bible, you will know that the Book of Genesis begins with the story of creation. God, a Spirit hovering over a void of water, calls the world into creation with light, sky, land, vegetation and living creatures over six days, and God rests on the seventh day. My belief system is that when God created Light, he did so with billions of Light Beings of which you are one. You were part of God from the beginning of creation, and that part of God is your soul. Like God, your soul is immortal and eternal.

When you come to the earth plane of existence as a soul, you chose a body to occupy as a baby. The choices you make in Spirit will be dealt with later, but for now your soul within the body you chose is connected to the larger part of you, or should I say You, which is your Higher Self, or your complete Soul, of which a smaller part is the soul within your current body.

The soul within your body is a Light energy vibration and cannot be seen by a human being but can certainly be felt by one. That is why it is said that “feelings are the language of your soul.”

In keeping with the title of this book- GAIN—God And I Now— you are always and in all ways a part of God.

When you know that you are a tiny part of God and that God is incomplete without your small part, then you will realise how truly powerful you are. Jesus referred to this when he said in *John 10:34* “*Is it not written in your law, I said, ye are gods?*”

In *Psalms 82.6*, a psalm of Asaph, it is written I said, “*you are ‘gods’ you are all sons of the Most High.*” It is in this psalm that the injunction is given to defend the weak and the fatherless; uphold the cause of the poor and the oppressed; rescue the weak and the needy and delivering them from the hand of the wicked.

Asaph is said to be one of the three Levites commissioned by David to be in charge of singing in the house of *Yahweh* or whom we call God today.

So from the above, we can impugn that we are all a part of God, and that part is our eternal and immortal soul.

From a spiritual perspective, I understand that God has no other hands, but mine, as stated by Saint Teresa of Avila (1515-1582) where she referred to *“Christ, has no body now but yours.No hands, no feet on earth but yours. Yours are the eyes through which he looks to be compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands; yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth, but yours.”*

Where did we go wrong?

OK, so where did we go wrong? If you don't feel that you are a part of God what happened to you to knock you off the path of being a part of God.

It's a little three letter word— EGO — Edging God Out. As stated in all my books, this is the “bad” ego, not the good ego that stops you from jumping off a building. This bad ego from now on is referred to as ego, and is the selfish part of you that has all the negative traits of human existence; greed, fear, loss, pride, jealousy etc. In Christianity, they are called the *Seven Deadly Sins* being pride, greed, lust, envy, gluttony, wrath and sloth.

To this list, you can add judgement, fear, lack of forgiveness and a myriad of unpleasant character traits you witness around you, and maybe even from you, daily.

It's this ego that separates you from God in your mind, but that is only a mind game and, in reality, you are never separated from God eternally or immortally.

With ego in the driving seat of your life, you are guaranteed a life of friction and strife. With the soul in the driving seat of your life, you are assured that in the long run, your life will be full of love, peace, joy and even bliss.

The greatest power that you have been given is the power of CHOICE. You can choose your thoughts, whether you are in a pit in prison or on a throne in a palace. I often quote the short poem my mother taught me *“two men looked out of prison bars, one saw mud and one saw stars.”*

Everything begins with a thought as I have spelt out in my free book *Achieving Your Goals and Dreams* found on personalempowerment.co.

The key for thought is whether your thoughts are derived from soul/ love or ego and its various drivers usually based on fear of loss. That's where the power of choice comes into play. By consciously choosing thoughts based on soul/love your life will be surrounded by such love, and usually, you will find yourself above the friction level of life. Conversely, when and where your fear-based ego dominates your thoughts, then you had better tighten your seat belt for a challenging ride through life.

When you next sit in your doctor's waiting room without being too intrusive have a look at the people seated there. Those egocentric people will be noticeable as they will be more demanding of attention and usually, they won't be joyful but be complaining or impatient more than most. The soul/love based people will be sitting contently waiting for their appointment, and they will be smiling and appear to be joyful even if they are merely sitting quietly or even reading a magazine from the table in the reception area. The medical staff, including the doctor, will have developed a sixth sense about these two distinct types of patients and they will know who is likely to recover their good health and who are destined to be plagued by ongoing poorer health.

My mother was in a charming retirement home. When I visited her, I could immediately see which older person had lived a life of soul/love and which had lived a life of ego/fear of loss. It showed on their faces, and in their bodies and especially in the way they treated their fellow residents and the staff in attendance to their needs.

The reality is that we are all a part of God and if we choose to ignore that truth and operate without such awareness or consciousness we are tying our legs together and will be disadvantaged through life's journey.

Of course, as stated earlier, there are some 16 % of the world's population that doesn't even acknowledge that there is a God, let alone that they are a part of God. For many of these people, their life carries on either coming from love or ego depending on how they were brought up or learnt through their life how to respond in love or react from their ego.

My experience in life to date shows me that only a tiny percentage of people operate from soul/love, and the vast majority operate from ego/ fear of loss.

The encoded DNA over tens of thousands of years of the fight or flight response probably is at the core of such reaction based on fear of loss as opposed to a more enlightened conscious response coming from soul/love overriding the encoded DNA reaction.

Your spiritual journey

Its time to take a trip back in time and inform you what I believe to be the process that finds you in Spirit and on your decision to leave the unconditional love of Spirit and return once again to the earth plane of existence within the body of a baby soon to be born.

As stated earlier, you are a Light Being, and your permanent home is in the realm of the Spirit World as its sometimes called. There are said to be various levels in the Spirit World according to the extensive research I have done in what is called the Afterlife by people who have had near death experiences (NDE's) and returned to earth with similar but varying stories.

There is also the extensive reading I have done on works that have been said to be channelled as well as thousands of hours listening to these channelled entities known as Seth, Abraham, Oneness and many others.

I, too, was granted the ability to channel in 2004 and have had some fascinating "conversations" while in this channelled state. I believe that this channelling, which began with the six books on my other spiritual website *GuideSpeak.com*, has morphed into the writing I have done on *personalempowerment.co* where there are currently sixteen free books as at March 2019. I also believe this book to be part of this channelling process, which started some 15 years ago.

The various levels in the Spirit World are delineating by the amount of Light and Unconditional Love that appears at these levels. The lowest level is said to be very bleak and not much Unconditional Love is found there. For those who believe in a Hell, and I don't, this is probably this lowest level. The highest level is where what we are calling God in this book is found. Progress up and down these levels are made through the growth or decay of one's soul's journey both on the earth plane, in other "spaces" and in Spirit.

At these levels, we are joined by other Souls who are at our level of Soul's growth and together with them; we create Soul Groups. While life is peaceful and loving in Spirit and there is a lot of work to do in places like the *Hall of Learning*, the growth of ones Soul is much slower in the Oneness of Spirit than it is on the duality on earth.

Life on earth is the co-existence of opposites and experiencing moving from challenge to opportunity enables and allows for the growth of our eternal and immortal soul.

Additionally, from my research, the Souls hanker after the sensual experiences that are found on the earth plane of existence where one can use your five senses of sight, smell, touch, taste and hearing. Earth is a tough place to visit, and Channeled Entities always praise us for having the courage to return to earth and to choose to experience some painful lessons for the growth of our soul, which growth is accelerated in the physical realm of living on the earth plane.

I am going to reproduce a section of my free book *How to Live in the Now*, which I referred to earlier, to synthesise the role of You as a much larger Higher Soul becoming you as a soul (part of your Higher Soul) within a body on the earth's plane of existence.

How did You become you? (pages 14-16)

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

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

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

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

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

The casting directors hire the cast, the wardrobe department issues the costumes, and the film director instructs the actors and actresses how to play their characters and roles.

Once the movie is shot and "it's a wrap," the actors and actresses take off their makeup, get out of their costumes, and go home as the real people they were before they arrived at the movie set.

So it is with Souls in the Soul Group. To experience what needs to be experienced; certain Souls incarnated into bodies on earth; some play the villains and some the victims, some are the heroes, and some are the bystanders, and so on.

Souls have to select which bodies they will enter as babies being born, choosing or agreeing to their particular parents, siblings, and circumstances.

The other Souls from the Soul Group, aware of the “bigger picture,” know what their designated roles are to be and incarnate with the appropriate timing.

In every generation, in every moment, numerous Soul groups are simultaneously playing out multiple Soul contracts. The critical thing to know is that, while what you experience is real enough while you experience it, in the “bigger picture” it is all role-playing.

In Ultimate Reality, there are no villains and no victims – there are only experiences being had by a Soul so that Soul, as Part of God, can learn and grow and add to the experience of God’s experiential knowing.

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

To use a further example of Souls fulfilling Soul-contract roles: Tom Hanks, the Hollywood actor, is at home with his family when he receives a film script to read to consider playing the lead in Forrest Gump. He agrees to play the part and, while he is acting, he is Forrest Gump. When he has finished that movie, he goes home to his wife and family, resuming his regular role as a husband and father. A while later he plays a part which is quite different in Saving Private Ryan, and still, later on, he “becomes” the Eastern European air traveller stuck at the airport in The Terminal, and so on.

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

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

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

You, as a person, are enabling God to know what Love is as experienced by a human exactly like you on the earth plane. God, Who is Love, knows that Love on a Spiritual plane, but, to experience the growth and flowering of Love via a human experience, God needs you to become You, while on the Earth Plane.

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

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

So I hope you now have a clearer idea of the mystery of what you are doing here. Your meaning and purpose are to fulfil your Soul Contract made with your Soul Group as they fulfil their Soul Contracts in the interlinked pattern of events that you all planned out when you were in Spirit.

The ultimate meaning and purpose are to become as Godlike as possible and to enable God to experience through you the sensual experiences you choose.

Now you can more fully understand the well-known expression “it’s the journey and not the destination”.

Once again this explanation depicts the title of this book- GAIN—God And I Now—

Another vital foundation stone of understanding is that God is Love and You/you are a part of God, and You/you are Love too, always and in all ways. You are Love at your essence and if you do not feel that Love then what is blocking you from doing so. The answer is always and in all ways, your EGO— Edging God Out.

Your fear based ego is dominating your thoughts, and those thoughts are blocking your feelings from knowing the Love at your essence. The task to rid yourself of this ego is a continual struggle of becoming conscious or aware of your every thought, word and deed and to examine it to ensure that it comes from soul/ love and not from ego/fear.

There are two ways you can do this and simplify the process of ensuring you are soul/love. The first way is to ask yourself at every instance “*what would Love do now?*” and do only that. For those more religiously inclined you can add “*what would God/Love do now?*” and do only that.

The second way is to “*Be Here Now*”. I have written a lengthy free book referred to above, *How to Live in the Now*, and in it, I explain that the Now is not a time, its a space- what I call God’s Space.

I quote from pages 4-6 of *How to Live in the Now*:

What is the Now?

The space that something is happening in.

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

Everything always happens in this eternal space of Now. Once anything has happened, it is in the past and, before it happens, it is in the future, in Earth-Plane terms.

The Now is the “space” where everything is happening Now.

The structure of an atom is 99.999% empty space. Vast space, called “outer space” or the universe, surrounds the earth. The speed of light is 186,000 miles per second. A light-year is the distance or space through which light can travel in a year. Light takes one second to reach the moon from the earth. The sun’s light takes eight minutes to reach the earth. The nearest neighbouring star to earth is 4.5 light-years away. No wonder it’s called space!

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

What’s in all this space?

God. A Higher Power, which we call God, with your consent. (Please refer to the “Concept of a Higher Power” on p. 11.)

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

God is in the Now.

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

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

WOW!

WOW—Wonder Of Wonders!

So, how do you live in the Now?

To put it simply – be Godlike!

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

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

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

“What would Love/God do Now?” and do only that.

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

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

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

How do you know if you are being Godlike?

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

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

Once again, I revert to the title of this book- GAIN—God And I Now— to synthesise the above understanding of being Love and living in the Now.

OK, so if you are still with me and want to find out more of why you and God are One then its time we used the subject headings I frequently use in my other books to further identify GAIN—God And I Now.

Abundance

God is All that Is and so everything there is belongs to God.

As a part of God, you are also abundant without measure if you are Godlike in your thoughts, words and actions.

Abundance is a mentality and not a bank account. On *personalempowerment.co* there is my prayer on the home page that I frequently repeat throughout the day: “*God will give me what I need, when I need it, for the highest growth of my soul. God’s timing is always perfect, trust God now, live in the now and be Godlike.*”

Do you remember when you took your first job, and you received your first paycheck? Did that not feel abundant to you. At that stage, you may have been still living at home with your parents and using public transport to get around — all that money in your pocket and a few expenses to take care of. Today you probably earn so much more, but your expenses are so high that some 47% of Americans cannot raise \$400 in savings for an emergency, as spelt out in my free book *Managing Your Stress Effectively* found on *personalempowerment.co*.

When you have an abundant mentality, and you place your trust in God to give you what you need when you need it for the highest growth of your soul. God then expects you to do all you can to make the fulfilment of your needs achievable. There is an old Indian proverb that states: “pray to God but row away from the rocks!”

The experiential knowledge of GAIN— God And I Now— is a partnership with God as your co-Creator of your life, so pray to God but row away from the rocks in your life!

At a physical level on the earth plane, the world is soon to realise that the true abundance is fresh drinking water. The miracle of the continual recreation of water through its various stages of evaporation, condensation, precipitation and collection is usually inefficiently achieved as to the final part of collection and wastage of water is commonplace.

With over 70% of the world covered by sea and precipitation likely to fall proportionately into the sea, the looming water shortages in urban areas away from the sea, where water desalination plants could prove effective, is going to make fresh drinking water the most valuable commodity in the world.

Less than 1% of the earth’s water is fresh water, and 2-3% of the earth’s water is contained in glaciers and ice caps which are rapidly melting into the sea due to long ignored climate change issues.

The same water recycles itself when the world had one billion people living on it, and currently, we have some 7.7 billion people. Estimates of the world population by 2050 will be 9.7 billion people of which over two thirds will reside in urban areas. Many of these urban areas currently have ageing and inefficient water infrastructure to collect and deliver fresh clean drinking water.

Over 70% of our bodies and brain comprise water, and for that, we need fresh clean drinking water which is becoming increasing in short supply.

At a physical level, fresh clean water is going to be how our grandchildren and great grandchildren spell abundance!

Acceptance

When you approach acceptance of what is occurring now in your life from a perspective of GAIN— God And I Now —then you develop the trust to say “Thank you God for this” - no matter if it is judged as good news or bad news. Your acceptance of what is happening now is that it is news without any judgement thereof.

When a couple stares into each other’s eye on their wedding day, this is perceived to be good news. What then do you call the defiant glare in their eyes as they stare daggers at each other at the divorce proceedings where 33% of weddings in the Western World meet their end? Good news becomes bad news.

Our now divorced person having a cloud of negativity around them goes on a blind date and meets Mr./Mrs Right who turns out to be what is called their soulmate, and they become blissfully happy. Here bad news becomes good news and so the cycle turns.

In my free book *Being Loved Unconditionally* found on personalempowerment.co, I deal with eight magic phrases in accepting what is happening now.

This moment is perfect as it is now

This is what I need now

Can you see God in what is happening now?

Say YES to what is showing up now

Say “Thank you, God, for this”.

No judgement- simply shrug your shoulders and say “Is that so?”

No judgement- say “no matter” and be as loving as you can to what is showing up now.

No judgement- say “this too?” to negate its impact by your response.

Action

A map never carried a person one inch along their journey. Action is required for growth to occur.

Do you see God as a verb or as a noun? Is your perception of God a “doing word” that reflects action, condition or experience, or is it a noun that refers to a person, thing, event, substance or quality.

I think this distinction is very relevant as it refers to your expectations of GAIN— God And I Now.

My God is a living God, a God of action, an ongoing Creator of Universes.

For those people who see God as a noun, perhaps they are more complacent and don't see God as growing but fully complete. As explained above, everything we experience adds to the growth of our soul and to the experience of God adding to God's growth too.

If your concept of God is a living God, a God of action, then you will know GAIN— God And I Now.

Adversity

Now you may be wondering how adversity can be part of GAIN— God And I Now?

Why would an omnipotent God know adversity with us mere mortals?

Taking another perspective on adversity, we compare life to a kite. A kite only rises high when it is against the wind.

In Ecclesiasticus 2:5, we read that “gold is tried in the fire and acceptable men in the furnace of adversity”. Proverbs 17:3-13 has a similar quotation, as does Isaiah 48:10.

No one said that spiritually advanced people would not know adversity. Virtually every spiritual leader throughout history has combatted adversity and overcome it to grow into the spiritual leader of that era and sometimes a Spiritual Leader of over thousands of years in the case of Moses, Jesus, Paul, Buddha, Muhammed, and

the three most important representations of Brahman in Hinduism, Brahma; Vishnu; and Shiva, to name a few religious belief characters.

It seems that God uses adversity to test the belief, perseverance, character, morals, ethics, values and courage of those who would represent God and, in our instance, for those who will attain GAIN—God And I Now.

Welcome adversity as a potential growth spurt to bring you closer to God. If you can see that this adversity is God testing your resolve to be Godlike in your thoughts, words and actions, then you will change your perspective of this adversity. Your thoughts, words and actions will then become one of welcoming the adversity, and by saying “look here is adversity to test me, then I must be on the correct path to become Godlike and to know GAIN— God And I Now”!

How about changing the way you look at this adversity and instead of seeing it as a fear-based threat to you, see it as a soul based love needing to find an opening to blossom forth.

Let me illustrate that with a story I have used before in one of my books.

A young Westerner was studying karate in Japan at a very high level. One day he was on the train going home from his all-day classes. A large Japanese man boarded the train and was evidently drunk and abusive in swearing and attacking the other passengers. Our Westerner saw that this was an opportunity to use his karate skills and to subdue this attacker on the train. He stood up and steadied himself as the man lurched towards him, intent on doing him harm. Just then a shrill whistle pierced the air, and a small elderly Japanese man stood up and said to the abusive passenger “come and sit here with me”. The abusive man saw that this elderly gentleman didn’t present any threat to him, and he slumped down in the empty seat.

The elderly man then began talking to him in a whispering tone and asking him if he had been drinking saki. He gruffly said that he was. The elderly man carried on in this conspiring whispering tone, and he said to the abusive man that he and his wife always enjoy saki every evening when he gets home from work. They sit in their little garden and enjoy a glass of saki. At which point the abusive man burst into tears and confessed that his wife had recently passed on and he was so distraught that all he could do was to get drunk every day to numb the pain he felt. The little old man tried as best as he could to put his arm around this large man’s shoulders, and he held him as he sobbed and sobbed.

The young Westerner received the best lesson of his life that day as he understood that soul based love overcomes ego fear based adversity.

There is always more opportunity for the growth of your soul in adversity than there is in any other circumstance. Bear in mind the saying “when the going gets tough, the tough get going!”

Look for where love can replace fear in the adversity that is presented to you and your growth spurt to become GAIN—God And I Now— is assured.

Appreciation

Maslow’s Hierarchy of Needs determines how we feel within to what is going on in our lives and how we behave motivationally to reach five specified levels as depicted by the hierarchical pyramid Maslow created over 70 years ago.

The five levels are psychological needs like food, water, warmth and rest at the base of the pyramid. The next level up deals with safety and security needs; the middle-level deals with belongingness and intimate love needs. The second highest level deals with esteem needs being the prestige we feel and the feeling of accomplishment. The top level is self-actualisation of achieving one’s full potential, including creative activities.

When we receive appreciation from another, this improves our esteem at the second highest level. This appreciation from another is a double-edged sword as the same person, or people can criticise you too, and this will negatively affect your esteem.

If you want to reach the top level of self-actualisation, then you must show validated appreciation to yourself. I often write about a technique that I practice daily and that is to look at myself in the bathroom mirror every morning and tell myself that “I love you Neville” and I also say “I love you, God”. I go a step further and say “I am proud of you Neville for

.....” and “I am proud of you God for.....”. I repeat this mirror process every evening before bedtime where I state what has transpired during the day that I am proud of, and I am proud of God for being my co-Creator in what has happened for that day. Where I feel the Hand of God has lifted me during the day, I also thank God and state that I am proud of God for that upliftment.

In my daily morning prayer, I strive to align my Soul, my Higher Self and my Higher Power in harmony, peace and love and for making feel blissful. I am appreciative of my Soul, my Higher Self and my Higher Power for the continual and consistent role they play in my life.

God doesn’t need any appreciation from me, but I need to know that I am co-creating my life with God in the understanding of GAIN—God And I Now.

Attention

Whatever you place your attention on magnifies itself. Visualise walking around with a powerful magnifying glass and deciding where you want to put your focus.

If your attention is fragmented into various things at once, what is called multitasking today, then not much will be achieved as the focus and concentration that a magnifying glass will bring is negated by the various points of your fragmented attention.

If your attention is focused with a laser-like quality, then what you focus on will magnify and become significant in your life.

There is good news and bad news here, though! If your attention is on negative thoughts, words and actions, these adverse outcomes will eventuate as that is where your attention is focused for that negativity to grow. And that's the good news! Just kidding, I wanted to see if you are still awake!

The good news is that when you focus your attention on positive, creative thoughts, words and actions, then this positivity will grow as its being magnified by your attention.

As we dealt with acceptance of "what is" under the topic heading of acceptance above, I want you to focus on "what is" now and see its fullness in this moment of now.

As outlined earlier on in this book, the only place/space that God can be found is in the present moment of now or God's Space as I call it. Once you are in the present moment of now, then God is everywhere in this space. You have to be in the now, and your attention will see God in everything and everyone as you will experience the living aspect of Oneness.

At that moment you will experience GAIN— God And I Now.

Attitude

I CAN is one hundred times more valuable than IQ.

The most enormous gulf known to man is between I CAN and I CAN'T.

In these two statements is the summation of attitude towards life.

I started my business career in 1970, and over the past 49 years I have come across tens of thousands of people, and there is one overarching characteristic that separates winners from whiners, victors from victims, successful people from unsuccessful people, happy people from sad people and that is the attitude that they brought to the day. Those who said I can, and I will made the life they wanted, and those whose attitude is one of I Can't saw the fruits of their negative attitude wilt on the branch of life.

By saying YES to whatever shows up in your life is trusting in your co-Creator, God, to give you what you need when you need it for the highest growth of your Soul. Now that's easy to do when its something you want to happen but having the I Can, positive attitude, when whatever is showing up is not what you want at all, this takes guts as well as a positive mental attitude.

If you remember my acronym for YES— You Encapsulating Spirit— this may help you know that GAIN—God And I Now— is what YES stands for too!

Imagine if your attitude to life was:

Thank you, God, for everything that happens to me and saying YES to whatever happens to you

then your life will be so rewarding, successful, prosperous and blissful.

Authenticity

Being authentic as a person is living your life as a soul-based person. Authentic people have a presence of self respect, respect for others, self integrity, knowledge, wisdom and embody trust. While being open minded and flexible to changing circumstances, the authentic person is seen as someone dependable and consistently rock solid in all circumstances. How well they walk through the fire with their head held high through being an authentic human being is what great reputations are made of.

Authenticity is found in being Godlike in ones thoughts, words and actions and in being GAIN—God And I Now.

Awareness

The awareness I am referring to is also called consciousness too. It is to be aware, or conscious, of a Presence we are calling God in this book. Other Unseen Entities surround you always and in all ways, and these are sometimes called your Soul, your Higher Self, your Spirit Guides, Angels and the Spiritual Entities you will discover when you pass away from this world and move to the next “space”.

You may have experienced “feeling” that a close family member or close personal friend is in your thoughts or somehow around you when you know they have passed on from this world to the next world. You may have experienced them in your dream state as if they were so real that upon waking, you wanted to go back to sleep to reconnect with them again, but that very seldom happens.

I cannot offer you any hard evidence or proof of these Unseen Entities or people in your dreams being “real”, but I live my life choosing to believe that they are “real” and that makes me happier than refusing even to acknowledge that they may be a possibility, let alone a probability.

As stated earlier, the most powerful thought we can make is how we choose our thoughts. That choice is yours to make and should you select awareness or consciousness of acknowledging that God exists and that Unseen Entities may also exist in your life then that is the initial step to achieving GAIN— God And I Now.

The way I have approached this awareness or consciousness is not to try and understand what God is but to have instead a perception of how God would think, say and act in a Godlike way and attempt to emulate that in dealing with what is happening now in my space.

Being

Are you a human being or a human doing? If you approach life with a soul/love based approach, then you are a human being, but if you approach life from a fear/ego base, then you are doing things to promote and protect your ego.

If you read Psalm 46:10, God is telling us to be still and know that I am God. The only way we can achieve GAIN— God And I Now— is to **be** still, not to **do** still!

So it's evident that first, we must 'be', then we must 'be still' and then we evolve into 'Being Godlike' and knowing GAIN— God And I Now.

Best

BEST- Being Evolving Sharing Trust

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

When you do the best you can, you attract vibrationally the best there is to match your willingness to be and do the best you can. It's the Law of Attraction and like will attract like vibrationally and then manifest as such on the earth plane for you, at the correct timing in terms of your Soul's growth needs.

Conversely, when you do something considered to be poor behaviour you will attract into your space other poor related issues to contend with. It's the Law of Attraction operating at a vibrational level bringing you what you are being and doing. Once again, the vibrational alignment will occur in another space, and then, when the time is correct in terms of the growth needs of your Soul, this poor related issue will manifest in your space on the earth's plane.

Good is the enemy of great as good enough is never acceptable to someone who wants to be and do the best they can.

If your approach to life and its struggles and dreams is to be and do the best you can, then the Universe will reward you with the best rewards for those efforts.

The best efforts I am referring to are contained in the two acronyms above for BEST and TRUST.

Of course, being GAIN— God And I Now — and living a Godlike life achieves these objectives of BEST and TRUST.

Charity

As I have mentioned in my other books, in Johannesburg we have beggars at most intersections and traffic lights, and there are thousands of beggars wherever you drive in the city. With 3 000 people a day streaming into Johannesburg to look for

work from the rural areas and neighbouring countries and over 10 million people already unemployed in South Africa, the number of beggars grows daily.

I usually support certain beggars whose “territories” are the traffic lights along my route to and from work. I have got to know their names and give them fruit daily, and usually, I give them my families old clothes, shoes and other items.

One beggar, John, is a man around 30 years old with half his teeth already fallen out but he has the biggest grin you have ever seen, and he is always upbeat as he goes from car to car soliciting money as the drivers wait for the traffic light to change.

John is a great fist-pumper, and most people ignore him, and for those who do return his fist pump, they do it through the closed window, safely ensconced in the closed cocoon of their car. I open my window to give him fruit for the day, and we do skin to skin fist pump daily, and it puts me in a wonderful mood and no doubt John too.

Today, I saw a new woman with a cardboard sign standing higher up the road, and I asked John what the sign said. He told me her child was very sick, and she needed medicine urgently. When my car drew up to her, I gave her some money and John chased my car up the road and made a prayer sign with his hands to thank me for helping her.

Why am I telling you this story? I am starting to believe that John is an Angel in human form. For someone who obviously only has the ragged clothes on his back to call his own plus my son's old shoes which he proudly shows me each day in gratitude for now having shoes on his previously bare feet and maintaining the happiest face I encounter from anyone all day, he is a god incarnate.

Perhaps John's message is to the rest of us to be very grateful for all we have and to be a lot happier than we are. He has nothing materialistically and is the happiest person I see all day long. If that isn't an Angel in human form, then I don't know what is?

Thank you, God, for putting John in my life to remind me to be much happier than I am with all that You have blessed me with in my life.

John is the living proof of GAIN— God And I Now— as his infectious grin, happy demeanour and skin to skin fist pump brighten my day every morning on the way to work, and I somehow know I am fist pumping an Angel.

I now believe that John is giving me charity and upliftment rather than the other way around!

Coincidences

I believe that in God's world, there are no coincidences. My belief system is one of Soul Contracts we make with our Higher Self and with each other, and we come to the earth plane to play out these previously arranged roles to fix the gaping holes in our souls that need addressing and bringing closure in our desire to perfect our eternal Soul's growth.

What we call coincidences is merely God, our co-Creator, giving us a nudge as a course correction and bumping us onto the path of someone we are supposed to be connecting with at that pre-arranged time in terms of our Soul Contracts.

How often have we said to someone else "what a coincidence I was just thinking of you or I was just about to call you?"

And God smiles in anonymity as the connection is made. Synchronicity is at work here.

When you encounter these so-called coincidences in future say "thank you, God" and know that God is reminding you of GAIN— God And I Now.

Compassion

My God is a God of Love. This Love is unconditional, and compassion is a vital part of this unconditional Love.

My God delivers this compassion via every living creature on the earth plane. Not every living creature is aware that they have been sent this compassion for themselves and to be passed onto others too. Most human beings become human doings and don't know that they have compassion within them. Animals, birds and other living creatures seem to allow this compassion to come through when it doesn't interfere with the "food chain process". Watching domesticated pets' outpouring of compassion to a new baby in a home is a treat to witness.

Those human beings that do show compassion to themselves and other humans, and other living creatures, usually have an awareness of GAIN—God And I Now—in their lives.

Compassion flows from God through such people to themselves and others, and their lives are usually positively affected by showing and receiving the emotional feelings that come to them from showing such compassion. These human beings are generally loved and not feared, and usually, their happiness and good health reflect that.

Those human beings that go through life following the “five finger rule”- what’s.. in .. it.. for.. me.. are usually feared and not loved, and their miserly attitude to life shows that “oneupmanship” as an ugly trait. They are ego/fear proud and soul/love poor and ill health and unhappiness seems to dog the more extreme of these human doings.

People with compassion not only mouth the words to support those in need but also have a strong desire to alleviate this suffering. This compassion is a delicate balancing act from a spiritual viewpoint as everyone has a soul contract, and perhaps the plight they are suffering from is part of that contract. Solving someone’s problem for them may be detrimental to the growth of their Soul. The best way to show compassion is in a supportive role letting the relevant person know you are there to support but not doing the “hard yards” for them.

This supportive role was recently explained to me to be the “straight jacket” approach to problem-solving. Your arms are locked into the straight jacket, and you can’t help them physically, but you can help them with words of compassion and encouragement.

Dignity

Because you are part of GAIN—God And I Now— you are born with dignity within you. Dignity can never be taken from you; you have to surrender it. Many people do so for reasons of expediency, usually for a short term gain and an unseen long term loss.

The dignity I speak of is not an ego-based feeling of superiority but a soul/love based feeling of maintaining your self-respect through your thoughts, words and behaviour by operating in a Godlike manner towards yourself and others.

Dignity is a moral compass that shows you the way, no matter how dark it is where you are currently. By acting in a Godlike manner always, and in all ways, your moral compass will guide you correctly.

Energy

At our spiritual essence, all we are is energy represented by wave-like fluctuations of light-based energy, love and information in a void of such light-based energy, love and information.

Our representation of GAIN— God And I Now— is via such light-based energy fluctuations as God is such energy represented by such Love and Light.

When we tap into that God energy, we feel enlightened, strengthened and uplifted. Prayer accentuates that feeling of connectivity. In meditation, by listening to God in silence and stillness, will accelerate that feeling further.

These feelings are the language of our Soul as they connect to our Higher Self and our Higher Power in harmony, peace and love and we feel blissful as a result.

Enlightenment

Enlightenment flows from the energy described above and makes us feel uplifted in our mind, body and Soul. When we experience this enlightenment, we should remember that this is our essence, this is who really we are, a part of God, a part of Oneness. Our Soul and our Higher Self are being aligned with our Higher Power, and the feeling of enlightenment results, expressed emotionally as becoming blissful. (If you are interested in achieving such blissfulness please read my free book found on personalempowerment.co- *Becoming Blissful*)

When we experience this enlightenment, everything seems possible as we have entered the field of all possibilities in God's Space being the present moment of now.

To become enlightened requires this alignment to occur between our Soul, our Higher Self and our Higher Power and this is truly GAIN—God And I Now.

Enthusiasm

Enthusiasm is derived from the Greek, and it means to be inspired by God. The word inspiration comes from the Latin word *inspirare* derived from *spirare*, which means to breathe.

There is a scriptural acknowledgement that God breathed the words of scripture as God breathed life into Adam, God's creation of man.

Whatever you do in this world if you do it with enthusiasm then the success of your life on the earth plane is assured. Enthusiasm will see you overcome the speed bumps of life that usually hold people back from progressing towards their goal.

When you become enthusiastic, you are being inspired by God and breathing life into your endeavours. This is best done in GAIN— God And I Now.

Faith

My acronym for FAITH is For All I Thank Heaven.

Saint Thomas Aquinas (1225-1274) said, *To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.*

Tagore (1861-1941) said, *"Faith is the bird that feels the light and sings when the dawn is still dark"*.

In my view, the test of true faith is the ability to say "Thank you, God, for everything that happens to me" and to mean it sincerely.

GAIN— God And I Now— is the epitome of such faith in your Higher Power.

Giving and generosity

Those of us with an abundance mentality know that everything we have and call our own is merely a trust that has been given to us to administer as a Steward to look after for God as God is All That Is.

When we give and appear to be generous in such giving this only gets scored in the plus column of our life's records if we do so without our ego being involved. Otherwise, leading from our ego and appearing to be magnanimous when giving and looking to be so generous counts as a minus on our life's records.

Everything we think, say and do on the earth plane of existence is seen transparently in Spirit, and our life's records are kept through such transparent understandings.

In TRUTH— To Reach Unto The Heavens— we do not give and receive, it is Life/ Universe/God/Oneness that gives through us and receives through us. We, who consider ourselves to be givers or receivers, are merely the conduit pipes that carry whatever is being given and received by Life to Life.

We enter this world naked and alone, and we exit the same way too. Whatever we accumulate is shared among the taxman and our inheritors. Those of us who are Receivers also have a role to play to enable the Givers to give generously in a non-egoic manner and to realise that they are merely Stewards handling God's abundance on behalf of God.

Today, March 10, 2019, I have read an essay from Michael Bloomberg, the Founder of Bloomberg News Services, on why he is not running as a contender to be the Democratic Nominee for the 2020 USA Presidential Election. His decision is based on a crowded field of Democratic Nominees all wanting to benefit from the current mismanagement of the American Presidency by one of the most ego-maniacal people in the world, Donald Trump.

Michael Bloomberg, a self-made billionaire, has stated he would want to be President of the USA one day but for the next two years, he is funding and managing meaningful programmes to fix the American way of life at street level as he successfully did as a multiple Mayor of New York. Bloomberg is giving generously of his money, expertise and management skills to solve several issues that will improve the lives of all Americans such as ridding the USA of coal-fired power plants and laying the foundations for clean energy beyond the dependency of the need for coal and oil. He intends to improve the education issue as he did in New York and to enable less financially fortunate people to enter college at an affordable tuition cost. His plans go beyond these issues, and his intentions appear honourable, and equally importantly, his Foundation is funding many of these initiatives.

At a spiritual level, when someone like Michael Bloomberg who is not blatantly ego-based as Trump is and he rolls up his sleeves and gets stuck into resolving significant problems for the betterment of his fellow countrymen irrespective of colour, creed and political partisanship, he is bound to succeed. Vibrationally, his best efforts will be matched by the best efforts of many Americans who will work with him

to get these significant problems resolved. Voting Americans may select him as President of the USA sometime during the decade of the 2020s.

GOAL

GOAL- God Only Allows Love

Most of us set goals for ourselves to achieve usually within specific time parameters.

If these are ego -based goals or materialistically based goals, the heightened feeling of achievement and attainment sees us coming down to earth soon after that.

If the goal is love based, and there is no ego involved, then by focusing on **how** you are being as a human being while achieving your goal is far more critical than even achieving your goal. Coming from love, support, encouragement, partnership, uplifting others, and building something for the betterment of others is more important than achieving any singular, ego-based gold medal award.

What you become as a human being in achieving your goal is far more critical than crossing the finishing line of life ahead of the others. Once that goal is completed, it is soon forgotten in the sands of time but **how** you behaved during and after the achievement will be remembered for a lot longer by you and your descendants.

There was an international cricket match in the early 1990s where the batting team had to score two runs to win from the last ball of the game. The bowler decided to bowl an unsporting underarm delivery along the ground to ensure that the batting team could not score the two runs. The result is long forgotten, but those of us who follow cricket know who the infamous bowler was and who he played for. When that same international cricket team was caught for ball tampering last year, the notorious incident of the early 1990s was dredged up showing the lack of sportsmanship of the team decades apart, and the whole nation was shamed once again. The Prime Minister actually apologised for this recent episode on national TV and talked of the shame it brought upon the nation.

If we can achieve our goal with an attitude of love, rather than ego, then we will experience the feeling of achievement both from crossing the finishing line as well as being part of God in GAIN—God And I Now in doing so.

Godlike

Of course, being Godlike is the epitome of being GAIN— God And I Now. The way to become Godlike is to ask yourself at every step of the way “What would God/Love do now?” and do only that.

The alignment of vibrational frequency from your Soul, to your Higher Self and then onto your Higher Power will allow and enable the Unconditional Love and Light of your Higher Power to be sent to you when you act upon “what would God/Love do now?”

Gratitude

What are we entitled to in this world? Why do we think we were “born entitled”? Why do we take so many things for granted as if it’s our right to have them?

It could be a stroke of fate, or, as I believe, it could be part of your Soul Contract that you were born where and how you were. If you are reading this you have access to electricity, some form of computer/cellphone and you have received an education enabling you to read and write.

More than 3 billion people, some 40% of people in the world, do not earn \$2.50 a day, and many do not have access to electricity, a computer or have received an education enabling them to read and to write.

There are people in India who are born and who live and eventually die living on human refuse dumps. According to The Independent newspaper in the UK there are 15 million people globally who live, work and die on human landfill dump sites. Why were you not one of these people?

What stroke of fate or Soul Contract, depending on your belief system, had you among the privileged classes away from the stench of rotting garbage and struggling to find something of value there to sell to buy some food for today.

Are we grateful for what we have? If so, how do we express that gratitude and to whom?

As mentioned earlier, under the topic of Charity, in Johannesburg we have many beggars not knowing if they will receive enough money to feed themselves for the day. We drive past in our luxury cars, and most people do not give a thought where

these beggars will sleep tonight and if they will have any food to eat. Most of us turn a blind eye and don't even acknowledge them as people.

My son Michael did an art project when he was in school some 12 years ago, and he depicted these street beggars as part human, and part animal as that was the way he saw people ignoring these outstretched arms. He drew them as animal claws stretching out towards car windows. It was a powerful pictorial way of describing what I have said above.

For those of us who do express gratitude daily, and, hopefully, throughout the day for all that we have, we align our gratitude vibrational frequency to the Source of such beneficence, and we continue to receive and to give to others less fortunate than ourselves.

This is GAIN— God And I Now— in action.

Growth

When we were in Spirit and enjoying the Unconditional Love and Light from what we are calling God in this book, we were at peace, harmony and love. However, we knew that the eternal growth of our Soul was going to happen much faster when we experienced the interplay of opposites/duality and the changes they wrought that the earth plane had to offer us. We, once again, opted to return to earth as a Soul in a predetermined body of a baby to experience the growth we required for fixing the holes in our souls that only the earth plane offered us the opportunity to do.

God required us to have these soul growth experiences so that God could also experience through us these interplay of opposites/duality and the changes they wrought.

There is a balance of opposites/duality on earth not found in Spirit. Here we have light and dark, ego and love, high and low, strong and weak and so on and so on. Our physical journey on the earth plane is to come from one side of the see-saw of the balance of opposites/duality and to experience the counterbalance of its opposite, and in so doing we grow through that experience to become more Godlike for the growth of our Soul.

To illustrate this with an example, assuming that you were on a see-saw and on one seat was written Understanding and on the other seat was written Judgement. When the seat marked Judgement was sat on then the other seat marked Understanding was as far away as mechanically possible. However, when the seat marked Understanding was sat on then the seat marked Judgement was as far

away as mechanically possible. To experience both judgment and its resolution of understanding the situation fully and thereby no longer having the ego need to judge based on ignorance, bigotry, etc. completes the circle and brings closure to a hole in your soul created by your judgements.

When a seed is planted in the ground, its roots first go down and down into the earth before the other side of the seed begins to inch its way through the dark of the dirt into the sunlight and air above the ground.

The procreation of a baby goes through similar darkness as it grows to full term over 38 weeks inside its mother and then it too comes into the light through child-birth.

The Soul Contract we agreed to in Spirit dealt with specific chosen issues that we needed to experience, face, overcome and then to experience the opposite feelings of these predetermined issues.

For example, you may have chosen to know abuse and have selected a family to be born into where that abuse was going to occur. You would have had to experience that abuse from your Soul Mate who, in this lifetime, played the role of your abusive father. You either faced him and told him that this is no longer acceptable to me, and if you don't stop this instant, I will report this abuse to the authorities.

Alternatively, you may have suffered this abuse and found yourself in successive abusive relationships throughout your adult life. This abuse would only terminate when you were strong enough to call a stop to this abuse.

Another possible scenario is that you were only able to stand up to this abuse by damaging or killing an abuser in your life. Whatever scenario unfolded, you had to experience standing up to this bully in your life and facing the challenge head-on.

The growth you would have experienced, or are yet to experience, is how it felt to stop the abuse and live without that continual fear of waiting for the other shoe to drop and to no longer know emotional and physical pain of that abuse. You would have then overcome that abuse and its ever-present fear and know the peace that comes through stopping such abuse.

Until you face your abuser and take positive action, this abuse will continue in your life as you will be a victim in your mind and other abusers will be drawn to you through the Law of Attraction.

It's up to you to draw a line in the sand and to have the courage to say this far and no further and then take whatever action is necessary to stop the abuse. That is your growth path for the eternal growth of your Soul.

With such growth comes change and the acronym for CHANGE— Clearing Healing And New Gifts Emerging— is a process you need to go through to bring closure to this selected growth path.

If you are aware that you are doing what is required for the eternal growth of your Soul and through this, you are enabling God to be All That Is and experiencing through your Soul the experiences you encountered then you will know GAIN— God And I Now.

If you used such knowledge and wisdom while you were facing up to your abuser/ other challenges, then having God on your side as GAIN—God And I Now— will make this confrontation much easier to do.

Happiness

Possibly the most earnest motivator in life is to be happy. Whatever we make up our mind to be and to do is based on being happy first, then during and hopefully after the achievement is attained.

There are three ways in which happiness can be found. The first way is from another, giving you a reason to be happy. The second way is for you to be happy giving another person happiness. The third way is to know that happiness is your birthright and is who you are as a Soul. This soul based happiness occurs as you are a part of God who is All That Is and that includes happiness too.

Such soul based happiness is knowing you are GAIN—God And I Now.

An offshoot of this soul based happiness comes from knowing that you are truly free in every sense of the word. When you have freedom from any form of restriction and freedom to do whatever you please without any repercussions, then you are truly free. Happiness is an integral part of this freedom. When you experience such freedom, you are as happy as you can be in this moment and you do not require the future to be any better than the present. In this moment of now, you have found God's Space, and happiness surrounds and infuses you with Unconditional Love and Light.

As you can imagine receiving a present from someone to make you happy, or you complimenting someone to make you both happy, makes such happiness insignificant on the happiness scale when you can experience GAIN—God And I Now— and know happiness from the Source of happiness.

True soul- based freedom and happiness that lasts for that moment of now can only occur in God's Space from one moment of now to the next.

Harmony

As stated before, all we are at our essence are vibrational wave fluctuations of energy and information in a void of such energy and information vibrational wave fluctuations.

I would like you to imagine an orchestra arriving at the concert hall to give a performance. The musicians begin by unpacking their relevant instruments and tuning them to perfection as they play a variety of notes to warm up before the concert. It usually sounds like cats fighting in the backyard as discordant notes are played on various instruments simultaneously.

The Conductor arrives and taps the rostrum with his baton. A deathly hush emerges and then with the lifting of his arm, the melodious music begins to be heard by all in the concert hall.

The vibrations from all the various instruments are attuned to the music on the sheets in front of each musician and harmonious music results.

Our vibrations work similarly. The people and events we are attuned to bring out the harmony within our vibrational being and the people and events we are not attuned to bring out the disharmony of our vibrational being.

When the former occurs we say we are in tune with that person and we think the same way. When the latter occurs we feel ill-at-ease and out of harmony with that person. In fact, we usually judge them harshly and make some derogatory remark about them to ourselves or to another person, feeling that we have to justify why they feel wrong to us. It must be them, it can't be us!

Providing we are attempting to live a Godlike life, by thinking, saying and doing "what would God/Love do now?" then our Soul needs to be attuned to our Higher Self in Spirit and our Higher Power. We will then know the harmony of GAIN—God And I Now— as we are being Godlike.

Most times in my life when I have come from such a Godlike stance in a situation where I have adjusted my ego stance to one of being soul like and attempted to resolve personal conflict issues the other party usually takes my kindness for weakness. They may not be as spiritually advanced and in their ego -based approach they attempt to take advantage of me sensing I am weak when I attempt to placate the issue and resolve it through respect, peace, harmony and Love.

In the past I have allowed and even enabled people I trusted to abuse me but more recently taking my kindness for weakness is a dangerous mistake to make on their part. Not only do they now get to meet the “tougher” part of me but they are also taking on God as my soul-based approach is coming from GAIN— God And I Now.

My past is littered with the “corpses” of people who have taken advantage of my kindness, seen it as weakness and abused my trust in them. I am detached from these results because I know that what they sow is what they will reap and it happens unfailingly every time.

I also know now that these are Soul Mates who contracted to play the abuser as one of my Soul Contract lessons of fixing a hole in my soul is receiving abuse and learning how to stop it and ensure I don't enable and allow it any longer.

GAIN—God And I Now— enables me to say “this is not acceptable to me” and being in harmony with God I have the power within me to stop such abuse in its tracks.

Healing

As a part of God, who is perfect, you are perfect too. You were most probably born in pristine health, and only God could have created the perfection that was your health at birth. Trillions of cells knowing precisely what to do and when to do it with micro second and millimetre perfection was not an accident of coincidences or the trial and error of human genetics over millions of years. For me, childbirth is living proof of God's role in our life.

As I have written about before the most significant moment of my life was witnessing the birth of my firstborn son, Michael, on September 12, 1989, a miracle that will stay with me forever.

We were given this pristine body fully functioning with all the ability to grow correctly at the appropriate times in our life to become the adult we are today.

If our body is not working at its optimum level and you know ill health, ill-at-ease or even disease, then this state has been caused by your thoughts, words and actions. I am sorry if that sounds harsh but either you decided through your Soul Contract, made in Spirit before you came as a soul into a baby's body, that you were to suffer in a body that was ill, damaged or diseased; or your thoughts, words and actions have created the health position you find yourself in today.

As I often referred to in my previous books when I went to visit my mother in her retirement home, it became apparent that the state of these old peoples minds and attitudes to life mirrored their health conditions. The same can be attested to by any open-minded medical practitioner. The state of one's mind and attitude towards life affects the state of one's health. Your thoughts, words and actions are either love/soul-based or ego/fear-based, and, regrettably, most people's are ego/fear-based and their health suffers accordingly.

Your body is a mirror reflection of what you think, say and do and what you consume through your mouth and the exercise you do or don't do.

Would it surprise you to know that there are over 28 000 psychiatrists and over 100 000 psychologists in the USA? That the most prescribed drugs in the USA are for pain, high blood pressure, diabetes, cholesterol, antacid, antibiotics and that one in six Americans take some sort of psychiatric drug, mainly antidepressants.

The vast majority of Americans were not born with pain, high blood pressure, diabetes, high cholesterol blocking their hearts arteries, imbalanced acid/alkaline levels, the need for antibiotics to kill off unwanted invaders in our bodies, and unstable mental conditions that require antidepressants. The same is true the world over.

Healing comes from within and fortuitously the part of God that you are is within you too.

All drugs and medication you take is unnatural and have side effects, some of which can be very detrimental to your health. Combining various drugs and medicines can be very dangerous too and can seriously upset the fine and delicate mechanism that is your body with trillions of cells programmed to act in a predetermined manner in microseconds.

Healing should start in your mind and with 100% integrity on your part, Identify the issues that are causing you to have fear in your life. Either on your own or with specialised assistance come up with a game plan to tackle each of these fear-based issues so that they can be faced, dealt with and deeply buried outside of you, never to reappear again in your life.

I recommend you read my free book *Managing Your Stress Effectively* found on personaempowerment.co .

While dealing with the fear-based issues also start working with the love based issues in your life and water these love-based issues as frequently as possible. Prayer, meditation and positive thoughts, words and actions should begin to dominate your life while attending to reducing the fear-based matters referred to above.

In time your medicine cabinet will be opened less often, and you will have a positive can-do outlook, and a permanent smile on your face as your health improves and with it your attitudinal outlook on life.

Knowing that you are a part of God throughout these processes will ensure GAIN-God And I Now.

Know that within you is the natural healing processes to safeguard and maintain perfect health. Trust God to give you what you need when you need it to bring your body and mind into alignment with your love-based Soul. These alignment processes are required to ensure that you experience perfect health, but you have to put in the effort in what you think, say, do, consume and how you exercise ensuring your return to perfect health and healing.

Hope

HOPE- Having Optimistic Positive Expectations

There are two ways to hope:

- (1)The first way is to hope but be realistic or pessimistic and believe deep down within you that what you hope for is not likely to occur.
- (2)The second way is to hope and be positive that what you hope for will happen. This hope requires you to have done everything in your power to ensure that what you hope for will eventuate as you have left no stone unturned to achieve your hoped for outcome

Now when you can combine the positive hope scenario with faith and belief that God will give you what you need when you need it for the highest growth of your Soul and that God's timing is always perfect for your Soul's growth needs, then whatever occurs will be what you need now.

Understand that what you receive may not be what you **want**, but it will be what you **need** now for the growth of your Soul.

Praying for wanting something or someone creates the outcome of always wanting. Well, don't be surprised to continue to receive **wanting** as that is what you are praying for! Praying for **needing** what your Soul requires for its growth will result in providing that need.

Hoping and needing must be done without any judgement of what results.

The **attitude** you bring to what you receive is critical to the acceptance of it for the growth of your Soul.

There is a story I have told before in one of my free books of two identical twins, one an extreme optimist and the other an extreme pessimist. Their parents gave them a bag of horse manure each for their tenth birthday as their birthday presents.

The pessimistic twin was depressed after opening the bag of manure and said what am I supposed to do with his horse@#\$\$%? The optimistic twin went running around the garden, and when asked what he was doing, he replied, there has to be a horse around here somewhere!

By judging what you receive, you are negating the power of the Unknown which has unlimited possibilities attached to it. When you **receive** what you **need** then be openminded and plan what you can do with this as it may be the first leg of a journey that you need to go on to achieve far more than you think you wanted to receive.

While writing this book I was living in Mauritius in semi retirement. The CEO of a major investment of mine abruptly gave me notice that he was emigrating from South Africa. Shocked at this news as his father has been a business partner of mine for nearly 30 years and I have known this young man since he was seven years old, I had to return to Johannesburg immediately to run the business. I brought in a very close friend of some 28 years as the new CEO and he brought in a self-made billionaire as an Investor in the business. This Investor has numerous interests including being the largest marketing and media placement business in Sub Saharan Africa; a major real estate developer and investor and numerous other business holdings. After a tough seven months we have improved the business; began a nationwide TV ad campaign and the investor has handed his real estate development division over to me to manage on his behalf.

What I thought I wanted was semi- retirement on an idyllic island but what I needed was to repair a hole in my soul. I have been too trusting of people and, as stated later under the topic of Kindness, I have allowed and enabled people to abuse my trust in them by taking my kindness for weakness. I believe in the inherent goodness of people and I expect people to treat me the way I treat them. The soul growth lesson I had to learn through this process was to not allow further abuse in my life and to be much tougher in demanding accountability and responsibility from others in whom I place such trust. I always turned the other cheek as taught by Jesus but all I got was slapped on both cheeks! Now I catch the hand in mid-air before I am struck the first time on my cheek!

What I wanted was an idyllic island life but what I needed for the growth of my soul was something completely different and for the first time in a long time I am having fun in business too.

Here are two further examples of wanting and needing:

(1) Let me give you the horrific circumstances of the Nazi Holocaust of the Second World War when more than six million Jews were obliterated in Nazi Concentration Camps. Who could have believed that any nation or religion deserved such treatment? The surviving Jews were given their own state by the British in 1948, and today, Israel is one of the most successful countries in the world judged by so many standards of achievement. What the Jews of Europe wanted was safety and but what the survivors needed was the return to their promised homeland of Israel.

(2) Many countries have been blessed with valuable natural resources, and they are continually at war within these countries as they fight each other to control these natural resources. Many of these countries, most of whom are in Africa and the Middle East, have low standards of living and poor performance in educating and developing their people- their real resource. The ones controlling the natural resources have extreme wealth, and the rest of the people in the country struggle to survive. What these inhabitants wanted was wealth but what the majority needed was impoverishment while those in power squandered the wealth of the country on themselves. In time, the impoverished inhabitants will rise up and and take back their country and the remaining wealth. Its a classic case of being abused and re-claiming their strength by saying "this is no longer acceptable to me!".

I hope these three examples illustrate to you not to judge the circumstances that occur as to not getting what you **want** and getting what you **need** in your personal life.

When you can state "thank you God for everything that happens to me" then you have achieved GAIN- God And I Now.

Humility

As explained numerous times in my free books, we are either soul-based love or ego-based fear. Humility is the distinguishing feature between these two versions of ourselves.

The Chinese character for humility is also the character for emptiness. Humility means emptying yourself of your ego-based self-importance and knowing that we are all equal parts of Oneness. No one is better than anyone else as we are all part of All That Is.

Showing respect- RESPECT- Recognising Each Soul Politely Ensuring Correct Tribute- is the key to humility.

Our competitive and materialistic world prizes those who are better than and looks down upon those who are less than. In our homes of prosperity, we ignore those with their hungry bellies who press up against the windows staring at the food on the table of our life. We are too busy accumulating, surviving and thriving at our level of comfort to notice the billions of people who live on less than a few dollars a day.

We write out our checks for charity with one eye on the tax breaks they provide and the other eye on how good this makes us feel. We give a passing thought, at best, for those in real need of our largesse.

What most people don't know is that through our eternal life, our Soul will occupy hundreds of bodies on the earth plane. Sometimes we will be the rich man, sometimes the poor man, sometimes the beggar man and sometimes the thief. I believe that those showing no respect for the underprivileged makes them, as yet, as a soul, not having been in a body of such an underprivileged being. Their lack of empathy, lack of largesse and lack of humility is due to their lack of soul experience of knowing what it is like to be an underprivileged being. So guess what is looming large for them in a future life on the earth plane?!

Of course, our perception of God must include the humility of such a Higher Power. Why would God need to be ego-based fear and want and need to be better than when God is All That Is? When you become humble in your thoughts, words and actions by emptying out your ego self, you mirror God and you allow GAIN- God And I Now- to occur.

Imagination

If the Universe were a nation, it would be called Imagination! The power of imagination knows no limits or boundaries.

Referring to the beginning of the bible and the creation of the world by God, this was pure imagination from what we would call the mind of God.

As you know by now, you are a part of God, and that part of you is your Soul. If you can align your Soul with your Higher Self in Spirit and this Higher Self is already and permanently aligned to your Higher Power, then you can tap into this limitless power of imagination. However, by POWER, I mean Present Only When Ego (is) Removed.

In an egoless and humble manner, whatever you imagine will come to pass as and when and if God believes it is for the highest growth of your Soul.

Now you need to imagine GAIN- God And I Now— as Oneness.

Integrity

People often think that honesty and integrity mean the same thing, but that is not the case.

Honesty is defined as truthfulness, sincerity, frankness, freedom from deceit or fraud. Integrity is adherence to moral and ethical principles as well as the soundness of moral character coupled with the attributes of honesty.

So you can have honesty without integrity, but you can't have integrity without honesty.

I have done business with people who are inside the law of the land but outside the morals of society. They are usually ego -based people and not too trustworthy, but they keep out of the clutches of the enforcers of the law while driving their hard bargains. I always want to wash my hands after shaking theirs!

Integrity, like trust, is a valuable character trait and is usually built up slowly and steadily over time. Regrettably, it can be lost in an instant by making the wrong choice and is often never regained again as far as the public is concerned.

Those who have integrity and sustain it usually have it as their second nature and avoid making the wrong choice as mentioned above. However, the news headlines often tell of famous people, business leaders, religious people and many others who on the surface are exemplary citizens but they have their dark secrets exposed through paedophilia, fraud, adultery and many other vices that make the news headlines.

There are several short cuts to ensure you operate with integrity, and they all have awareness or consciousness of having God in one's life.

Throughout all my writings, I use the spiritual watchword phrase of "What would God/Love do now?" and to do only that. In the context of this book, it is being GAIN- God And I Now.

Integrity comes naturally and automatically through these two short cuts.

Intention

Intention comes from one's imagination, the resulting thought patterns and the focus of one's attention. For those in Unseen Spaces who guide us they know our intentions as to these Beings our thoughts are transparent. We are given free will to do as we please with the proviso that the Law of Cause and Effect, or Karma, is the coach being pulled by the engine of our intentional thoughts.

Our intentional thoughts determine our life and the ongoing formation of our character. We become our intentional thoughts.

Obviously, if our intentional thought is to be GAIN— God And I Now— that would always be first prize.

Sometimes we intend to help and assist someone who appears to be in difficulty. We earnestly believe that we are being Godlike by assisting them. I have lived my life doing so and believed that my purpose in life was to empower myself and others and even named this website personalempowerment.co.

As I near my 67th birthday I have come to learn that many of those whom I have treated as my “sons” and “daughters” are the ones who have let me down the hardest. Recently, I have been “kicked in the teeth” by a number of people where I have invested many millions of dollars in their careers within my group of companies. They have let me down badly without any forewarnings, and, in some cases, defrauded me of substantial monies.

I made the mistake of not holding them continually accountable and responsible to me and in trusting that the investment I was making in them was for the long term relationship between us. I have discussed this issue at length under Hope above and under Kindness below,

A young friend, who is in her mid- twenties, told me the analogy I used earlier of helping people while being in a straightjacket. Help them with your words but not with your hands. Enable them through one's guidance but not through money or doing the work for them.

From a spiritual perspective we all come to the earth plane with a Soul Contract. Through our good intentions to assist someone we may be retarding their Soul Contracts through lending or investing money in them or by doing work for them instead of them doing that work themselves for the growth of their soul.

It's taken me nearly 67 years to reach this understanding and, hopefully, you can learn that lesson today, if you don't know it already. It may save you lots of emotional pain and lots of money too!

Having said all of that I have helped thousands of people and only been let down by less than ten people so the odds are in my favour but I am going forward with this awareness and consciousness in my life of being in a straightjacket in my empowering role.

Thank you God for everything that happens to me and making me conscious of GAIN- God And I Now— as my primary intention in living my life.

Intuition

Intuition is inner learning and what is inside you? The part of God, your soul, is within you. With God knowing and being All That Is you have a conduit from your soul to your Higher Self and then onto your Higher Power. You can access everything you need to know from this connection and conduit from God to you via your intuition. Obviously, the alignment must be working to and from you and God but assuming that it is then the unseen, unheard, unsmelled, untasted, untouched, vibrational energy felt within as your intuition, is reflected via feelings which are the language of the soul.

Intuition has been described as your sixth sense, your inner knowing and perhaps now you can understand how it arises without you being conscious of knowing it via your five senses. Intuition is Higher guidance and is a combination of information, knowledge, intelligence and wisdom.

Intuition is often described as “gut feel” and you should rely upon your “gut” to tell you whether something is right or wrong for you to do. Gut feel is a combination of your brain's logic, your emotional makeup and the vibrational message from your Higher Power intuiting you to make the correct choice.

It is said that if your decision is a simple go: no go then by assigning heads or tails to each of these choices you will know what to do when the coin being flipped is in mid air as you will be hoping for your assigned intuitive choice via either heads or tails as the outcome.

When you can be in the present moment of now, in God's Space as I call it, you will be egoless, and, if at that point you can trust your intuition then the outcome within the current unknown will work to your advantage every time. This is TRUST- to Release Unto Spirit Totally and then To Rely Upon Spirit Totally.

Knowing such TRUST is GAIN—God And I Now—as God becomes the co- Creator of your life.

Joy

When was the last time you experienced joy or being joyful? Was it today, yesterday, last week, last month, last year or maybe even never?

Joy cannot be defined because it is an emotional feeling based on your current level of emotional feelings. To a starving man who hasn't eaten for days and is on the point of dying of starvation then a crust of stale bread could bring him joy. To a billionaire living in a penthouse on the fanciest street in the world finding joy may be even harder to experience than our starving man as all the billionaire's material wants and needs are met. I believe that the usage of illegal narcotics by the wealthy is a way of looking for an artificial "high" that is beyond the materialism of their lives.

I believe joy occurs as an emotional high and our feelings become elevated to a higher vibrational frequency more akin to a meditative state bringing us closer to our Higher Power. The joy of winning is short lived but the joy of service to others can last a lifetime if others have benefited by your service. Knowing we have assisted and uplifted someone elevates our vibrational frequency and brings us closer to our Higher Power.

Teachers and nurses are poorly paid professions as I illustrated in my free book found on personalempowerment.co- *Being Loved Unconditionally*. However, each year more and more people study to become teachers and nurses because of the emotional rewards of these career choices albeit they are poorly remunerated, attain little respect, and often have to do unpleasant parts of their jobs. Teachers and nurses find moments of joy when serving others and they feel better about themselves because of it.

People do things to look for joy, some legal and some illegal. But what most people don't realise is that joy is within them as their soul, the part of God within each person. God is Love and joy is part of such Love. To find the joy within you simply take away all the ego- based parts of you that block the unconditional Love within to come through. Your inner joy will then become your outer joy and it will remain as long lasting as you remain a soul-based person knowing GAIN—God And I Now.

Judgement

There is one certain way to block the attainment of GAIN—God And I Now— and that is to judge someone or something from the standpoint of our morals, ethics and opinions on the matter at hand that we are judging.

In truth, all judgment is wrong because we cannot possibly know everything seen and unseen, heard and unheard, and the same for all our other senses too.

Judgement is merely the decision to stop questioning and unearthing why someone or something is the way it is.

Let me use a very contentious subject of whether people like Adolph Hitler and others like him through recorded history went to what is termed heaven or hell. Personally I don't believe in hell but do believe in heaven where I am led to believe there are various levels of Love and Light experienced by the souls in these various levels. The lowest level experiencing low levels of such Love and Light and the highest levels being the highest levels of such Love and Light.

We judge the likes of Adolph Hitler but don't question why and how German people allowed a man like Hitler to emerge as the collective consciousness of the German people of that time.

Having lost the First World War, Germany's economic and political position was impoverished and desperate people do desperate things to survive and potentially thrive under the mesmerically power of someone who promises them much better times ahead under their leadership.

Hitler was seen as the saviour of the impoverished German people in the difficult times for Germany in the decades after the loss of the First World War.

The British and their Allies having won the Second World War against Germany and its Allies, Japan and Italy, knew better then and created the Marshall Plan and other initiatives to rebuild Germany and its Allies to avoid the reoccurrence of another Adolph Hitler.

Can you bring this level of questioning and investigation into all situations when you want to judge someone or something?

Judgement is an ego-based approach to life and questioning, investigating and understanding why people or issues are like the way they are is a soul-based approach to life.

Now imagine when you ask your child to go to the shops on their way home and to pick up some onions for the stew you are making for dinner. They arrive home without the onions and say they forgot about the onions. At this point most people would judge them and make disparaging comments about them judging them harshly. More enlightened people may prefer to take the view that people make mistakes, the stew will still be edible without the onions and, most importantly, the relationship they have with their child is more valuable than them being right and criticising their child and with it damaging their relationship all because of a few onions not in the stew. The stew will be forgotten in a few days but the criticism could damage the child for a lifetime.

I could write a book about judgement but want to bring up a few more points here. Judgement says more about the person judging than the person or issue being judged. Most times we are looking into a mirror and judging someone or something else as we would judge ourselves.

Nothing really matters, except love.

Yesterday I was with a very close friend who is in a long term relationship with a man. She wants to get married and he doesn't see the need to be married. I have been advising and guiding her for many months on this issue and stating that their loving relationship is beautiful after so many years together and that requiring a wedding ring is not worth the risk of losing this loving relationship.

During last week she was going on again to her boyfriend about the need to be married and she looked up and caught her angry self in the mirror. She remembered my asking her numerous times why she had the need to be married as both people are in their mid- forties, self employed and individually financially self sufficient. She decided to seek the help of a mutual friend of ours who is a psychologist. This psychologist unearthed from my friend's memory bank a statement that her mother made when my friend was very young and headstrong as a child. The statement was on the lines of "I picked up the wrong child in the hospital", implying that her being headstrong was not from her mother's genes.

This callous judgemental comment formed the basis of my friend never feeling good enough to be accepted and loved unconditionally by someone she loves. Her deep-seated need to be married stems from this callous judgemental comment made over 40 years ago. In her warped mindset created over 40 years ago being married somehow signifies acceptance and unconditional love from a spouse. Tell that to the 33% of married couples who get divorced each year in the Western world!

Now that my friend is aware of the reason behind this feeling of insecurity she feels and how the judgement made to a very young person warped her sense of emo-

tional security, she can forgive her mother and move on without the need to be married as she knows her boyfriend loves her deeply as she loves him.

Lastly, if you believe in GAIN—God And I Now— then you know we are all One in Oneness so there is no one to judge and no one judging because we are all One! We are all souls operating in soul-based love towards each other and with no ego present there is no judgement either.

RESPECT- Recognising Each Soul Politely Ensuring Correct Tribute

Kindness

My God is a God of Love. In order to be Love, unconditional love, you must be kind. Therefore my God is a kind God.

The bible tells of a vengeful God but I believe that the people were vengeful and tried to make it acceptable to be so by creating a god who was vengeful.

My God is a Creator not a destroyer. Man, when vengeful, is a destroyer.

I believe that there are three solutions to every interpersonal issue and that is respect, kindness and Love. When requested by people who want me to help them with a personal confrontational issue my first statement is; “What would happen if you took your ego out of the issue and replaced it with respect, kindness and Love towards the other party?”

In virtually every instance the personal confrontational issue would evaporate. However, people do not want to capitulate and they want their pound of flesh from the other person. Often these people tell me that the other person must apologise first and then they may consider making up with the other party. Well, this is a pure ego play and this issue is not going to end well. Destruction of a relationship and the aftermath of disaster looms in the wings about to enter the stage of their lives.

At this point I recommend that if they can't get to Love then begin with respect and kindness. Find some way to be genuinely respectful and kind to the other person. This may thaw the ice between them.

The real issue between these warring people is how they feel about themselves in terms of the mirror image the other person is evoking from them. There is some-

thing within themselves that this person is highlighting and has triggered within them to create a reaction that has brought them to the brink of disaster.

If you were rake thin and someone called you fatty you would not react but if you were a bit podgy and someone called you fatty you are likely to react badly. The issue isn't that they called you fatty its that you are self conscious and embarrassed about being overweight.

Its your problem and their unkindness simply added fuel to the fire that was already burning inside you. Now imagine what a little kindness could achieve if they stated to you that you are looking good and the few pounds you have lost suits you well. Whether or not you have lost a few pounds their kindness makes you feel good about yourself.

Kindness is within you and simply has to be let out. My God is a God of kindness and that part of God within you, your soul, is also kindness too. Simply let kindness out and be your calling card to yourself and to everyone else you interact with. Your life will be amazing, enjoyable and people will flock to you as you make them feel good about themselves. You benefit too as their happiness is obvious and your inner happiness is continually watered by your giving kindness to them and feeling good about your inner kindness.

A word of caution is needed here. Most times in my life when I have come from such a Godlike stance of being kindness in a situation and attempted to resolve personal conflict issues the other party usually takes my kindness for weakness. They may not be as spiritually advanced and in their ego -based approach they attempt to take advantage of me sensing I am weak when I attempt to placate the issue and resolve it through respect, peace, harmony and Love.

In the past I have allowed and even enabled people I trusted to abuse me but more recently taking my kindness for weakness is a dangerous mistake to make on their part. Not only do they now get to meet the "tougher" part of me but they are also taking on God as my soul-based approach towards kindness is coming from GAIN — God And I Now.

My past is littered with the "corpses" of people who have taken advantage of my kindness, seen it as weakness and abused my trust in them. I am detached from these results because I know that what they sow is what they will reap and it happens unfailingly every time.

I also know now that these are Soul Mates who contracted to play the abuser as one of my Soul Contract lessons of fixing a hole in my soul is enabling and receiving abuse and learning how to stop it and ensure I don't enable and allow it any longer.

GAIN—God And I Now— enables me to say “this is not acceptable to me” and being in harmony with God I have the power within me to stop such abuse in its tracks.

I will end this section with a quote from the Dalai Lama who states, “my religion is kindness.”

Knowledge

Ego based knowledge is vastly different to soul based knowledge. Knowing what is outside of ourselves and building up that knowledge base is often the quest of people who are known as high achievers. How one uses this knowledge, for personal gain or for communal gain, determines ones character; standing in society and also ones financial position.

Self knowledge is not a road traversed by many people as they tend to shy away from self introspection and examination preferring to criticise and judge other people and other issues rather than to delve into their own inner workings, their inner motivations and possible frailties.

Needless to say self knowledge is the real knowledge one needs as the other so called knowledge is prejudicial and may be self serving and unlikely to stand up to the scrutiny of rigid unbiased and independent assessment.

We can go back to Confucius some 2500 years ago who stated that *real knowledge is to know the extent of one's ignorance*. Socrates was born ten years after Confucius died and he stated that *the only thing I know, and that is that I know nothing*. So if these two leaders of knowledge knew nothing about real knowledge, or self knowledge, what could we know, albeit 2500 years later.

We certainly don't know any of the answers to the real questions of who is God, how was the world and the universes created, what is our soul, what happens when we die, how come trillions of cells in our body work with absolute micro second precision, how does Nature function so perfectly with billions of creatures adapting to their conditions whether on land, sea or air?

Knowing what stocks to pick for our share portfolio or knowing what to do to achieve a PhD or knowing how to play a musical instrument or knowing how to hit a tennis ball seem very insignificant when contrasted to the questions in the previous paragraph that require real knowledge.

What man has forgotten is that we are all a part of God and that part is our soul. If God is the creator and repository of all real knowledge then we have inner access to all that real knowledge once we connect to our soul and from there to our Higher Self in Spirit, which is always a part of God. If we connect in this way in harmony, peace and love we become blissful. Once we achieve such a state of blissfulness we know all the real knowledge we will need to know.

As far as I am concerned the only real knowledge we need is to be GAIN— God And I Now— and being Godlike in our every thought, word and action by asking ourselves, “What would God/Love do now?” and do only that.

Because this solution is so simple most people will ignore this advice and carry on using their knowledge gleaned from outside of themselves to become so called knowledgeable. Good luck on that mission, it didn't work for Confucius and Socrates!

Leadership

For the billions of people on the earth plane who believe in and follow a Higher Power, and in the case of a few religions more than one Higher Power, their belief is based on having no tangible experience via their five senses of such a Higher Power.

So we have billions of people following a Leader with whom they have a one way relationship through belief, rituals, traditions, prayer and even meditation. Although prayer is said to be you talking to God whereas meditation is said to be God talking to you but without tangible proof of this.

Where else on the earth plane do we find a Leader who is unseen, unheard, not capable of being touched or tasted or even smelled? Of course, Jesus Christ who is said to be a Son of God has the same Leadership role as does Muhammad to Muslims and other such intermediaries in other religions.

But in the world of real people who else commands such a leadership role? There have been leaders in the past such as Adolf Hitler, Stalin, Mao Zedong, Genghis Khan, Alexander the Great and other military leaders who achieve certain godlike status among their followers, most of whom feared these leaders rather than loved them for who they were outside of their power base.

There is two ways one can lead, one is through fear and the other is through love. Fear based leaders usually have a strategy of retribution for those not following their leadership and although they can rule for decades their leadership role is fi-

nite. Love based leaders usually rule in a passive and demonstrative manner with their followers willingly following their lead as it makes the followers feel better about themselves.

Now lets bring this back to you and me. Do you have a leadership role in your life? Are you an adult with children or are you in a supervisory or managerial role at work? Do you have any other form of leadership position? If so, have you developed this leadership position based on giving love or creating fear.

I often ask people to envisage their funeral and what the people coming to their funeral would be feeling about them based on the love they gave or the fear they created.

Let's now return to the beginning of this topic where I stated that billions of people follow a Higher Power that have not experienced via their five senses but somehow know that this Higher Power is either to be feared or loved and leads their life.

As I have stated often my God is a God of Love but the bible has over 300 references to fearing God and even Jesus in Mathews 10:28 states *fear only God, who can destroy both soul and body in hell*". Paul in Corinthians 7:1 says *to work towards complete holiness because we fear God*". Of course, the Old Testament abounds with the fear of God and God being a vengeful God.

Each person must make up their own mind whether the God of their prayers and meditations is a God of Love or a God of fear. Those people who have developed a ritualistic and traditionalistic religious base to their lives should critically examine whether they are being superstitious in their belief hoping to keep away evil or bad events occurring in their lives or hoping their God will hear and provide for their wants.

In my belief system I do not consider that God requires any form of prayer or meditation, let alone any ritualistic or traditionalistic behaviour verging on superstition, from any person for God to remain being God.

A mirror is a mirror whether we look into it or not it remains a mirror. God is such a mirror and when we look into God's mirror we see ourselves as Godlike or not Godlike depending on what our thoughts, words and actions have created in a causal result in our life.

We look to our Leader either through the love we are or through the fear we feel and the mirror of our Leader/God usually reflects such love or fear back into our lives.

The choice is yours to become GAIN—God And I Now— in love or in fear. I have chosen Love.

LIFE

With the inner two letters spelling IF maybe we should look at life from the viewpoint of IF.

IF your mother and father never met would you be here at all? It is for that reason that those of us who believe in Soul Contracts made in Spirit believe that we choose our parents, our siblings and the body we move into as a soul. These people we are born to are our Soul Mates and this time around are our parents and in previous and future incarnations could be our children or our siblings or another form of relationship.

IF we have a love or hate relationship with our parents or siblings the backgrounds to these relationships were decided in Spirit in our Soul Group before coming to the earth plane of existence this time around. The love part is easy to understand but its the hate part that needs some explanation.

IF we decided that we needed to fix a hole in our soul and decided to do so in this incarnation on the earth plane we generally need someone or usually more than one person who is our Soul Mate/s to do something to us that aggravates that issue so that we can react to it and have to deal with solving this hole in our soul.

IF the issue was some form of abuse that was the hole in our soul and our ego protected that abuse wound by irrationally overprotecting us whenever we came near any form of personal abuse that would threaten us then our life would be skewed or imbalanced by this over protection by our ego.

IF we ego- resisted any form of abuse then in terms of spiritual understanding "what you resists, persists." Abuse would follow us around like a shadow and eventually we would succumb and be abused in some form or other.

IF we were consciously aware that we had a Soul Contract and that abuse was the hole in our soul then we should willingly face up to the issue of abuse, assess it and its likely impact on us and then find a way to forgive our Soul Contracted Abuser and to even thank them for playing the part of a pariah in society by being such an abuser to us.

Needless to say very few people have such a conscious awareness and even fewer find it possible to give forgiveness and gratitude to their Abuser for fulfilling this role and having the courage to be a pariah in society.

Most people become a victim and develop a fear- based victim mentality believing somehow that they deserve to be punished in this way.

My acronym for VICTIM is Verily I Call This Into Manifestation.

Some people might find the courage to stand up to their Abuser and a smaller number will actually take on the Abuser and ensure that they receive retribution for this abuse. Some people will find the courage to report the abuse to an authority figure or to the police and stay the course ensuring that the Abuser is brought to trial and receives the prescribed punishment.

Abuse comes from a lack of self belief and a lack of self worth and in many instances the abuse is from a parent, relative or sibling where the feeling of lack of self belief and negative self worth originated when one was too small in stature and lacking in power to do anything about such abuse.

Every year some 6.6 million children globally are reported as being abused and referred to Child Protection Services. The USA has one of the worst records among industrialised nations losing on average between four and seven children every day to child abuse and neglect (www.childabuse.org).

In terms of intimate partner abuse there are over 10 million men and women being abused by an intimate partner each year in the USA. Twenty five percent of women and 11% of men experience severe intimate partner violence or sexual violence or other forms of physical and mental injury. Daily there are over 20 000 phone calls to domestic violence hotlines nationwide in the USA.

Source : National Coalition Against Domestic Violence (ncadv.org).

Once again I have singled out the USA as they have reliable statistics to show a pattern of such abuse worldwide.

IF people could learn from a book such as this then they could see this abuse in the light of their spiritual growth and development. However, I am reminded that everyone is doing the best they can from their level of conscious awareness. People develop spiritually at their own pace and I sincerely hope that at least one person reading this book can begin to see more clearly that they have a Soul Contract and that whatever they are experiencing as a negative experience in their life is a hole that needed fixing for the growth of their eternal soul's development.

Once again we turn to GAIN—God And I Now— as the panacea and understanding that whatever we experience, whether we deem it good or bad, we should say “Thank you God for whatever I experience as it is for the growth of my eternal soul.”

IF we do that then everything in our LIFE has meaning and purpose for the growth of our eternal soul.

Listening

I have written a free e-book *Listening- The Relationship Builder* found on personalempowerment.co.

In the context of GAIN— God And I Now— listening is essential as God speaks to us through our feelings, being the language of our soul. God is speaking to us all the time but our ego-based selves block out God's voice by having our ego-based thoughts go to our past or our future and God is only found in the present moment of now via our soul-based thoughts.

Most of us usually only hear/feel God's messages to us when we are meditating and aligning our soul, our Higher Self and our Higher Power in harmony, peace and love. Ego is absent in true meditation and we remain in the Now, in God's Space as I have termed the Now in my free ebook *How to Live In the Now* found on my website personalempowerment.co.

When we are both still and silent, and that means our mind's thoughts are still too, then we can begin to connect to our soul, our Higher Self and to our Higher Power in harmony, peace and love. Think of it as tuning in your radio or TV set onto the correct wavelength frequency to hear and see the programme you want to watch.

At the beginning of this listening process focus on sitting still and allowing all the ego-based thoughts in your mind to simply go unanswered and let them escape unhindered. This takes time and practice to do and even very experienced meditators continue to have ego-based thoughts breaking through their stillness and calmness when meditating but it does reduce as you spend more and more time in practicing meditation.

What you are seeking is the gap between your thoughts and to develop the ability for these gaps to become longer and longer enabling the connection of your soul, your Higher Self and your Higher Power to get onto the same vibrational frequency wavelength and for the communication with your Higher Power to be felt by your soul.

By such listening you may feel some physical sensation or you may not. It is not obligatory. I sense my Third Eye, the space between my eyebrows, throbbing and I also feel what I describe as a spiders web touching my forehead and going down to my jaw line. Each person may or may not have their own forms of such signals to

know that they are in alignment with their Higher Power and or the Unseen Guides that are continually with us as our Shepherds in life on the earth plane.

If you do reach such alignment you may experience becoming blissful and feeling a “high” you may not have experienced before. My free ebook *Becoming Blissful* found on personalempowerment.co will help you with 200 ways to enter this state of blissfulness.

So using GAIN—God And I Now— as the mental process towards become Oneness you will begin by listening and developing that vibrational frequency wavelength between you and God.

Loss

On the earth plane we know duality of experiences or the experience of co-existing opposites. In Spirit we have Oneness and we do not experience the sensational delights of our five earth bound senses: sight, hearing, taste, smell and touch. Love making as an example usually uses most of these senses as does a walk in Nature and savouring your favourite meal amongst other delights.

However, the duality see-saw also requires us to experience the opposites to those issues that make our heart leap with delight. Everything we value and prize will be taken from us either during our lifetime or upon our passing on from the earth plane back into Spirit.

In the usual course of events our parents will pass on before we do. We will build relationships we value with people only to have those people leave us for a variety of reasons including their passing on into Spirit.

We will build up our health and our physical strength only to see them deteriorate either through our neglect or through the inevitable ageing process as our body's parts start to lose their vibrancy and power.

On occasion we may lose something or someone that gets taken from us before their expected time frame has expired and this may include the premature loss of a child or the loss of our limbs or other body parts.

Once again we turn to the explanation and understanding of Soul Contracts as the only way to make any sense of any form of premature loss. I will be covering this subject in greater detail in my forthcoming free ebook— *The Meaning and Purpose*

of our Life understood via Soul Contracts— to be found on personalempowerment.co.

At these times we experience LOSS— Leaving Our Self Sad— and it is one of the purposes of this book to assist you in converting such LOSS into GAIN— God And I Now.

If we see our life as the biological temporal rhythms of a life cycle of a human being currently having an average lifespan globally of 72 years then we realise our mortality and the ultimate experience of loss. (In Psalm 90 reference is made to three score years and ten, (where a score was 20 years), also referring to a lifespan of 70 years).

In the movement of the moon we see the eight main phases going from a full moon to waxing crescent to first quarter, waxing gibbous, full moon, waning gibbous, third quarter and finally waxing crescent. As the moon appears to empty itself in order to become a full moon once again so our own lives requires that we empty ourselves to become full again.

The emptying process we consider to be a loss and the full process we call a gain but we cannot have gain unless we have loss. We cannot have GAIN— God And I Now— unless we have LOSS— Leaving Our Selves Sad. The cycle of life on earth requires us to know both in the co-existence of opposites.

But what if we looked at loss differently? What if LOSS became CHANGE— Clearing Healing And New Gifts Emerging?

What if we welcomed LOSS as it was bringing positive CHANGE into our lives? All that is required is a paradigm shift of our mental state to see LOSS as the prelude to positive CHANGE.

Such positive CHANGE will bring GAIN into our lives.

Now all we need to change your mindset towards LOSS is to accept that *“God will give you what you need, when you need it, for the highest growth of your soul. God’s timing is always perfect, trust God now and become Godlike in all your thoughts, words and actions.”* as stated as my personal prayer on the home page of personalempowerment.co.

When you reach this state of TRUST— To Release Unto Spirit Totally and then To Rely Upon Spirit Totally— you will automatically know GAIN— God And I Now.

Love

LOVE— Let Our Vibrations Evolve

By now you would have read numerous times that my God is a God of Love and by that I mean Unconditional Love. So if you are uncomfortable with the term God then simply substitute the word Love instead. Its a pity that LAIN doesn't have the same meaning as GAIN!

I have written copiously about Love in all my books so for this book I would like to focus on two terms concerned with love and those are : resisting and allowing. In spiritual terms we say, "what you resist persists". By not confronting and dealing with a person or an issue that is causing you disharmony, you are resisting that positive action and allowing it to grow within your mind as a negative thought and feeding your ego- based fears.

By allowing you are accepting of "what is" happening now in your life and seeing it play out in its causal way. You started the cause via your thoughts, words and actions and now the inevitable effect is coming about.

Allowing enables a state of grace to occur within you and you will be able to deal with the outcome playing its way into your life. God will never give you anything that is not for the highest growth of your soul. It may not seem like it at the time that your allowing facilitates "what is" to emerge into your life but, in time, you will see how it enabled the growth of your soul and the growth of more Love into your life.

Allowing is trusting God and resistance is an ego protective move where EGO means Edging God Out. Allowing is enabling Love to emerge, in time, whereas resistance is stopping Love from emerging and is, in fact, developing FEAR— False Evidence Appearing Real— to occur in your life.

So enabling allowing into your life will develop more Love in your life and resisting anything or anyone will further develop fear in your life.

In my morning prayer and meditation routine I use a breathing techniques where I say - "Allowing"- during my in- breath and - "Resistance" - during my out-breath. I bring in allowing and dispel resistance from my mind, body and soul.

Because we are all a part of God we are inherently also full of Love so when you allow life to unfold as it should you are enabling and freeing the Love within you to come out. Any resistance is stopping the Love within you and feeding the ego-based fear within you to become more evident than the Love within you.

GAIN— God/Love And I Now— occurs through allowing “what is” to occur and such GAIN is negated by ego- based fear when you resist “what is” occurring now.

Manifestation

In the book of Genesis in the Bible we read of the creation of the world by God. Those of us who believe that God is Light and Love and Omnipotent also believe that God created the numberless universes in what we call Space.

So if God made manifest all that is and is All That Is and we are a part of God then we have the power to make manifest whatever we desire too. Some of us choose to make manifest creative, positive people and issues that add value to the world and some of us choose a destructive way to create negative people and issues that diminish the world. The power to choose soul-based Love or ego-based fear is our most important attribute.

I define POWER—Present Only When Ego Removed—, so in my view such power is Love based and never ego based.

Whatever you choose to make manifest in your life and the life of others too is in your hands and, originally, in your thoughts and your subsequent words that get translated in your action.

For example, you may choose to make love with your marriage partner and create harmony, peace and love in your home or you may choose to make love with another person, not your marriage partner, and create disharmony, war and fear in your home. You have the power to choose and make manifest what will occur in your life. You have been granted free will and the only caveat is the Law of Cause and Effect or Karma as a result of your free will choice.

If your choice is to be consciously aware of the role of God in your life and you choose to make manifest creative love based issues and share them with people then you will know GAIN— God And I Now.

Meaning

I would appreciate you giving me some creative licence and allow me to show you the meaning of MEANING- ME AN(d) IN G(od)!

So MEANING and GAIN are the same thing!

We all have something or someone in our lives that we feel grateful for; enthusiastic about and, maybe, even passionate about. This focuses our attention, as if we were using a magnifying glass, and this thing or person usually gives our life some form of meaning and, even some form of purpose in our life. However, meaning and purpose are not the same thing and I will deal with this distinction later under the topic of Purpose.

Meaning can also be understood to be an interpretative guide to clarify a point of view or an issue. Understanding what something or someone means to anyone opens up a whole can of worms as motivation, like truth, is in the eye of the beholder.

Interpreting the meaning of something or someone is subjective and one's background is likely to be unearthed when stating one's viewpoint and its meaning to you.

Let's take an example from a religious viewpoint. If people from a different religious group entered a church, mosque, temple, synagogue or any other building dedicated to a religion and its traditions, symbols and faith being displayed on the outside and or inside of the religious building, these religious artefacts would have limited meaning to these people of a different religion. Whereas to the adherents of the religion each artefact usually has a deep meaning. Christ on the Cross on a church wall or a Hindu God in a temple or taking off your shoes before entering the mosque's prayer hall or a mezuzah on a door of a synagogue all seem strange to non adherents of that religion.

Now onto my point about meaning in this context. Meaning is interpretative and this requires a person who is GAIN— God And I Now— to become very tolerant of other people's views and opinions especially when they are totally foreign and seem strange.

We derive our meaning from things and people that are usually familiar to us and that makes us comfortable. When we are confronted by unfamiliar things, or people, our DNA is hardwired to see these unfamiliar issues or people as threats. This hardwiring of our DNA comes from primitive times when threats came into our caves and threatened us and our families. We learnt tens of thousands of years ago to treat unfamiliar issues and people as a change with negative consequences

in our lives, and as such, as threatening and fearful and that is what is hardwired into our DNA.

With all the sophistication of our modern world we still have primal adrenal responses of fight or flight when confronted with a nightmare at night, safely in our bed, clad in our silk pyjamas. Its hard wired into our DNA and so is the fear and threat of change brought about by unfamiliarity in our midst.

Most people are likely to be xenophobic, intolerant of strangers, threatened by what is different to themselves and their familiar ways. These people see change as bad and not as good.

I see CHANGE as Clearing, Healing And New Gifts Emerging and that new growth is usually coming into my life.

Those people threatened by change usually do not have the self belief to manage any issue or person that is different to what they are accustomed too. Their reaction to such change or different circumstances appearing in their life is to challenge it and call it wrong or bad. That is their meaning to such a different circumstance occurring in their life. Needless to say, these people are intolerant by nature and abhor change of the familiar.

But where is the growth in life, its always outside one's comfort zone! The unknown is where the growth path lies. The familiar path which is travelled daily and soon becomes a rut, and eventually becomes a grave, is for those who are intolerant of the non familiar and of change. Their meaning is one of close-mindedness and intolerance towards those not like them.

We see this in the fanatical extremes of all religious groups, those people who believe that God spoke to them and they are favoured and everyone else is a second or third class citizen. They believe that they are right and everyone else is wrong. Some even believe that they represent God's army, as if God would need an army, let alone one of fanatics! This extreme intolerance is, in my view, based on ignorance and rigidity of thought.

It also doesn't help that these religious fanatical people intermarry within their secular fringe groups and certain inbred behavioural patterns and reduced mental capacities may result from such interbreeding. The rigidity of the meaning of their life is very restrictive and intolerant of others viewpoints and opinions. If they kept to themselves and didn't attempt to influence others to their way of belief and life I could live and let live. However, when they cross the threshold and come into the mainstream of life and negatively affecting others through war, terrorism, forcing others to adapt to their way of life or be killed by them, then my tolerance reaches its generous limits. However, I am ever mindful of Gandhi's comment, *an eye for an eye and soon the whole world is blind.*

I hope this explanation of meaning enables you to understand that we all have to be tolerant and understanding of our own meaning in life and acknowledge that because other people and issues are unfamiliar to us does not make them wrong or bad. On the contrary, these unfamiliar people and their issues may open up new opportunities for the growth of ourselves as people as well as the growth of our eternal soul in encountering new growth adventures for God to be a part of through us in GAIN—God And I Now.

Meditation

In our world of increasing instant gratification, and this is especially true of the current young people in our world who are always “on” via social media enabled cell-phones/mobile phones and the like, we look for the easiest and quickest way to achieve what we are after.

We want that pill to swallow that solves our issue and provides an instant solution to our current woes. We become intolerant and impatient and we want what we want and we want it now!

Nature was around long before we were and it will be around when we cease to exist as a human species and the earth is overrun by Nature again. In Nature, everything happens at a pace where all interconnected issues are allowed to be born, develop, grow, begin the decay process, eventually die off and begin the growth process all over again fertilised by the previous decaying process. At each step of the way Nature has evolved to bring efficiency and expediency into the process but it happens in a time honoured way that has not changed for eons.

Because of our frenetic need for instant gratification our own rhythms get “out of whack” and we suffer from the maladies of stress, disease, divorce and the like all because we didn’t listen to our inner self and to the part of God within us, our soul.

Sure we have the plaques on our wall attesting to how accomplished we are, we have the toys that success brings in its wake but we feel empty inside. We attempt to fill this bottomless pit of emptiness with instant gratification things but it never works out well in the long term. We wallpaper over the ever widening cracks of our life until the wall falls down.

There is a magic pill we can take to solve this need for instant gratification and instant happiness and bliss we seek. Its called meditation.

Meditation is the way to connect to one's Soul, the part of God within us, and from there we connect to our Higher Self, the major part of our Soul which remains in Spirit and is part of Oneness or God as we are calling All That Is in this book.

Whatever we seek, God has the answers and the solutions for us but first we have to connect through prayer when we speak to God and through meditation when God speaks to us.

By becoming GAIN—God And I Now— you are instantly gratified by knowing Oneness and once you achieved this state of nirvana of harmony, peace and unconditional Love nothing else is important any longer as you will know bliss from the Source of such bliss.

Mindfulness

People usually follow each other and as the crowds deepen in size, leaders develop and commonalities emerge as if its a badge of honour for those in the crowd.

Currently, mindfulness is becoming more and more popular and we are all very thankful for this. Mindfulness teaches awareness of the present moment and is the opposite of the previous topic's discussion about rapidly growing instant gratification.

By becoming mindful you come into the present moment of now and reach what I call God's Space in the Now. Many teachers of mindfulness bring the horse to the water to drink but don't follow through and teach the horse how to drink.

Mindfulness is not only a present thought process but a prelude to mindfulness in present words and present actions. Mindfulness as a noun is a state of being but as a verb is a state of conscious doing, what I term GAIN—God And I Now.

By being mindful as you think, speak and act, you are becoming Godlike in your thoughts, words and actions. By being mindful of thinking, saying and acting on "what would God/Love do now?" you become GAIN—God And I Now.

Mindfulness of thought is step one, mindfulness of words is step two and the final step of mindfulness in when action is implemented while being Godlike.

GAIN— God And I Now— follows on these three steps of mindfulness practice.

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Miracles

Let's start with my acronym for a MIRACLE- May I Recognise A Conscious Light Evolving.

Do you know what such a Conscious Light would look like? If you did know, would you recognise it if it was in front of you?

We walk sightless among the miracles in our daily lives. We either take these miracles for granted or we don't acknowledge the miraculous in our lives.

My God is a God of Unconditional Love and of Light. Wherever you see Unconditional Love being shown there is God. Wherever you see the Light of unconditional awareness or consciousness being displayed by one to another there is the Light of God.

All living creatures, including man, have the power of creation through procreation. An egg and sperm come together to fertilise the egg and from that emerges the largest creatures known as well as the minutest creatures only visible under a powerful microscope. The miracle of procreation creates perfect functioning bodies for millions of creatures, including man.

We usually take this perfection of our bodies for granted as a right rather than as a miracle. Occasionally someone is born not perfect, with some sort of birth defect such as missing arms or legs. We feel sorry for these babies and as they grow up as adults, some of whom have gone on to do miraculous feats due to their so called handicap. We marvel at their accomplishments but don't always remember to be grateful for the millions of creatures born perfectly and see that as the miracle it is rather than something we expect.

If we truly had the gift of sight beyond our own limitations we would see the Oneness that surrounds us. We would see the causal nature of our lives and the lives of all that surrounds us and see how everything is connected to each other in Oneness. There are no accidents in God's world and if we could use our senses without any limitations we would easily see how everything is connected in what we call life around us.

By attuning our soul to its Higher Self in Spirit, which Higher Self is a part of God or Oneness, we can begin to get a glimpse of what Oneness in action looks like. Our perception would improve dramatically and we would see the miraculous that we either don't see now or we do see and don't recognise as miraculous.

The Conscious Light and the Unconditional Love that is God is easiest seen and experienced when we become GAIN—God And I Now.

Nobility

In previous centuries when Monarchs ruled countries there was a ‘pecking order’ at the Court of the Monarch. Titles were conferred upon people based on the accident of their birth and of their parentage and what was called a nobility emerged. Usually these were people who did the Monarch’s bidding and in the Monarch’s unilateral omnipotence in their court and in their country they conferred and stripped people of their titles of nobility.

This was man-appointed nobility and usually far removed from the nobility of character and the nobility of spiritual endeavour that we are talking about under this topic of Nobility.

The nobility I speak of is one based on inner integrity and remaining true to such inner integrity, no matter what the cost to the noble person, even their life. Remember Jesus on the cross stating “forgive them Father for they know not what they do”?

Humility and the non egoic approach to life is another part of this nobility. If one does not look to claim the credit and simply focuses on the input and ignoring the output and the accolades that may arise therefrom, one will see humility in action.

We are a speck of dust on a star that is hardly discernible from the most powerful telescopes in Space. We are a tiny blip on the radar screen potentially seen from the edges of our universe and no doubt from trillions of other galaxies and universes in the vast outer space. To worry about who got a bigger piece of chocolate cake and the various vagaries on that egoic theme including the wealthiest man on earth or the biggest whatever in the world, pales into insignificance when viewed from outer space. Being proud is such a waste of energy as it is a momentary victory soon replaced with the next competition among people. Humility is a better response than self pride. Thanking the people who worked with you including the person who cleared and cleaned your garbage bin to avoid smells and potentially harmful bacteria buildup is the humble approach to any form of so called success.

Kindness is part of being noble. Kindness can be seen by the blind and heard by the deaf and simply saying kind words and doing kind deeds for others ennoble you and them.

Respect is a further part of being noble. Giving respect to everyone and everything by acknowledging their presence, listening fully to what they have to say, giving your opinion only if asked, and answering in a tone and attitude of graciousness and respect towards them will see your nobility shine through. My acronym for RESPECT is Recognising Each Soul Politely Ensuring Correct Tribute.

By being noble in this way you will be respected by others and should you come from a spiritual place of Being then you will be seen as GAIN— God And I Now— as your noble approach to life will be seen as Godlike too.

There are a few large boulders on the path to achieving GAIN—God And I Now. I will be dealing with four of them in the next four topics commencing with non- acceptance.

Non- Acceptance

What has already occurred cannot be changed. It may be able to be improved upon in the future but acceptance of what is, as a past event, must first be acknowledged.

Too often the non- acceptance of what is causes disturbed thought patterns and one's mind is far from silent and still as a prelude to attaining GAIN—God And I Now.

When you accept the inevitability of what is, that which has already occurred, you can then decide if you want to leave it or attempt to improve upon it. What is becomes the known and what you may decide to do about it becomes the unknown.- Growth happens in the unknown as you get out of the comfort zone of what is and you explore options to what you would like it to be.

Deciding to improve upon what is, is acceptance of what is, while you have the desire to improve upon it. Now your thoughts can be focused on what you need to do to improve upon what is. These focused thoughts can be compartmentalised in your thoughts as action thoughts and you can still manage to calm your other thoughts down to stillness and silence in another compartment of your mind. Once you have your action plan thought through you can attend to it while maintaining a clear, still and silent mind to align your soul, your Higher Self and your Higher Power in harmony, peace and love and so attain GAIN- God And I Now.

The distinction I am attempting to draw is that by accepting what is, by deciding on a course of action of what you would like what is to become then your mind is focused through thought on your action plan. Your thoughts are not jumbled and disturbed by the non acceptance of what is and its unsuitability to you and thereby not being able to compartmentalise these thoughts from your other thoughts where stillness and silence wants to reign. Action thoughts to change what is can live side by side with non thought where stillness and silence of your mind can be achieved. In fact, this could be a practice of mindfulness, whereby your focused thoughts allow the clarity of the remainder of your mind to be unfettered and automatically connected to your soul, your Higher Self and your Higher Power. This, in turn, enables you to be “in the zone” and enables GAIN— God And I Now— to eventuate.

Tennis players learn a technique of focusing on the ball and allowing their natural swing to occur without thought and using their gut feel instinct to flow through. They are taught to say “bounce” when the ball bounces and “hit” when its time to react with a stroke. Bounce hit.... bounce hit.... bounce hit..... This practice takes their thoughts out of their mind’s control and for their strokes to be more natural and flowing without their thoughts interfering in what is a split second of time to react.

Non -acceptance of what is is counter productive to leading a happy and blissful life and thereby achieving GAIN—God And I Now.

Non- Attachment

When you become attached to something or someone you decide to allow that possession, issue or person into your life. Your life now changes to accommodate that attachment and you claim some level of ownership over it or them and it or them over you.

A simple example is ownership of a home. You proudly bought your home and it suited your needs as your family expanded but once your children inevitably left home, when it was time to leave the nest, you were now stuck with a home too large for your needs. If the housing market was in a decline phase and it was difficult to sell your home then your home attachment is weighing you down financially as well as in increased maintenance costs as your home is also getting older and in need of repairs and modernisation to suit the more modern buyer. Your thoughts are now focused on your home and the burden it is becoming and your mind is far from silent and still.

Your mind needs to be silent and still to enable it to find the alignment to your soul, your Higher Self and to your Higher Power in harmony, peace and love and then to become GAIN—God And I Now.

In further understanding non- attachment I need to use a relationship as an example. You meet the person of your dreams and you either get married or live together. After the honeymoon period, and the initial few years of your relationship, the issues that attracted you to that person get taken for granted and you start to focus on the issues that irritate you about them. Your ego-based negative verbal and non-verbal language begins to poison your relationship as they retaliate with the issues that irate them about you. You are attached legally and/or financially and/or through any children you have together but you wished you weren't.

Once again your thoughts are focused on this unhappiness in your life and your mind is never still and silent and cannot access the alignment to become GAIN—God And I Now— referred to above.

The solution for non- attachment is to not judge any issue or person and to not resist any issue or person. Simply let it be! You only know what you know but there is a lot more to know if you change your perspective and become non attached to the results. By letting go the reigns of the horse and allowing it to go where it wants to you will discover things you didn't know existed before.

Using our example of home ownership above, because you are now intent on trying to sell your home in a depressed housing market your focus is on selling but there are other options too. By releasing your attachment to selling and allowing other options to be considered you may benefit both financially and emotionally.

First you have to release the brake of your attachment to your home as it is now. Thereafter, find out what the demand is for homes in your neighbourhood. Is it for smaller homes, rentals or anything else?

Perhaps you can remodel your home and create two smaller homes out of it. This may bring another older person or couple into your life as your neighbours sharing your home. There may be a demand for individual rooms to let sharing your kitchen, dining room and lounge bringing more people into your home and increasing your companionship. There may even be a need for a Bed and Breakfast Facility in your neighbourhood and you can earn extra income and frequently meet new people.

Now lets deal with your relationship issue in the same manner. If you do not judge and resist anything your relationship partner does or says but you simply give them all the rope in the world through non- attachment, they are likely to appreciate you more. Simply by not criticising them they will feel more relaxed and carefree in the relationship. By not resisting anything they want to do, you allow them the freedom

they need. By not judging anything they say or do but simply let it be, they will have no reason to counter with their resistance, judgements and criticism of you.

The friction level of your relationship has now been dialled down low and the issues that attracted you to each other initially can now come to the fore as the ego- based negative attachments wane and this allows the love- based non- attachment to freely evolve.

By releasing the attachment and allowing life to flow unhindered you learn to TRUST- To Release Unto Spirit Totally and then To Rely Upon Spirit Totally. Becoming GAIN—God And I Now— automatically flows from such TRUST based on non-attachment to people or things.

Non Judgement

Probably the largest boulder in your path to attaining GAIN—God And I Now— is judgement.

In truth, judgement simply means that you are too lazy to unearth and establish the reasons why people do what they do, or to establish why the way things are, that you judge not acceptable to you.

If you remember the topic above -Meaning- I talked about fearing the unfamiliar and also fearing change. Judgement flows from such fear.

Right now in the world there is a fear of terrorism and mostly Islamic based fundamentalism terrorism. This started in earnest by the bombing of the World Trade Centre Towers in New York on September 11, 2001. In recent years the refugee crises in Syria, Lebanon and Libya, as well; as other countries, has seen millions of people being displaced from their homes and streaming over borders to find a safe place to live for them and their families. The media has depicted this refugee crisis as menacing the lives of those people whose neighbourhoods have been turned into war zones as militant young men terrorise these neighbourhoods who gave them shelter from their storm.

How different the outcome would have been if it wasn't judged as a problem but rather seen as an opportunity. Many countries in Europe have either reached or are soon to reach a negative population growth rate. By 2050 over 35% of Europeans

will be over 60 years old and reliant on the younger workforce to fund their pensions and medical needs through taxation of these younger workers. If the refugee crises could have been better understood and foreseen then a selection process could have been put in place to allow those suitable proven people with trained skills and education into Europe as a productive generation instead of a drain against the state's coffers as refugees.

Of course, there are other issues to consider but I am using this issue to illustrate that judging the refugee crises as a crises and not seeing it as a selective opportunity comes from not understanding the underlying fundamentals that create such refugee crises.

The toppling of cruel dictatorships by foreign powers creates a leadership vacuum in those countries and Warlords usually take over in the destabilised regions. This is much like cutting the head off the Hydra by Hercules in Greek mythology only to see other heads emerge.

The fault lies in the judgement and not fully understanding the situation before deciding on an action plan.

To illustrate again with a much more simple example. How many of us reacted badly to a pimple on our face when we were young and popped it to get rid of it. What we managed to do in the process was to push the bacteria and pus deeper into the skin which caused more redness and swelling, scabs and possible permanent scars.

The judgment of criminals is seen in the following example. The USA has more people incarcerated per capita than any other country in the world. For every 100 000 people, 716 people are incarcerated in the USA, a 0.7% incarceration rate. The USA has 4.4 % of the world's population but 22% of the world's convicted prisoners. The USA has 4 lawyers for every 1000 people whereas Japan has 18 lawyers for every 100 000 people and has an incarceration rate of 41 people for every 100 000 people, a 0.041% prison incarceration rate.

One simple statistic unearths the reason why so many American are incarcerated. Over 67% of all American males incarcerated did not finish high school. It costs \$11 000 a year to educate a high school student and \$20 000 a year to fund the incarceration of a felon in prison. (Source:PBS).

Surely, it is easier and more cost effective to ensure that people finish high school and are not attracted to a life of crime as a consequence of them having limited education and skills training to earn a honest living.

Before we judge we must unearth every possible reason why people and events happen and this will place us in a position where understanding, empathy and, hopefully, remedial action replaces judgement.

Once again by not having the negative thought processes of judging people and events in our thoughts we enable more silence and stillness in our mind. We can now better connect and align our thoughts, words and actions in harmony, peace and love to our soul, to our Higher Self and to our Higher Power. We can then attain GAIN—God And I Now— and no longer judge but TRUST— To Release Unto Spirit Totally and then To Rely Upon Spirit Totally— and allow and enable solutions to emerge rather than judgements.

Non-resistance

When you decide to offer resistance to what is occurring now in your life you must interrogate yourself and find out if this resistance is based upon your ego's needs or your soul's needs.

If its your ego's needs then you must decide what is important in your life: to be right or to be happy.

If you choose being right, an ego -based decision, and that is more important for you, then you have some growth in store for you as being right makes the other person wrong and usually unhappiness results for the other person. What they do with their unhappiness feeling of being proved wrong is unlimited. They could congratulate you and thank you for teaching them as one end of the scale or they could contemplate murdering you at the other end of the scale! Probably they will settle in between these two extremes of behaviour but you might have to sleep with one eye open for a while!

Your ego-based need to be proved right might also bear some investigation and analysis. If you have this strong need to be right all the time then there is probably something in your past that occurred where you felt powerless and may have been ridiculed for making a mistake. It could be as innocuous as a thoughtless teacher or instructor publicly criticising you for making a mistake and being at a young and impressionable age this could have created emotional scar tissue covering this emotional feeling of humiliation at being wrong or doing something wrong.

You have probably alienated some people from you because you are seen by them as Mr/Ms Always Right, never wrong and knows everything. Few people will want to be around someone whom is always right and never wrong. It makes them feel in-

ferior around you and makes them feel uncomfortable to be in your ego-based presence. If you can learn the magic words- “I don’t know, can you teach me please?” Your address book and social life will benefit greatly!

If your resistance is soul based and coming from unconditional Love then you know through your feelings, which are the language of your soul, that something is wrong and your resistance towards them, or it, is justified. Trust your Soul as its connected to your Higher Self and your Higher Power and is the access way to GAIN- God And I Now.

Now

I have written a 437 page book, *How to Live in the Now*, as a free ebook on personalempowerment.co. The Now is not a time, its a space, what I call God’s Space. God is only found in the Now and the EGO —Edging God Out— cannot be found in this Space as the ego is only found in the past and in the future as it deals with hopes and fears, neither of which occur in the Now.

If God is only found in the Now then it stands to reason that for you to attain GAIN — God And I Now— you have to also be in the present moment of now.

The only way to access the Now is to be soul-based and that implies love -based too. The easiest way to achieve this feat is to think, say and act on “what would Love/God do now?” Coming from love in your thoughts, words and actions open the door to the Now and enables your soul to align with your Higher Self and your Higher Power in harmony, peace and love. Through this process you attain GAIN— God And I Now.

Opportunity

An opportunity is an opening that we see and we must then decide to choose whether this opportunity is to do good or to do evil. This power of choice is our free will and the causal result will shape our future.

The time is always perfect to do good but we have to make that choice willingly. The opportunity to help ourselves, or another, and to know that we are God’s Hands in

this process is enlightenment. Our eyes may see such an opportunity but our hearts have to open up to effect such an opportunity to do good.

In this opportunistic process of becoming God's Hands we attain GAIN—God and I Now.

Passion

I see enthusiasm followed by commitment, perseverance and dedication creating a passion to attain some longed for desire.

The word enthusiasm comes from the Greek and it means inspired by God. So carrying on that theme, if you are enthusiastic and you show a strong commitment to the cause and you persevere against all obstacles and you continually dedicate yourself to this cause you become passionate.

If this passion is to attain GAIN— God And I Now— then nothing can stop you.

Patience

The attainment of anything worthwhile in life requires patience. When a silkworm alights onto a mulberry leaf it is the first step in creating the silk tie or silk scarf around your neck. All it takes is patience and the ability to spin the silk into a finished garment.

Even Shakespeare tells us in Othello *"How poor are they that have not patience! What wound did ever heal but by degrees?"*

Under the topic Meditation above I dealt with instant gratification and the inability to have patience and allow issues to develop naturally, meaning at the pace of Nature.

Over the past generation we have see communication evolve from fax machines to emails messages on our watches on our arms. A generation before that typewriters and telex machines were used to send messages and a generation further back important messages were sent by telegram delivered by a messenger on a bicycle. In my teenage years during the 1960's we received important messages by

telegram and we tipped the bike riding messenger! When my sister emigrated to the USA in the late 1970's we wrote airmail letters which took weeks to be delivered. Today we WhatsApp instantly throughout the day and night.

Where do we think communication will evolve to next? One thing is for certain and that is that it won't be a patient mode of delivery!

We are going to see the need for patience increase in our fast moving world. People will need time to catch their breath and doing things with patience will likely to be a prized possession as we get swept off our feet.

The awareness and practice of mindfulness has developed at an increased rate and this indicates to me that people are looking for a reason to slow down and find patience in their lives. Meditation is likely to follow suit and see an increase in people looking for a time out to catch their breath.

Silence and stillness, especially of reduced or minimised thoughts, will become the nirvana to give our brain a rest and to allow us to catch our breath, literally and figuratively!

For those intent of attaining GAIN— God And I Now— the patience required to slow down and enter the Now, or God's Space as I term it, will have to be a learnt response in this rapidly speeding up world.

When we have learnt to distinguish between quantity and quality, we will have learnt how important patience is in our quest to attain GAIN— God And I Now.

Peace

For those who have known anger, irritability, emotional discord, and other non peaceful states of mind, they will know how valuable peace is.

On the earth plane we have to deal with the co-existence of opposites. We actually choose to deal with a world of opposites in terms of our Soul contracts. We want to know the feeling of both up and down, happiness and sadness, and all the other opposites we confront on a daily basis. In Spirit, we do not have that opportunity to experience the emotional feelings that are opposite to each other so we come to the earth plane to experience these sensual feelings in both their extremes!

Those who want to know peace usually know its opposite first. When you have experienced the horrors of war then your appreciation of peace is so much deep-

er. The same can be said for an unhappy relationship. When you leave that relationship you seek a period of solitude to begin to discover some peace in your life.

Unfortunately, many people go from one unhappy relationship straight into another relationship and they usually take their smelly baggage with them.

Where is this elusive peace that you seek? Is it found in a place of worship, in Nature's splendour, with another person who appreciates you unconditionally for who you are or in solitude?

Peace is not a place. Peace is not in a bottle of alcohol or in a vial of pills. Peace is always, and has always been, and will always be, within you. The God that is within you as GAIN— God And I Now— is the peace you seek. God is the peace that surpasses all understanding (Philippians 4:7).

When we know GAIN we will know peace. Perhaps your Soul Contract was to know what wasn't peace and then to go through the "valley of the shadow of death" and be able to state with the Psalmist "I shall know no evil for Thou are with me" (Psalm 23). Knowing such GAIN— God And I Now— is the theme of this Psalm.

To illustrate the opposites I referred to above let me use the word EVIL from the previous paragraph and reverse it to create LIFE. This is more than a simple play on words. It's an understanding that we should not judge anything as whatever happens to us we called it upon ourselves for the highest growth of our soul. We needed to experience the evil so we could appreciate its opposite, life, our most treasured possession. Without life we return to Spirit and cannot experience the sensual feelings of living on the earth plane. We came here for that reason.

To have and know this peace that lives within us we must not judge anything and anyone. We must do the opposite, we must have gratitude for everything and everyone. Gratitude is the key to open the door to the God within us and to know peace through GAIN— God And I Now.

Perception

In my free e-book *Becoming Blissful* found on personalempowerment.co I dealt with perception by using examples of the perception of an ant, two goldfish in a bowl and two babies in utero. I don't want to spoil it for you and suggest you read this understanding of perception as a prelude to what I have to say below.

Perception is most oftentimes confused with truth. Perception is limited as illustrated in the stories about an ant, two goldfish and two babies in utero.

The truth is something we do not and cannot know while on the earth plane. My acronym for TRUTH is To Reach Unto The Heavens and that is where truth will be seen and understood. What we call truth is merely our perception. Regrettably millions die each year in conflicts caused by people not understanding that their truth is merely their perception of the truth and is, in fact, very far from the actual truth as known in Heaven.

The rigidity, superstition, lack of awareness and ignorance of the real truth somehow brings out the worst in some people. This inability to accept the fact of real truth as known in Heaven reinforces their intransigence and they usually become even more stubborn and stiff necked holding onto their perception of the truth for dear life.

I often use the horizon to illustrate this perceptual restriction. Depending on whether you are standing on the ground floor, or 100 stories high, and, depending on the state of your eyesight, and, further depending whether you have binoculars or a powerful telescope to assist you, the horizon line will shift when you gaze upon it. Your perception of where the horizon line is will shift depending on the issues above.

Each person who manages to attain GAIN—God And I Now—will experience it differently from their own perception. Let's all start understanding that someone's perception is for them the truth but now you know better!

Perspective

During this past week in April 2019 the announcement of the first black hole in our Milky Way galaxy has been “photographed” by eight ground based telescopes around the world in an operation known as Event Horizon Telescope (EHT). These telescopes were synchronised to micrometer readings to ensure the entire black hole was identified and captured. Apparently, we would have needed a telescope the size of the earth itself to undertake this photograph which was accomplished by amazing project management of the EHT.

The black hole is 55 million light years away from earth. It is some 100 billion kilometres wide, larger than our entire solar system and 6.5 billion times the mass of our sun. No light emerges from this black hole, hence its name, and apparently Einstein's Theory of Relativity, of some 100 years ago, is partially validated by this black hole.

Now does that information do anything for you? Will it change the way you look at life? Does it make you feel very small and insignificant? Does it make you look at our Creator in a different light?

If you took your index finger and placed it as close as possible to your one open eye can you see anything else besides your finger?

We decide on the perspective of our life. We decide whether we are small and insignificant or large and very significant. This decision is ego-based or humility based if we come from soul based love.

When we come from our ego-based self we are usually the centre of our universe and whether or not black holes come or go is immaterial as we are so focused on ourselves.

When we come from soul-based love we are usually humble and aware and conscious of GAIN— God And I Now. Our world is focused on being GAIN and we believe that our Creator is All That Is and that includes black holes too! We believe we are not alone but ALL ONE and this is the lens which we view our perspective in this life and in Spirit.

Power

Power is the nirvana of ego-based people. These people crave power as much as they crave oxygen to breathe. Their need to have power over one person or over millions of people is a psychological need as they suffer from a hole in their soul which is a bottomless hole, much like the black hole I described in the previous topic of Perspective.

At a Psych 101 level we learnt about superior and inferior complexes and the motivation driving these complexes. Superior people judge everyone else as inferior to them and they manufacture and convolutedly design circumstances to show how superior they are, and, resulting, how inferior everyone else is. The need to have and show this power of superiority over one or more people is insatiable as they divert all attention, and especially their own attention, away from this empty hole within them.

We all know of the bully in the schoolyard. Those oversized kids who can't wait to beat up on the smaller kid. Those cyber bully schoolgirls who gang up on a target and make their life insufferable in social media. What most of us know is that these

bullies are themselves being bullied, invariably at home, and are replicating what they are being subjected to on some poor kid who is an easy target for their venom.

So the power that we are all subjected to whether by a narcissistic, ego-maniac as the President of a country, or by a “tin god” boss, or by the schoolyard bully, is not attractive to attain and be proud of.

The world is full of VICTIMS which acronym I describe as Verily I Call This Into Manifestation. The people too scared to state- this is no longer acceptable to me! They fear they will be beaten up physically, or in some other way, if they stand their ground and make that call. So they tend to bow their heads and take the blows, physically or metaphorically, and keep on being victims. The power obsessed people are feared but not loved and that suits them just fine as long as they are seen to be powerful.

The power I am describing is the Love of Power and usually things end badly for the ones dominating with such power.

My acronym for POWER that I am recommending is Present Only When Ego (is) Removed. This power is the Power of Love.

I believe that God is Love and Love is God so when this power is exerted it comes from soul-based love and ego - based power is far from this Power of Love.

When you feel enveloped with this Power of Love you feel so powerful in an ego-less way. With this power, your needs are minimal because this feeling of Unconditional Love is beyond all the material benefits you know that ego-based power could attain for you.

This Power of Love is true GAIN—God And I Now— as you and God and Love and Power are all one now.

Praise

My acronym for PRAISE- Paying Respect And Internally Spiritually Evolving.

When we relay praise to our Higher Power we usually feel better within after we have sung our praises to this Deity. Do you think that our Higher Power is in need of such praise or do we give such praise because it makes us feel better within ourselves for doing so?

If God is All That Is in our belief system then why would praise be meaningful to Him/Her? I don't have an answer to that question and merely pose it to get you thinking about why you give praise to your Deity?

I know that when I get onto my knees every morning and evening I feel humble in approaching God and thanking Him/Her for everything that happens to me whether I choose to call it good or bad. In humility and gratitude at these specific times and during the day I speak to my ever increasing perception of this God and ask for guidance and show gratitude by saying my constant prayer which is found on the home page of personalempowerment.co:

“God will give me what I need when I need it for the highest growth of my soul. God's timing is always perfect. Trust God now and be Godlike.”

This praise and prayer to the ever increasing perception of this God somehow makes me feel better connected to my Higher Power by enabling my soul and my Higher Self to be in alignment in harmony, peace and Love with God.

Some people prefer singing their praises to God via songs, hymns and other ways of expressing such praise. Most people feel uplifted through such verbal expressions and music is a universal language on earth and probably in heaven too.

If our vibrations are lifted and elevated by praise, prayer and song then we feel more enlightened during and shortly afterwards as the glow of such spiritual upliftment lingers for a while.

Ideally, we would like to capture that vibrational upliftment and make it our permanent state of being. I have good news for you!. It is our permanent state of Being as we have a part of God within us and its only our ego that takes over from our soul and runs our life for us that prevents us from continually feeling such blissfulness of Being.

I have written a free e-book *Becoming Blissful* found on personalempowerment.co and, similarly to this book GAIN— God And I Now— it enables and allows you to sustain this feeling of blissfulness of Being.

As always in my writings I stress the importance of coming from soul and not from ego to lead a life of GAIN—God And I Now.

Today is April 19, 2019 and in the Christian calendar is Good Friday commemorating the crucifixion of Jesus Christ and his death at Calvary. In the Jewish calendar it is the first night of Pesach, or Passover, commemorating the exodus of the Jews from Egypt under Pharaoh's tyrannical rule.

Fourteen years ago today I wrote a chapter of *The Book of Evolving Relationships* found on my other website guidespeak.com.

The chapter is entitled *Who is your Moses?*

Today is a fitting day to share this with you:

The biblical story of “Passover”, the rescue of the slaves from bondage in Egypt and the journey to the “Promised Land” required Moses to be their facilitator and lead their escape and their journey toward the “Promised Land”.

When you are born, you arrive as a Soul now with a body attached. You are always a Soul. On this visit to the earth plane your Soul brought along a body. Too many of you think you are bodies with occasional glimpses, if any, of Soul.

Nothing is further from the truth.

You are Souls, always, and all ways. On the earth plane your Soul has a body to experience the physical. In most cases the bodies you arrive with are healthy, potentially strong and “perfect”. What you do with those bodies by the time your Souls depart the earth is your choice.

Sometimes that choice appears to be not yours but what others do to you. Every choice is yours – but soul contracts are for discussion at another time. Please accept the fact for now that you choose what happens to you. You choose what happens to your body.

Soon after you enter the earth plane you have a duality – Soul and Ego. Soul is love and Ego comes from fear. A balance is required between Soul and Ego, between love and fear.

Far too much Soul and you are a “pain” to be around! Far too much Soul and you might as well go back to Spirit where you are 100% Soul always and all ways.

Far too much Ego and you are insufferable. Who wants to be with a self-opinionated, overbearing boor, who is so superior, so perfect, such an expert on everything – while deep down is so insecure? No thanks!

A balance between coming from love and being a real person with feelings, emotions, desires, ambition in healthy doses, proud without being obsessive, giving, generous, supportive, kind. The best friend you always wanted to have – you can be – to yourself and to others in your relationships.

The problem comes when your Ego leads you astray, when your Ego imbalances you and your Soul is left stranded. When I dominates and you/we/us diminishes in importance. When I need this, I’m going to take what I want, who I want, when I want it, how I want it, where I want it.

When obsessiveness leads to imbalance, ego takes over. This can also occur when people becoming obsessively “soulful” or “religious”. Ego has made them superior; they are the experts on the soul’s journey or what God wants to happen. The ego has cleverly tried to disguise its obsessive ambitions behind “soulfulness” or religious dogma.

Ego is much easier recognized when it comes to addictive behavior, immoral behavior, greed, power, abuse and other obsessive creations.

When ego says “come with me I will offer you unlimited pleasure with no responsibilities, power to control and manipulate others, the ability to damage people and not have to deal with the consequences”. The ego gives you license to break societies rules whether it be with too much alcohol, narcotics, marital infidelities, financial power over others, abusive behavior etc. then ego has you in its power.

Now ego is driving and you are in the backseat. Ego has become the master – you have become the slave.

You have no foundation stones; you are spinning out of control. Ego gives you more and more of what turns you on, you cannot stop, you are well out of balance. Your soul is a distant memory – coming from love all but forgotten.

When you are spinning out of control all you can be is “an accident looking for a place to happen”. If you are lucky you will crash into something, which if it does not kill you, could bring you back to your senses – with a crashing bump. If you do not crash into something you will spin out of control into oblivion – and a sigh of relief will be heard from those left behind.

When, and if, you are lucky enough to crash into something there will be consequences to pay. Pay them willingly – you are still on the earth plane where you can attempt to redeem yourself – to begin redressing your imbalance.

After the crash look around, see who is there to help you get your balance back. Who is there to help you find the love your soul wants to give? Who is helping you escape from your self-imposed slavery to ego and who wants to help you get to your “Promised Land”?

This Promised Land is where Soul lives, where self love flows unconditionally. Where you are not judged by what you allowed your Ego to do, but where your Soul is seen for what it is, undamageable, untarnishable, undiminishable, remaining pure love. After all it is part of God and how could you possibly damage God. Your soul is pure love coming from love’s own Source – God. Can you recognize who You really are? You are love, you are part of God. God is love. You are part of God. You are love.

Now you can understand what your ego did to you. You can have compassion for yourself. Not self pity, but compassion for seeing it was your ego running amok – not the real You. You can have empathy for yourself – understanding and compassion. You can forgive yourself. Your Soul is always love. Love is forgiveness always and all ways.

You are your own Moses – bringing yourself out of slavery of your ego desires to the “Promised Land” of unconditional self-love.

When you come from love by thinking, saying, doing – “What Would Love do Now?” -you become your own Moses, your own facilitator, your own leader, your own healer.

MOSES–Make Our Search Ego (or) Soul

You choose – Ego or Soul – Fear or Love.

After all, you are your own Moses now – in every present moment of Now – you choose whether you want to be Ego or Soul?

Whether you want to think, say and do:

“What would Ego do Now?”

or

“What would Love do Now?”

Source: The Book of Evolving Relationships- Who is your Moses?- GuideSpeak.-com

And so we return to the topic of PRAISE. The message remains the same. By making your search for your soul to lead your life, then the praise that you offer is the way you live your life. You do this by allowing and enabling the part of God within you, your Soul, to connect to your Higher Self and to your Higher Power and achieve GAIN—God And I Now.

Prayer

Following on from the previous topic - Praise- what I want to write about prayer follows the same theme.

God does not need your prayer- you need your prayer to be heard by God. How can God benefit by your prayer, especially if it is a shopping list of your ego- based wants.

In my evolving spiritual understanding, I see God giving us what we need for the highest growth of our soul, and not what we want for our ego-based needs to have more and be more.

Of all the millions of people praying to the God of their perception at any time, simply imagine God's "switchboard" being jammed with "me requests" as if its the North Pole and the mythical Santa Claus is preparing the Christmas sleigh with presents!

In my humble view, I believe that God would prefer the prayers being offered to be ones of action and not ones of words or thoughts. By acting in a Godlike manner your life becomes a prayer to the God of your perception. I believe that these action filled prayers are the ones that make it through the "switchboard" in Spirit.

A prayer which sees you being Godlike in your active approach to yourself, and to others, places you on a vibrational level with your soul, your Higher Self and your Higher Power acting in harmony, peace and Love. This is GAIN—God And I Now—in action.

Present moment of Now

As spelled out numerous times in this book and in all my other books I believe that the present moment of Now is not a time but is a space- I call it God's Space.

This space is the only place where God can be found. There is no God of the past or of the future, there is only the God operating in every present moment of Now.

This opening is only found by a soul- based approach to life. The past and the future are where your ego can be found as it promises you hope or instills fear. Your ego controls your mind's thoughts by reminding you of the past or projecting you into the future and using hope and fear as its influencers over you.

Your ego cannot survive in the present moment of Now as it is obliterated by the soul based Love of a loving God who is only in this space of Now. God does not

need to use hope and fear to influence you, only Love. In time, you will discover that only Love is real and everything else is an illusion.

I would like to use an example to explain how I see the present moment of Now. In Israel, water is a very scarce commodity and the Israelis invented the irrigation drip method of farming. They placed the nozzle of the irrigation tap at the root of the plant ensuring that each precious drop of water was fed directly onto the soil above the plant's root. In this way invaluable water was not wasted but used specifically at the root and nowhere else.

The analogy to the present moment of Now is that watering the ground in front or behind the plant will possibly help the plant to grow but watering sparsely at the root will definitely ensure the plant will grow with as much water efficiency as possible.

Sometimes a picture says a thousand words and I am hoping that the irrigation drip method can be easier to understand living in the present moment of Now than pages of words describing how to live in the Now. For those who are interested, I have written a free ebook *How To Live in the Now* found on personalempowerment.co as well as a free ebook on amazon.com.

The present moment of Now is your entry point to GAIN—God And I Now.

Principles

The term principles has an authoritarian ring to it so I will rather use the more user friendly term of foundations.

No building can remain standing without solid foundations. The stronger the foundations the greater the height of the building. What goes for structures also goes for people too.

Your initial foundations were laid for you by your first family. Your parent or parents, your siblings and other close family members all contributed to laying down the foundations from which you were able to build a life.

The disturbing recent trend of some 40% of births being to single mothers having one or more children, in so called modern societies, is undermining the foundations of these children compared to two parent families, providing, of course, that these two parent families are emotionally and financially stable.

The high incidence of divorce in so called modern society is around 33-50% and this usually plays havoc with the emotional stability, and most oftentimes, financial stability of a home, where children are raised.

The role of a loving father who is present in the day-to-day life of a child is important in developing the foundation stones necessary to build a successful and happy life for their child. Obviously, this is a generalisation but the point I am making is that life has enough challenges for a growing person when two loving parents are present, and only having one loving parent is likely to undermine those foundations in some way or form.

We have to find our own foundation stones and lay them ourselves, especially if we did not have them laid for us by our first family members.

There are certain principles and universal laws that are both eternal and vital to have as foundation stones.

In Guidespeak.com I have written a free book *The Book of Universal Spirit Laws* which encompasses over 100 Universal Spiritual Laws. These are unchangeable in any era and especially in today's so called modern era.

As far as principles are concerned the Golden Rule of "Do unto others as you would like done unto yourself" coupled with the maxim "what would Love do now?" should be two foundation blocks for a life of abundance in all things.

Rather than feed you other principles with which to have as foundation stones I want to use the manner of teaching that allows the pupil to have a fire lit underneath them and enables them to find the answers and solutions themselves. Make it into a game and see how you unearth these invaluable principles that form the foundation stones of one's life. Many of these principles are stated in my various books on both guidespeak.com and personalempowerment.co and the starting point would be the Contents page of each book.

These foundation stones are the ones that allow and enable you to attain GAIN—God And I Now.

Prosperity

We usually equate prosperity to financial wealth. Such financial wealth invariably comes from one of three ways- hard work with income and asset accumulation; via inheritance or through strokes of good fortune such as winning the lottery.

The hard work option usually means an imbalanced life where focus and attention is on a 10-15 hour working day, usually working six or seven days a week. Time

available, and, more importantly, attention, is usually sparingly given to relationship partners and children who are deprived of the emotional and psychological support they need and its replaced with the financial support to buy shiny objects. Such hard fought for wealth prosperity often leaves broken relationships and damaged children in its wake.

Of course, there are the occasional wealth builders who manage to have wonderful relationships and great kids but this requires a special awareness and effort.

Prosperity acquired through what is called an accident of birth or through being a member of the “lucky sperm club”, as it is more crudely described, is often a curse rather than a blessing. Money is usually the Deity in these peoples lives and because they have inherited their wealth, rather than worked hard to create it, they spend their energy on the power base within families where such inherited wealth is coveted as a god. My experience in advising many wealthy families through over 40 years is that the in-laws, those marrying into the wealth, are usually plotting their way for more of the power and wealth. The children brought up with wealth usually have the best of everything thrust upon them and have not known what its like to struggle and make every cent count. Many of them live from thrill to thrill and the epidemic of drug taking and illicit sexual adventures is usually disproportionately high among these members of the “lucky sperm club” and their relationship partners. Unless their wealth is well managed it usually slips through their fingers and their over indulged children may end up impoverished financially, emotionally, psychologically and spiritually.

Not every wealthy family goes down this road but, in my experience, most of these members of the “lucky sperm club” don’t know real and meaningful relationships and friendships as their wealth attracts people who usually want something from them and willing to go to any means to achieve this objective.

Wealth acquired through stokes of good fortune such as winning the lottery is the last one to look at. In one of my other books I researched and wrote about the plight of the winners of the lottery in the USA and how many of these winners ended up bankrupt as they were unused to handling such enormous wealth given to them on a plate.

Imagine what your life would be like if you won a huge sum of money through gambling and your win was well publicised? How many of your family and friends would treat you differently and how many new “friends” you would suddenly acquire?

If you did not have strong financial discipline how would you handle a sudden wind-fall of such good fortune? What would your attitude be to your current work? Would you change your lifestyle and throw out the old and bring in the new? What about your friends and the other meaningful people in your life? How would you deal with all the “snake oil salespeople” offering you the “next best thing”?

Such instant prosperity is a major financial, emotional and psychological adjustment for you, your relationship partner and your family and is likely to imbalance your existing life substantially.

So much for financial prosperity now what of emotional prosperity. Are you emotionally prosperous? Do you feel happy, grateful, and, maybe even blissful? Or are you emotionally depressed and feeling sad, lonely and empty inside? I believe well founded emotional prosperity, which is aligned to psychological prosperity, to be true prosperity.

Now onto real wealth. Without good health no amount of prosperity from any other sphere is meaningful. Sure money can help you regain good health but the cause of your poor health is usually mental and not physical. Poor health is usually developed over years of neglect of one's body and abuse of mental health through poor behavioural choices in many guises. Health is wealth, full stop!

There are some people who are simply happy in their lives. They usually don't have excessive financial wealth but do have a strong relationship with their partner and their children. They are well balanced: work wise, emotionally, psychologically and usually health wise too. They invariably have a few good friends they can depend on, and, who can depend on them, and, invariably humour among their friends is a constant theme of their friendship.

Happy people usually enjoy one or more sports and hobbies without having to be excessively competitive in these pursuits. Happy people smile and laugh a lot and enjoy the company of others who have the same sense of humour.

Happy people are trustworthy people and their family and friends are equally trustworthy too. Happy people don't have to sleep with one eye open!

Some happy people have found that the relationship with their Higher Power gives more meaning to their life and makes them feel spiritually prosperous.

In keeping with the theme of this book they become GAIN—God And I Now.

Problems

Please put your hand up if you currently have a problem now.

You can't possibly have problem now because right now you are reading this book.

You may have a problem that needs a resolution soon, or a resolution yesterday,

and you are stressing about it, but by accessing the Now, God's Space, you are in a relationship with All That Is, and that includes the solution to your problem!

How come what is a problem for you may not be a problem for another person faced with the same situation? They may see it as merely a puddle to jump over whereas you see yourself drowning in the same water? Is it because they have the self confidence and ability to handle the issue at hand? Is it because they see it as an opportunity to grow rather than a problem to drown in?

Can you change your mindset to be like them? Can you develop the ability and self confidence to handle the situation. Well, there is no time like the present! Have a plan and then have a go at it. At worst you will fail and then know one way that won't work. Edison tried over 10 000 ways to create the light bulb. After each failure he probably said, "well that's one way that won't work, onto the next way."

Einstein is reputed to have said, *you can't solve a problem with the same mindset that created the problem in the first place*" You need to elevate your thought processes to find the solution to the problem at hand.

We let our perceptions limit our progress and the biggest erroneous perception is the one that says "I can't do this!" You can do whatever you earnestly decide to do, you simply have to decide that its important enough in your life to give it all you have got!

Of course, if you can align your soul, your Higher Self and your Higher Power in harmony, peace and Love then you can tap into the Power that creates Universes to obtain the guidance you need to resolve your so called problem. In this way you use GAIN—God And I Now— as your solution finder.

Purpose

Its time to let you into a secret in terms of GAIN— God And I Now. We are all part of Oneness and God requires to experience physically and sensually every sensation and event possible to be the Source of this Oneness, of All That Is.

God requires to experience what it like to be born white, black, and the range of skin colours which denote the various racial groups on the earth plane. Each of these racial groups have different experiences in various places around the world.

God requires to experience every state of physical and mental health and how being in each of the over 200 countries around the world affects and attends to, or does not attend to, these physical and mental states.

God requires to know various states of wealth and poverty and how it feels to be so wealthy and so poor and the states in-between these extremes.

God requires what it is like to be super intelligent and severely lacking in intelligence and the stages in-between and how it feels to be such a person.

God requires to know what freedom and captivity or imprisonment feels like as well as the stages in-between.

God wants and needs to experience everything and everyone and to feel what it is like through such experiences.

So what about thinking that the purpose of your life is to fix the gaping hole in your Soul that you have to the earth plane to do so that your Soul can be more complete and merge with God through these experiences via feelings which are the language of your soul. This is GAIN—God And I Now.

We always look for meaning and purpose as it affects us but what about if such meaning and purpose is to fix the gaping hole in our soul, which we agreed to do through our Soul Contract made in Spirit before we embarked on this journey to the earth plane?

What if the meaning and purpose of our life was for God/ Oneness to assist in completing the giant mosaic of eternal life and needing us to experience what we contracted to do to fill in one more missing piece in this mosaic.

What if our meaning and purpose was to act on behalf of God and know that Oneness is the beneficiary of our struggles and achievements, as is our eternal Soul on its growth path to become as Godlike as possible.

Now we can change our perspective and perception in a paradigm shift form of way and realise that our purpose is to help God become Oneness and this will give a deeper meaning to our lives.

To me this explanation makes sense when we realise the billions of people who have come before us to the earth plane and the billions of people currently on the earth plane and the billions of people yet to come to the earth plane in the future.

To imagine that these billions of people all have a unique purpose is difficult to absorb in our brain. It may be more logical to imagine that they are all missing pieces of the mosaic that God requires put into their place to develop Oneness as far as possible.

I give you this unique perspective and perception as a form of paradigm shift to more fully understand a possible explanation of the purpose of our lives. We then attain meaning for our lives, that of becoming Godlike to assist in completing Oneness.

So now the term GAIN—God And I Now— can be better understood in the light of this meaning and purpose of our lives.

I conclude with an understanding of this explanation from Mother Theresa, now Saint Theresa of Calcutta, who was quoted as saying, “I know God will not give me anything I can’t handle, but I wish He didn’t trust me so much!”

Questions

Are we asking the correct questions? Perhaps every investigation should commence with this question?

So often we ask the obvious questions but do we question what the motivation was of the person when doing whatever it is we are questioning.

In my free book *How to be a Great Negotiator* found on personalempowerment.co all great negotiators will attempt to establish what the motivation is of the other party in the negotiation. Having identified that then is it possible to enable them to achieve their motivated objective in the negotiations, and for you to achieve yours, creating a win:win solution for accomplishing both your objectives?

When you can ask the question “what would God/Love do now?” and implement that answer in your thoughts, words and actions, you will achieve GAIN— God And I Now— and most probably come up with a long lasting solution to any question.

Reality

We have been brainwashed to believe that our lives on the earth plane is what is real and constitutes our reality. Those who see only human bodies know this life on earth to be their only reality. Those do not acknowledge that we are spiritual beings in human bodies having a human existence on the earth plane cannot understand that this is not our true reality.

It is understandable that the majority of people see this life on the earth plane as our reality, after all, we can use all our five senses and prove that this life is real. Therefore, this must be reality.

Along comes the age of virtual reality and augmented reality and we don special glasses and experience a completely different reality as our brain is tricked into seeing is believing. Now what is real and what isn't?

What about our dream state when we are asleep? We experience a reality far different and it appears so real that when we awake we can't believe we were sleeping and dreaming.

Reality is really about our states of perception and belief. Both perception and belief are self made and, with difficulty, can be altered to create an alternative reality.

Let's take a case of a fatal car accident and you receive a call from the police to ask if your spouse is at home? You answer no they is not home from work yet. The police then ask if they drive an xyz make of car with a registration number ABCDEF 23? You reply yes, they do. The police then state that they are sorry to inform you that this car was involved in a bad accident and the car caught fire. A body has been recovered but is in a completely charred state and is unrecognisable. The police are awaiting dental records to confirm that the dead body is your spouse.

Your shocked brain tries to make sense of all of this and your logical belief system and current reality naturally assume the worst as its your spouse's car and there was only one body found, charred beyond recognition.

Their death now becomes your reality and your mind naturally goes into shock at the implications of this accident and loss of life.

Several hours later you receive a call from the police stating that the body is not your spouse but of a man who is a well known car hijacker. The police have now opened a case looking for your missing spouse who was no doubt the victim of a car hi jacking.

Once again, your reality changes and you now begin imagining where your spouse could have been hi jacked and whether they are alive and or injured.

So what is your reality, other than a current perspective, which is capable of being changed with a phone call?

Let me give you another situation where a paradigm shift occurs changing ones reality and perspective. You are tired and on the bus going home from a long and difficult work day. A man enters the bus with five rowdy children who run amok in the

bus. They jump on empty seats, knock against other passengers and generally are out of control. All the while the man sits with his head burrowed in hands and seems oblivious to what his children are getting up to.

Eventually you approach the man and politely ask him to control his children. He looks up at you with a blank stare in his eyes and says “I am sorry, we have just come from the hospital and their mother was killed in a car accident and her body burnt to a crisp and is unrecognisable. We are awaiting on the dental records to confirm she was driving our car back from work.”

Suddenly you want to do anything to help this poor man and his unruly kids who cannot process what it means to have lost their mother so tragically. Your reality has changed too from one of an upset complainant to one of shocked empathy and compassion.

Your perception of the facts or the truth, or more correctly, a truth, has altered your reality as much as donning Virtual Reality glasses and seeing yourself ski down a mountain in Switzerland while you are living in another country in sweltering hot and humid conditions.

So I ask you now what is reality? At the outset, I described us as spiritual beings having a human experience as my understanding of our reality. Can you now open your perception and belief to include the possibility that this may be a reality too?

For those who believe in GAIN— God And I Now— this is our reality that we are spiritual beings having a human experience and we are part of God and God is part of us in Oneness.

Recognition

Ego-based people require recognition for who they are and what they achieve. The usual medals they buy themselves to show off include their homes, cars, clothes, equipment, expensive holidays, trophy spouses, the latest gizmos and the like.

Without recognition their lives feel empty and the more they acquire the more they need to acquire to fill the bottomless pit of self importance.

Love-based people do not seek any form of recognition from themselves or from anyone else. They are quite content to be out of any limelight and have an inner sense of knowing that the only recognition they require is to recognise that they are a part of Oneness and that their soul is the part of God within them. They know that

their soul is connected to their Higher Self in Spirit and that this Higher Self is connected to their Higher Power in harmony, peace and unconditional Love.

For love-based people this recognition as being part of God is priceless and more valuable than any shiny object that others may admire and believe to be proof of how successful they are, as in the case of ego-based people.

I very recently celebrated my 67th birthday and received calls and messages all day long from family and friends in various countries around the world. Some people wanted to buy me presents to celebrate and I told each one of them that I feel the love of God within me; I feel the love of my sons and the love of certain family members and the love of my close friends. What material object can even come close to such feelings of love that surround me. To be recognised as Love by Love of others and to feel within the Love of my God is, for me, the height of recognition and celebration.

The ultimate recognition is GAIN— God And I Now— as this recognition is eternal and has the blessing of Oneness.

Regret

We usually feel the emotion of regret when we experience loss or create loss for someone else. My acronym for LOSS is Leaving Our Self Sad. This, of course, is the opposite of GAIN— God And I Now.

Today I was sent a Whatsapp about regret which I want to share with you:

Never regret a day in your life: good days give happiness, bad days give experience, worst days give lessons, and best days give memories.

The one way to avoid having regrets is to use the spiritual watchword of “what would Love do now?” to guide you in your every thought, word and action. As God is Love, you could ask “what would God do now?” and so implement that and attain GAIN— God And I Now.

Relationships

This entire book, as well as all my books, are about three relationships: Your relationship with yourself.

Your relationship with others, including your significant other.
Your relationship with God as GAIN— God And I Now.

Do you relate to yourself? Do you respect and admire who you are? Do you like yourself? Do you love yourself? Are you your best friend?

If you answered yes to all these questions then you are ready to have a relationship with another person.

If you answered no to one or more of the questions then it would be uncaring and unkind of you to have a relationship with another person as you are foisting your damaged goods onto them. Sooner or later your inability to be your own best friend and to be able to answer yes to these five questions above is going to impact negatively on your relationship with one or more people.

I know this sounds like a black or white issue with no grey in-between but I have seen it countless times before that people without self love impose themselves onto other people in a relationship and invariably these other people also don't have self love and the sparks fly!

Where one party has self love and the other doesn't, the self love party may see themselves as a "white knight" rescuing the other party. Over time, these relationships are also imbalanced and usually have a controlling element from one party and resentment from both parties.

Where both parties have self love and they bring this self love into the relationship then we have synergy, or $1+1 = 3$, and they both enjoy a loving and meaningful relationship, providing their self love is not narcissistic in any way.

Your relationship with your Higher Power requires you to connect your soul with your Higher Self and then to your Higher Power and this means that you are coming from a love-based soul perspective. From this position you can know GAIN— God And I Now.

Religion

The idea of religion is sound but in many instances ego-based people ruin the love-based idea of a religion.

The people who are identified as starting a religion usually were oblivious of their role as religious leaders. Their love-based energy was used by them to live a life

that convinced others that this was a new way to live. Many of these religions only formulated their rules and regulations centuries after the religious leader had passed away from this earth.

The ongoing influence of so called holy people added to these religions creating traditions, rituals and paraphernalia associated with these religions. Many of these so called holy people had egos and enjoyed the power bestowed upon them by their positions in the hierarchy of these structures controlling these religions.

The religious leaders usually ruled with the political regimes of the day and they were seen to be symbiotic and needing of each other to maintain power and privilege afforded these positions.

Religions have preyed on the weak and ignorant and have used superstitions and other fear based methods to keep their people in check. Certain religions have encouraged brotherly love outside of their religious followers but, in the main, most religions have tended to consider their religious beliefs to be sacrosanct and superior to any other form of religious beliefs.

This superiority has also occurred within the same religious groups as splinter groups of reformists threatened the power base of the more traditional or orthodox form of their religions Catholics and Protestants; Methodists and Mormons; Sunni and Shiite Muslims; Orthodox, Conservative and Reform Jews are some examples of this in- fighting within most religions.

It stands to reason that the so called holy men would state that unless you followed their religion you would not be able to attain certain status like being allowed into heaven and other promised benefits of toeing their religious line.

People need to believe in some Higher Power that holds sway over their lives as they may look at their lives and feel that everything is meaningless and purposeless unless there is a higher meaning to it all. This is fodder for religious leaders to use to develop their power base as they feed into this need of the poor and the ignorant as well as the rich and the intelligent, in certain instances, and create fear based superstitions, rituals, traditions and religious doctrines convincing their followers that their way is the only way to attain religiosity.

While all this energy is being used to follow these pathways of so called belief their fellow man is standing at street corners with a begging bowl and sleeping on park benches with a newspaper covering as their only protection against the weather. If these beggars are not of the same religion they are either shunned or may be used as examples of irreligiousness or, at least, not of their religious belief.

And God wept when He/She saw that all Their messages through all Their Prophets and Messengers had been ignored and had been misused for the benefit of these so called holy men of so many religions.

I end with the statement that I started with:

The idea of religion is sound but in many instances ego-based people ruin the love-based idea of a religion.

For those who have no need of a religious doctrine to follow but believe inherently that being Godlike in their thoughts, words and actions by living the maxim “What would God/Love do now?”, these people will know GAIN— God And I Now— as they know that God has no religion.

What need would God have of any religious doctrine and you, being a part of God, then also have no need of any religious doctrine, other than a belief in God as the co- Creator of your life.

My religion has been replaced with a personal relationship with God. My perception of God being a God of Love. My personal relationship with God can be called Spirituality and Spirituality’s religious belief is kindness and Love to all, including, first and foremost ourselves.

Responsibility

The GAIN relationship with God - God And I Now- comes with the responsibility of any meaningful co- Creator partnership. You have a responsibility to hold up your end of the relationship and to think, say and act in a Godlike manner.

There is an Indian proverb that states: Pray to God but row away from the rocks!

It would be irresponsible to expect God to do His/Her part in your GAIN relationship and for you to goof off and act in a selfish, ego -based manner, expecting God to do your work as well.

You have a responsibility to develop and maintain the ability to respond to life with love, kindness and respect. The Law of Attraction states that Like attracts Like and if you treat life with love, kindness and respect you should receive love, kindness and respect in return.

Sabbath

God sent us a message as the Fourth Commandment in the Ten Commandments found in both Exodus and Deuteronomy in the Bible;

Remember the sabbath day, to keep it holy. Six days you shall labour, and do all your work, but the seventh day is a sabbath to the Lord your God.

Your co- Creator in GAIN—God And I Now— has notified you that if you cease from your work and rest on the Sabbath day that God is waiting to connect with you on this special day.

By recharging your battery on the Sabbath through rest, prayer, meditation and play, you allow and enable your body and mind to heal from the stresses and strains of the six days of work. The Sabbath is a day of recuperation and building up your spiritual, physical and mental muscles for the week of work ahead. The Sabbath is also a time that a family can connect and develop their relationships without the distraction of work.

Since 1980 I have been an adherent of keeping the Sabbath as a day of rest, recuperation, healing and developing my spiritual, physical and mental muscles as well as family time. The Sabbath has kept me healthy in mind, body, spirit and enabled my family's love to grow. Without it I would be immeasurably poorer in all respects of my life.

As my sons's lives have become more independent of mine I have used the sabbath as a day to write these books and I benefit greatly from the spiritual connection I feel while doing so on this holy day each week. I experience GAIN—God And I Now— at these times.

Secret

In my free e-book *A Spiritual Meander- Finding Spiritual Solutions to Life's Challenges*-found on personalempowerment.co Topic 29 is entitled *-Do you wanna know a secret?*

As it is relevant to GAIN- God And I Now- I reproduce here:

I am going to let you into a secret that could be life changing for you. It was for me and for some people with whom I have shared this secret.

Providing you live your life in conscious awareness of “what would Love do now” then life doesn’t happen to you, it happens “through” you.

In this state your Soul, your Higher Self and its connection to Oneness/Source/God channels through you. The love you have and the love you give come not from you but “through” you. The respect, admiration, appreciation and gratitude you feel is not from you but a Higher Power expressing “their” respect, admiration and gratitude to you and “through” you to one or more people. The abundance you feel in your Spirit Wellness is the abundance that comes from “On High” feeding “through” you to those with whom you share this abundance.

When we feel creative and have those Eureka! Moments, it's the Source of Creativity at work “through” us. When we feel enthusiastic and energized we now know that we are being guided by a Higher Power because the derivation from the Greek ‘enthousiasmos’ means ‘divine inspiration’.

When we feel passionate about someone or something we feel lifted as on Angel’s wings, and we no longer see the obstacles that are blocking mere mortal’s paths, we are way above them as we are powered by Spirit.

If you want to live your life as a Channel with a Higher Power working “through” you, simply choose to live your life with the adage “what would Love do now?” and stand back and watch in awe as life happens “through” you and no longer to you.

You may share the secret with as many people as you want to.

Security

With 67 years behind me I have studied the concept of security first hand as a self employed person for some 43 years. With no guaranteed money at the end of every month, one’s mind is ever present about having enough money to meet the month end bills at work and at home.

I have seen people believe that an education will give them security. I have seen people believe that being an employee for a good company will offer them security. I have seen people believe that having money in the bank, good investments and even a good pension will give them security. I have seen people believe that a good marriage will provide them with security. I have seen people believe that having

children will be a source of security for them in their old age. I have seen people believe that keeping to the rituals and traditions of their religion and maintaining regular attendance at their place of worship will provide them security. I have seen people believe that living in a chosen community will provide them with security. I could go on and on but by now you have the message that people believe that something outside of themselves will provide security to keep them safe from any harm.

I could go on for pages giving you personal observations and experiences of how all of these external so called securities have blown up in peoples faces and caused them to be exposed to major loss in their lives.

The only security you have is knowing that there is no security in your life. No one promised you security and it is not your birthright!

There is no guarantee of anything in the next moment of your life and the moments that follow. Nothing external can be relied upon with any foolproof guarantee. Life hangs by a hair's breadth. There are 7.7 billion people in the world right now and any one person can light a spark that can obliterate mankind's existence from the earth. There are natural disasters occurring around the globe and looming disasters in space that could knock the earth off its polar axis.

The bottom line is that the only security you will find is within you and your ability to handle whatever life throws at you. You are your only security- do not expect anyone else to come running to your aid.

The attitude you have to such challenges and changes coupled with your ability to positively respond to such challenges and changes will determine your feeling of inner security. You will determine whether you become a victim or a victor of these changing challenges in your life.

The largest chasm known to man is the gap between I CAN and I CAN'T. Victors think, say and act on I CAN and victims think, say and act on I CAN'T.

Let me share some of my acronyms with you at this point:

CHANGE- Clearing Healing And New Gifts Emerging

VICTIM- Verily I Call This Into Manifestation

VICTOR- Verily I Claim This Opportunity Righteously

For those who believe in GAIN— God And I Now— they can find the part of God within themselves and rely upon that feeling and POWER— Present Only When Ego Removed— to allow and enable them to handle whatever life throws at them, and, in doing so, find inner security to handle life's challenges and changes.

After you have done all you can to adapt to these changing challenges in your life, you can simultaneously follow a process that works for me :

1. Be Here Now, be authentic and breathe deeply
2. Breathe deeply by saying to yourself- Breathe in -“allowing what is to be accepted” and breathe out- “no resistance to, and no rejection of, what is”
3. Do the necessary work then be detached from the results and TRUST
4. TRUST - To Release Unto Spirit Totally and then To Rely Upon Spirit Totally.

Self Belief

Self belief- two little words that distinguish success from failure; victor from victim; happiness from sadness; love from fear; trust from distrust; GAIN- God And I Now from LOSS- Leaving Our Self Sad.

The ability to believe in yourself is to accept that you happen to life and not that life happens to you!

As stated above the ability to state I CAN and not I CAN'T.

Your self belief may be a testament to how you were brought up in your first family. If you knew love, respect, admiration, self pride and other such positive attributes from your parent/s, siblings, close family members then you were “stroked positively” and you were given a foundation of positive self belief. Victors emerged from such an upbringing.

Regrettably, many of us were brought up oppositely and we knew fear, disrespect, criticism, condemnation, abuse in one or many forms and we were led to believe we were worthless and useless. Victims emerged from such an unfortunate upbringing.

My free e-book- *Unfolding Your Child- a spiritual approach to parenting-* found on personalempowerment.co deals with ways to unfold your child and not to mould them how you want them to be. Allowing them to unfold to become who they chose to be in terms of their Soul Contract made in Spirit is their birthright.

It is possible to change your self belief from one of feeling unworthy to one of feeling worthy but it takes a lot of mental effort, and sometimes physical effort, to make such a change in your neural pathways in your brain.

Here thoughts begin the process and action counts a lot more than words. Developing such a change in your self belief attitude requires hard work, mental strength,

perseverance, consistency and determination. My free e-books found on personalempowerment.co *Achieving your Goals and Dreams* as well as *Managing Your Stress Effectively* and *Ego = Failure* will help you develop the abilities you require to change your self belief.

Positive affirmations and continual and consistent positive thought processes backed up by action can change these negative messages in your neural pathways in your brain to positive ones. Start with small success and victories and learn how it feels to win your thoughts over from negative ones to positive ones. Feelings are the language of your soul and you may forget the reasons you were victorious but you will never forget the feelings in your heart of such victories. Build up a bank of these positive feelings and they will develop into positive self worth over time. Eventually your self belief will be fuelled by this bank of positive feelings of self worth. If you treat everyone and everything as your teacher as you grow from negativity to positivity and if you continually strive to do things and achieve things outside your comfort zone you will develop the ability to see opportunities everywhere and not threats as you did when you were thinking negatively.

We all know that the first time we attempt something it may be hard but with successful attempts it becomes easier and easier to accomplish. Build up a bank of such accomplishments and positivity will become your middle name!

With your new found self belief it will be a lot easier to achieve GAIN— God And I Now— as you will find your self belief being reinforced by your faith and belief in a Higher Power to be your co- Creator in your life. Now, to mix metaphors, the world is your oyster and you can reach for the stars!

Self esteem

Developing self esteem is vital for your self belief. Esteem is defined as respect and admiration and is usually used in the context of how other people view a third person. Self esteem is how you feel about yourself from the viewpoint of respect and admiration.

How do you feel about the respect you show yourself? Do you respect or disrespect yourself? Do you consciously, and, preferably, unconsciously, behave in thought, word and deed in a way that is respectful of yourself and others?

Do you admire yourself within? This is not admiration arising out of looking at a mirror and liking what you see. Are you proud of the way you think, the words you say and actions you take? Are you able to put your head on your pillow each night proud of what you have achieved for yourself, your family and others during the day just ending?

With such respect and admiration within, you will reflect that resonating from you outwards to the world. If you do not feel such respect and admiration within and you only show such respect and admiration to others outwardly, the other people will initially be flattered but will eventually see your attitude towards them as insincere. If it is not within you it cannot be reflected outside of you.

In addition to respect and admiration that you feel within you, you should also feel the attributes of self kindness, gentleness, self caring and concern for your wellbeing, being both self understanding with compassion and empathy, and these all lead to self love.

If there are issues in your life that you are not proud of and maybe even ashamed about and they are holding you back from developing your self esteem, self love and self belief then its time to confront the issues head on and get them resolved.

Where you may have hurt or damaged another then its time to request a meeting with them and to apologise for your thoughts, words and actions. Don't make excuses for your behaviour, simply apologise for whatever happened and ask their forgiveness so that you can move on with your life and they with theirs. If they are no longer on the earth plane then talk to them in Spirit in the same way as if they were alive on earth. If you do this sincerely then it may be beneficial to include these people in your prayers, if you pray, and ask your Higher Power to protect them in unconditional Love and Light. You may feel a release of blocked energy within you and a feeling of Love and Light too.

When your self esteem is intact you can access GAIN— God And I Now— with greater clarity and connectivity and your self esteem will balloon knowing that God is your co -Creator in your life.

Self Love

Having achieved well founded self belief and self esteem you are able to recognise your humility, appreciation and gratitude to God as GAIN— God And I Now— and know that you are a part of the Source of Love. You are Love as your essence and

knowing self love means acknowledging that you are part of the Source of Love, and, in fact, are such Love.

When you do not act in a loving way to yourself or others then you are separate from God and no longer GAIN. Such acts of not loving yourself and others creates LOSS- Leaving Our Self Sad.

You know how you feel within when you admire and respect someone else and make them aware of your feelings towards them in this light, or should I say, Love and Light!

Conversely, when you disrespect, don't admire or do something to make the other person fear you, you know how you feel within as you hurt or damage them in some way. Your resonate fear and darkness to them and to yourself.

Those same feelings of love and fear resonate within you when you treat yourself either with such inner love or such inner hurt and fear.

Such self love is your most valuable possession and needs to be nurtured and developed continually to experience GAIN— God And I Now.

Sensuality

As I have explained in this book, and in my other books, when we live in Spirit we do not experience the five senses of sight, hearing, touch, taste and smell as we do on the earth plane. After some time in Spirit we hanker to experience this sensuality again as well as the opposites of polarity. We want to know and experience everything.

We are not alone in wanting these experiences. God too wants to experience everything as God is All That Is and needs to feel those sensual highs and lows too.

We are being GAIN—God And I Now— in all our experiences whether we are aware or not of this co - Creation in our lives.

You are never alone, not even in the times that you would hate someone, or Someone, to see what you are doing. I am now telling you that not only are you being seen but you are also sharing that illicit endeavour you are not proud of with those in Spirit, including God!

OOPS!! We all do things we are not proud of doing and having this awareness that you are never alone in both so called good and evil pursuits should make you more conscious of your thoughts, words and actions going forward in your life.

Back to sensuality! You are not here to sit atop a mountain and meditate and keep silent and still. Plenty of that life in Spirit if you want it. You are here to use all your five senses and experience as much as you can so that in GAIN—God And I Now — God also experiences that sensuality with you too.

God is co - Creating your life now and you are co - creating God's sensual experiences too.

Service

For those learning English they could be very confused with the words -serve or service. The choices of understanding these words range from being served food, to serve in tennis, to serve with a court order, a male horse servicing a female horse, a religious service or ceremony, and so on!

From my spiritual viewpoint, service, means to be God's Hands as in God has no other hands but mine as attributable to Saint Theresa of Avila in her reference to "Christ has no body now on earth but yours, no hands but yours,"

When Mother Theresa, now a Saint, was dressing the wounds of lepers in Calcutta, India, she saw the face of Jesus as the beggars' faces.

We can't all be Mother Theresa but we can adjust our vision and our perception to believe that whatever we are called to do to assist ourselves and anything else on the earth plane, including the earth itself, we do it on behalf of God.

Now this is GAIN- God And I Now— in action!

Silence and stillness

We usually equate silence with stillness but they are vastly different. Silence is the absence of sound from you or anything else, which sound would be heard via our ears.

Stillness is the absence of both external and internal sound. Internal sound comes from our ever churning ego-based mind's thoughts and this disturbs our stillness more than any external sound.

Knowing how to stop these ego-based thoughts is what meditation is all about and the stillness that results is the gap between our thoughts or what I call God's Space.

As I get older I chose to spend my non working time with my sons and their girlfriends or alone. While I have many friends and associates there are a precious few who I chose to be with in preference to being alone in silence and stillness. I am intolerant of small talk and gossip as I can probably count on 10-20 years of life left and to waste a precious moment on small talk and gossip is robbing me of my life.

Those friends I chose to be with are people who have a spiritual base and are what I would term "good people". Some of them do not even know that they are spiritual in nature as it comes so naturally to them to be loving, caring, kind, compassionate and empathetic.

Choosing silence and stillness enables me to be able to connect with my soul, my Higher Self, my Spirit Guides and my Higher Power and to become blissful in the process. My free e-book *Becoming Blissful* found on personalempowerment.co focuses on this endeavour. I have been using the topic headings of that book to assist in writing this book. The Blissful book focuses on becoming blissful whereas this book takes it a step further in finding GAIN— God And I Now— and experiencing such blissfulness.

People who do not want to find such silence and stillness fill the silence with inane chatter. They are scared to let go of their ego-dominated thoughts as they do not know or believe that soul based thoughts exist. They cling to their ego-based noise for fear of drowning in silence and stillness.

People addicted to the latest news follow such a pattern. Their ego is enhanced as they become the oracle telling others about the latest news, most of which is negative based news.

There is unlimited wealth of information, knowledge, wisdom and guidance in connecting to your Higher Power in silence and stillness. Why don't you try it?

In achieving GAIN—God And I Now— silence and stillness is required to initially make that connection.

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

Simplicity

Oh how our ego loves to complicate our lives. The more things we accumulate to feel more important about ourselves, the more we need to accumulate to sustain this feeling of importance.

Life is very simple but we chose to make it complicated. You are required to sleep soundly for 6-8 hours a day to enable your body and mind to rest and rejuvenate. You are required to ablute and keep yourself washed and clean. You are required to wear the appropriate clothes for the activities you are engaged in. You are required to hydrate yourself with clean water and to feed your body with nutritional food. You are required to transport yourself to and from the activities you are engaged in and that includes any work you do. You are required to produce work in order to purchase and consume what you need to maintain your life. You are required to be a good partner or parent or a good child or a good person in a relationship with another person. You are required to do moderate exercise to keep your body and mind in good shape.

And that's probably all you are required to do to lead a simple life.

For those of a religious and or spiritual nature then prayer, meditation and positive action resulting therefrom to be God's Hands in GAIN—God And I Now can be added to the list of leading a simple life.

Anything else you have added to that list is probably an ego-based pursuit in adding adventure and excitement to your life.

I am not advocating that you do not live life to the full in any way you choose, that's always your free will choice. I am merely pointing out how simple life is before we start complicating it with usually ego-based activities and things.

At different stages of your life cycle you will be adding and subtracting things to your life, which are age appropriate. My experience of life is that simplicity weighs one down less than when you have "things" that need your continual attention.

Smile

A smile is an icebreaker. Even Mother Theresa, now a Saint, stated *“I will never understand the good a simple smile can accomplish.”*

My acronym for SMILE— So Make It Love Energy— identifies that to have love in your life it begins with a smile.

Most people experience smiling with their mouth and lips. The truly fortunate ones have learnt to genuinely smile with their eyes too and this is both welcoming and disarming of the other person. Such a smile begins the process to building trust between one or more people.

There was even a song about this: *When Irish eyes are smiling...all the world seems bright and gay... for the smile is a part of the love in your heart....*

And that is the way to show the love inside of you to another is by smiling from your mouth, eyes and your heart.

The Hindu greeting “Namaste” is acknowledging the God within you by the God within the other person making the greeting of Namaste. This is the epitome of GAIN— God And I Now— and knowing that God is Love this means the Love within your heart is where your smile is emanating from.

Your smile cost you nothing to make but it is priceless to the one receiving it!

Strength

We usually equate strength to might and might to power. In our physical world we see the strong as more powerful than others not as strong and especially more powerful than the weak.

What has happened to the strong, mighty nations of history? Where are the Persians, Mongols, Greeks, Portuguese, Romans, Germans, Vikings, and other so called invincible powers. We are currently living through the history of the demise of the British Empire as it exits the European Union without a plan in sight, as at May 2019.

The great and mighty only superpower in the world today, the United States of America, is also slated to go the way of all mighty and strong nations within 50 -150

years from now. The rise and fall of mighty nations follows a predictable pattern of building an army at the expense of its taxpayers. Creating large debt and spreading itself to all corners of its empire where disgruntled subjects cause the empire to begin crumbling at its edges. The prisoners of war, and often their families, become slaves or low level workers and start to breed faster than the over fed, lazy general population of the mighty nations. The perfect storm of financial over borrowing, collapse of the currency of the nation, an unruly army wanting to return home, underground resistance throughout the empire, declining birth rate of the conquerors and increasing birth rate of their captives, weakness of the leading class, immigration both legal and illegal, intermarriage between locals and immigrants, all contribute to the weakening of the previous mighty nation as the barbarians gather at the gates.

A physical muscle can only remain strong for a few decades as age inevitably takes its toll. In the short to medium term strength may lie with the physically powerful but in the long term strength lies with brains and not brawn.

There are other strengths that should be more admired than physical strength:

Moral strength of integrity will outlast physical strength because true morality has no sell by date.

The strength of persistence will outlast anything put in its way. Witness how soft water can wear away a solid rock with its persistence of continual dripping or rushing past of water against the rock.

The mental strength to overcome any trial and tribulation, no matter how inhumane, will outlast the brutality of raw strength. Witness the Holocaust survivors of the Nazi Concentration Camps of World War II.

The strength of patience will outlast any use of physical strength. Witness Mahatma Gandhi and his non violent uprising against the British Colonial Rule of India in late 1940's.

The strength of prayer has shown numerous people that nothing is stronger than having such a faith and belief in a merciful, loving God.

Knowing that we are all part of Oneness and as Oneness is All That Is then such Oneness/ Source/God is omnipotent and eternal as are we as a part of such Oneness/Source/God.

Our individual strength draws its power from knowing we are part of God who is omnipotent, eternal and all powerful. Sure a bullet or a beating from a conqueror may end our life on earth but we live on eternally as a soul. The soul of such a conqueror also lives on in eternally but it is likely to spend eternity with other such mur-

derers, rapists and the like. Some may call this hell, I merely call it a darker place where the Light and Love of God struggles to reach.

In the eternal way of life the current conquerors using their strength may win the current battle but will lose the eternal world of Light and Love and be consigned to live out in eternity in a less than salubrious setting than those they killed through their so called strength.

The only strength we should respect and admire is the strength we attain by knowing GAIN—God And I Now.

Success

What is your gauge of success?

There is little point in me giving you my gauge which I believe defines success if we are miles apart in our understanding of what we deem success to be.

Success is a term that changes in meaning for us as we age. My acronym for AGE is Always Growing Evolving. In this mindset our view of success is focussed on our increasing understanding and experience of awareness or consciousness of God in our life as GAIN- God And I Now.

As we AGE so our intimacy with our Higher Power develops and the unconditional Love and Light we become and share with others is the changing gauge of our success.

From a chronological viewpoint success also changes as we get older. Success at the age of 1 to 1,5 years is being able to walk by ourselves. At age 2 its tying our own shoe laces. By six years old its going to big school. Each few years our gauge of success changes and as we enter our thirties and forties we are usually focussed on material success to finance our growing family's needs. Around our sixties we start to see the end of our life on the horizon and our gauge of success begins to shift towards becoming able to begin to relax and enjoy our life, hopefully with our grandchildren. Our seventies makes us see success as being healthy and pain free, financially independent and sharing our experiences and wisdom with our family and friends. Our eighties see us becoming more insular and self absorbed usually with our good health uppermost in our mind as our gauge of success.

So back to the initial question above asking what your gauge of success is?

Whatever it is it will change both chronologically and, if you are on a spiritual path, in AGE as well.

If you can bring harmony, kindness, caring, compassion, respect, peace and love to yourself and to others in your life at any time from birth to your death then you will be remembered as a successful person no matter your bank balance and health position.

Suffering

There is a Zen proverb that states: pain is inevitable but suffering is optional.

Suffering is an ego-based mindset and the person calling attention to themselves by so much suffering and requiring attention, compassion and pity needs to be pitied, not for their suffering, but for their ego-based need which is a bottomless pit.

No matter how much attention you give such a person it is never enough. Unfortunately, by giving them such attention you are actually helping them suffer more.

I speak from personal experience about suffering as my father had a heart attack at the age of 47 and then convinced himself that he was a cardiac cripple and had to stay in bed. He remained mostly bedridden for 25 years where he contracted many mental and physical ailments, until he passed away at the age of 72. My poor mother who had just retired from working her whole life now had to be his constant companion and helper while he languished in self induced suffering. I had to finance them during these twenty five years and had to listen to his continual self pity and suffering. My father was a national golf champion prior to his heart attack at age 47 and seeing a hero become a zero in his own eyes added to his suffering woes.

People who suffer and make others suffer too are ego-based and cannot give up their suffering unless they become love-based in their outlook to life.

I have witnessed first hand many people who are sufferers, including hypochondriacs and other fear based people. They feel safe in their fall back position of being a victim. They can never succeed and have built in excuses for not succeeding due to their self induced suffering. My acronym for VICTIM is Verily I Call This Into Manifestation.

As most medical professionals will tell you that the majority of their patients have mental issues which create their physical ailments, real and imaginary.

The solution to move from suffering to non suffering is to know GAIN- God And I Now. By knowing that God will not give you anything you can't handle means that you are being entrusted by God to resolve the issues that you called into being through your Soul Contract. You asked for these issues to overcome them and repair the hole in your soul. You asked for the test and now you are not showing up to complete the test!

As a loved based person there is inevitable pain in life, but no suffering attached to it, and so the Zen proverb at the outset is hopefully now better understood.

I recently had a wisdom tooth extracted under a local anaesthetic by a Maxillofacial Surgeon who is a friend of mine. The Surgeon and his assistant could not believe that I felt no pain and was not complaining as every one of their other patients had in the past. I said what good would complaining do and that I feel privileged to live in a country where such medical expertise was available to help me. I focused on the positive aspect of removing the current cause of the pain I was experiencing from the wisdom tooth rather than the obvious negative aspect of pain and suffering during the operation.

I told them that I am part of GAIN— God And I Now— and that We are thankful for the resolution to the problem and that any pain would be temporary but the tooth repair would be permanent! Medication will resolve the inevitable pain from the operation and no suffering thereafter is necessary or required. They asked me to brief their future patients!!

Support

Most of us believe that it is correct to give another person support in their endeavours and that we like people to support us in our endeavours.

I would like to be contrarian in my views of such support from a spiritual perspective. Assuming that I am correct in my understanding of Soul Contracts and that what challenges us is what we signed up for to overcome and thereby repair the hole in our soul as I have been talking about throughout this book, then giving certain types of support may be detrimental to our, and their, Soul Contracts' objectives.

Let's take the support of a gift or loan of money of sizeable proportions to help someone who has got into a lot of debt or obligation. I am not talking here about assisting a beggar or charity but of supporting someone who has intentionally or unintentionally rung up a large debt or obligation. By saying to them, "here is a check for X dollars to pay off your loan or obligation and you don't have to repay

me,” appears to be unbelievably charitable on your part but is actually “sparing the rod and spoiling the child”.

Life is causal and there is a cause and effect for every thought, word and action. If you don't suffer from incorrect actions by having the effect visit you, no matter how uncomfortable it may be, you will not learn, develop and grow in this world and in Spirit eternally.

We see this at a global economic level with the banks and other financial institutions which caused the 2008 Great Recession hiding under the protection of “too big to fail”. Japan made similar mistakes in the late 1980's /early 1990's and their economy has never recovered from the over-protection of their financial institutions from not having to write off non performing loans due to over valued assets depreciating rapidly and forcing these banks to fail.

At a national level this is seen daily in corruption at political levels as well as in the corporate world. Those in power protect their friends and no price is paid for major theft from the public purse or even from investors. The wheels of any justice grind very slowly and if there are penalties incurred they don't equate to the damage done.

At a private level there are over one and a quarter million deaths from car accidents globally each year. Between 20-50 million people are injured or disabled annually. Now if the laws were changed to state that the drivers who were proven guilty of these deaths, injuries and disablement of other drivers and passengers had to pay the other parties' families or the injured or disabled victims sufficient money to compensate for their financial losses. These financial losses include providing income for a breadwinner's family or, for the accident victims, financial compensation based on the projected loss of income of the breadwinner or accident victims for the next 20 years.

Now how many people will be deterred from driving intoxicated or on their phones while driving or texting while driving or speeding and thereby causing accidents, fatal or otherwise. When one's own family have to live on meagre income as their parent is supporting another family first due to causing an accident maybe then drivers will be more responsible for their driving abilities or inabilities.

My spiritual definition of support is based on taking responsibility for your thoughts, words, and, especially, your actions. If you want to live a life of GAIN— God And I Now— then you have to behave in a Godlike manner.

You will then have the support of your co- Creator but asking for God's help when you have “driven into a wall of your choosing” and thereafter look for absolution from God is my definition of an “Airbag God” I referred to at the outset of this book. A belief in God, and living a Godlike life, only when you have had an accident is

how I term believing in an “Airbag God”, then I don’t see that absolution being given, but hey, that’s my view, and you don’t have to drink my “kool-aid”!

Surrender

If you were let into a secret, and this secret was the way to live your life without any fear of anything, and, to know Love for yourself and all those with whom you come into contact, would you then promise to share this secret with all willing to know it too?

The secret is to know, and live experientially, a life of surrender.

Surrender means to know and implement that God is the co- Creator of your life with you, providing you let go and let God into your life. The way to do this is to be conscious that you walk with God, and be Godlike in all your thoughts, words and actions. Knowing that you and God have a plan for your life, I call it your Soul Contract, and that all you have to do is ensure that you do not intentionally put yourself in harm’s way via your thoughts, words and actions, then your walk with God should be beneficial for your soul’s growth.

Surrender is probably best explained by learning to TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally. Knowing GAIN— God And I Now— results from surrender.

Our ego- based self is a control freak and most times won’t allow your soul-based self to emerge and to take charge of your life’s journey. Learning to surrender means ensuring that your ego-based self does not get involved with its fear and hope of the past and the future of your life, as you let go and let God into your life and learn to TRUST coming from soul-based Love.

In my personal experience, and in my watchful experience of others, most people have to be close to, or even be, broken open, through an ego- based approach to life when they are brought to their knees, as their world is collapsing around them. At that point they are defenceless and face potentially major loss in their life, where LOSS is Leaving Our Self Sad, the opposite of GAIN— God and I Now.

Falling to your knees in humility and prayer and asking God to guide you is the beginning of surrender for most people facing such LOSS.

There are the fortunate few who have found such GAIN— God And I Now— without having to be broken open. These special people have found GAIN in their belief

system and such finding has accelerated their spiritual growth. They surrendered because it felt like the correct way to live their life without being forced onto their knees by life's ego-based circumstances.

Now that you know the secret of surrender please share it with all in your orbit.

Synchronicity

When events in life seem to be synchronised, as if by an Unseen Hand, perhaps its time to realise that coincidence is God's way of being anonymous!

If you have surrendered, as outlined above, then you will soon recognise this Unseen Hand bringing things into your life at exactly the correct timing as determined by God's timing and not your impatient timing.

In a surrendered life, events seem to exist in a harmonious and balanced way and things come into and out of your life with immaculate timing. When you let go of something that you valued in your life, you leave a vacuum to be filled as Nature abhors a vacuum. Soon thereafter, something else appears, usually out of "left field", where it was most unexpected to come from. If you are open to this it may appear miraculous but then you soon realise that we are surrounded by miracles and that the "bush burns unconsumed" wherever we gaze. (Reference to Exodus 3:2 when the Angel of the Lord appeared to Moses in flames of fire from within a bush which did not burn up)

MIRACLE— May I Recognise A Conscious Light Evolving.

Synchronicity requires Surrender to let go and let God in and to TRUST- To Release Unto Spirit Totally and then To Rely Upon Spirit Totally.

GAIN—God And I Now— creates such synchronicity.

Teacher

There is only one Teacher and that is God. If we decide to become GAIN—God And I Now— then we are becoming teachable by God. If not, then we shut off the unlimited intelligence that creates worlds and universes.

Because God's plate is full, metaphorically speaking, God has sent others to teach us. In fact, God has sent everyone to teach us! We can learn from everyone and everything that crosses our path, if we are open to such learning and such teaching.

We can learn appreciation by watching the miracles that surround us daily which we take for granted, such as the sunrise and sunset, the perfection of Nature, and the bountifulness that surrounds us for all we require for the day ahead.

We can learn abundance by watching the birds start their day with a song at sunrise with no food in their nest and somehow know that they will be provided with food for the day ahead. However, that food will not fly into their nest, they must go and forage for it.

We can learn from adversity in our life or in the life of others. We can see that when the tide turns against us in life we do not give up on life but we find a way to survive those circumstances and find another way through the adversity to the safe shores awaiting us. In the failure of our adverse circumstances lies the seeds of new opportunities for our success, as we deem it to be.

We can learn to be authentic to our true selves, our souls, as part of our Higher Self and our Higher Power when we see others who are being run by their egoic selves and not leading authentic lives. The causal nature of their thoughts, words and actions while being unauthentic as adulterers, attackers, thieves, liars, murderers and so on, will see an outcome of deprivation and loss and when we see them we learn the authentic road is best for us.

We can learn so much in our relationships of how to behave and how not to behave. We can learn so much from our children if we see them as spiritual equals as I wrote about in my free e-book, *Unfolding Your Child - a spiritual approach to parenting* found on personalempowerment.co.

If we are open to learn from everyone and everything we will find lessons wherever we gaze and listen. Life has a lot to teach us and the ultimate lesson is to be GAIN — God And I Now — enabling us to tap into the unlimitedness of God's wisdom, knowledge and information.

Thoughts

I have often pondered when we began thinking as a baby? What created that first thought? Was it when we emerged from our mother's warmth into the cold of a hospital room? Was it when we thought, where is the food going to come from now

to sustain us after birth? Was it, who are these strange things looking at me at my birth?

Whatever opened the floodgates to the thoughts of our mind should have left the key to the lock so we could shut off our thoughts when we wanted and needed to!!

It seems that only meditation can do that and even then not for too long.

We have tens of thousands of thoughts each waking day, and, probably, when we sleep and dream too.

Our thoughts come from two main areas: our ego or our soul. Our ego thoughts stem from hope or fear and our soul thoughts stem from love.

Our attitudes we bring to any moment of now are either positive or negative. Our mentality we bring in the wake of our attitudes are either based on abundance or scarcity.

Our words and actions based on these thoughts are causal in nature:

- (1) from our ego or soul based thoughts;
- (2) from our positive or negative mental attitudes;
- (3) from our abundance or scarcity mentality.

And that, my friend, is how your life will turn out.

For those following GAIN— God And I Now — the words and actions of their life will flow from:

- (1) Soul based thoughts of love- “What would Love/God do now?”
- (2) Positive mental attitude of “I Can”
- (3) An abundance mentality- “I want to share what I have with others in need”

By adopting a thought stance in life that God works through me and I am an instrument of God’s Love, the world must unfold at your feet in such GAIN— God And I Now.

Tolerance

I see tolerance and intolerance as being interwoven with expectations that we have. What gives us the right to have such expectations is the real question?

For some reason, people who have achieved, or attained through some other means, a level of being above others, in their own minds, these people seem to

have reduced tolerance for those who they perceive to be below them in the mind's hierarchy.

I believe in the equality of all souls as a part of God is within all beings as their soul, however, those coming from an ego-based position usually come from a place of superiority over others and lack of tolerance is their hallmark.

Those people who are quick to express anger and frustration also have a lower level of tolerance which they display as an unpleasant personality trait.

Power, in its myriad forms, seems to provide a reason for someone to be more intolerant of those who do not have such power.

Intolerance boils down to a feeling of superiority by the one showing and being intolerant.

The karma, attached in its causal way, to anyone being intolerant towards another implies that their soul has not, as yet, experienced the role of the person to whom the intolerance is being shown. Our soul inhabits thousands of bodies through eternity and we experience being everyone and everything. The holes in our souls that need to be repaired and closed up occurs when we confront these various issues as a soul with a body in that lifetime. This is the meaning and purpose of such a life.

By showing intolerance to another simply means lack of being Oneness by not, as yet, experiencing the life's journey of the one you are being intolerant of. For all we know it may be identifying what your next incarnation will be!

Ultimately you will have experienced all the roles you need to become Oneness and that is where the expression "rich man, poor man, beggar man and thief" originated in 1475 in William Caxton's *The Game and Playe of the Chesse*, where the pawns of the chessboard were given these titles and others denoting various occupations such as king, queen, bishops, knights, etc.

Tolerance is, to my mind, the basis of religion and because religion has failed miserably in this task, the term tolerance is now the preserve of spirituality and even more so GAIN— God And I Now. In the Oneness of GAIN, tolerance is a foundation stone in dealing with oneself and others as being all part of such Oneness.

Transcendence

When you move from one state of being to another, usually in an upward motion, you transcend. This is often experienced through meditation.

The process of GAIN—God And I Now— is a transcendence and can be achieved without going into a meditative state. You can achieve this transcendence by simply becoming GAIN— God And I Now. This is often achieved by thinking, saying and doing “what would Love/God do now?”

Becoming Oneness through this thought process of GAIN, and, if reinforced by words and actions of such GAIN, then the transcendence is complete and you are functioning as a human being, in a soul-based way, and not a human doing, which is an ego-based way of living.

This feeling of transcendence is also experienced when we fall in love or when a friendship is deepened by soul -based behaviour.

With feelings being the language of our soul we experience transcendence through our feelings of moving into Oneness with God or with another person.

Transparent

Imagine if we lived in a world where our every thought, word and action was seen by all?

How would you rate?

Well, the truth of the matter is that all we think,say and do is seen by all and, furthermore, is recorded too!

There is a belief system that states that the Akashic Records are a compendium of all our human events, thoughts, words, intent, emotions and actions and that, on our return to Spirit, we view these records. We view them in a non judgemental or critical way to experience not only what we felt but what every other person felt too who were affected by us. This process allows and enables us to see where the holes in our souls exist and what has to be improved upon in our next incarnation to the earth plane.

The process of such transparent guidance is aided and abetted by our Spirit Guides who meet us soon after our passing on into the Spirit World. The readings and research I have done on the what is termed the Afterlife explain that this review process of the Akashic Records is like watching a kaleidoscope of pictures mixed with emotions of all concerned.

I cannot confirm or deny the existence of such Akashic Records but somehow believe them to be true.

If you live your life as GAIN— God And I Now— then reviewing your life once you have passed onto the next life, the Afterlife, should be a source of non egoic pride and happiness knowing that you have been God's Hands in this lifetime.

Trust

As you have no doubt read numerous times in this book, and in all my books, my acronym for TRUST is To Release Unto Spirit Totally and then To Rely Upon Spirit Totally.

If you follow a simple process in life and that is— to be here Now, be authentic and TRUST— then you will know GAIN—God And I Now.

I use this continually throughout my days and nights to Be Here Now, be authentic and to Trust.

None of us know what the next moment will bring let alone what the future has in store for us. One way to predict the future is to live by the Law of Cause and Effect or the Law of Karma as some people refer to it as. What you sow today, you will reap some time in the future.

As I write this in late July 2019, about eight months ago I returned from living in Mauritius to move back into my home in Johannesburg, or Bedfordview to be more precise. Various business related issues occurred while I was an absentee business owner living in Mauritius and they brought me back to my home which I moved into on 1 July 1991. My marriage of some 20 years, the bringing up of my two sons aged 25 and 29 and various businesses I started in the office wing of my home all happened within these walls. Like most homes where one has lived for many years the memories abound.

Both my sons have decided to spread their wings and to move into their own homes and their departure date was 30 June 2019, exactly 28 years since I moved into my home. In spiritual terms, life occurs in series of seven years and, of course, seven times four is twenty eight.

I have no idea what the future holds for me living in this huge home by myself for the first time in 28 years. What I do know is that I will Be Here Now, be authentic and Trust!

Truth

My acronym for TRUTH is To Reach Unto The Heavens.

There is only one truth and that is God is Love and Truth. Truth is a soul-based search and understanding and can never be an ego-based search and understanding.

To search for truth is to search for God and, of course through GAIN— God And I Now— truth is found.

In my free book *Becoming Blissful* found on personalempowerment.co I deal with truth and provide an excerpt here:

The truth you seek is not concealed from you; you are hiding from it.....

Truth is not possible to be found because it has never been lost. Truth is God: God is Love, truth is Love. When you find your perception of your Higher Power, there you will find Truth and Love because God/Truth/Love are labels of the same energy vibrational frequency.

Unfortunately, many religions, and especially the fundamental arms of these religions, state that they have the truth and everyone else doesn't have the truth. The Jews believe that they are the chosen people and that God has preferred them to all other people. The Muslims believe that non-believers of their faith will not receive Allah's blessings. The Christians believe that only if you believe in Jesus as the Messiah and God's son can you enter into heaven. I am sure other religions have similar "truths" too.

My belief system as stated at the outset is, of course, only a belief system and I cannot prove it to you in a finite way that God is Truth but it feels right to me and feelings are the language of our soul.

You must, as always, draw your own conclusions as to what truth is to you and in your life.

Understanding

Ever thought about what understanding means?

You can only understand from your level of intelligence, knowledge and wisdom. If you choose to believe that what you know is what is correct to know, then your level of understanding will remain as it is.

However, if you realise that there may be other ways and means to understand something more fully, then you can begin to open the door to better understanding.

From an ego-based approach, we think that what we understand is the only way to be. Our pigheadedness of not accepting, let alone exploring, another form of understanding makes it a case of “my way or the highway”.

This form of limited understanding is where judgements draw their breath.

Socrates, (469- 399 BCE), one of the most learned men of his time was brave enough to admit that, “the only thing I know, is that I know nothing.” Now if the founder of Western philosophy knew he knew nothing what right do we have to believe we know anything to form our understanding.

There are six little helpers you can draw upon to ensure that you have understood something as best as possible. They are the questions: why, what, where, when, how, who and then possibly ask yourself, if, and this should launch a whole new set of questions and answers to enlarge your understanding.

To fully understand someone or something, it is essential to know what motivated them, or it, to be as it is. I have covered this in more detail under the topic heading, Questions, above.

The other day my 71 year old brother-in-law asked me how to change negative people into more positive people in terms of their outlook and expectations of their life. My answer to him was to fully understand why they are negative in their outlook and what motivated them to be so. This requires trust and vulnerability on the part of the negative person, but assume those are in place, then start your probe at the beginning of their life and the way they were treated within their first family. Most issues began there, and there may also be inbuilt genetic issues they inherited from one or both their parents who may have been psychologically damaged in some way or other from their first family. So you can see that the need and search for understanding are never ending!

Judgement is merely one's acknowledgement that the search for understanding is over!

In the understanding of becoming GAIN— God And I Now— you have a perception of what being Godlike is like. Obviously, the more you explore your spirituality and your connectivity with Oneness, the more your understanding will grow.

Unconditional Love

At a human being level, it is probably not possible to be truly unconditionally loving even though you are coming from soul-based love. Our self-survival DNA is likely to override being unconditionally loving in its extreme form of total self-sacrifice.

However, we can strive to be unconditionally loving to ourselves and others, and this desire and effort are usually more than sufficient.

Of course, my perception of God is one of being Unconditionally Loving as the Source of such Unconditional Love.

So, in striving to become GAIN— God And I Now— you automatically strive to become unconditionally loving.

Universe

Many people, myself included, use the term The Universe to denote God. We talk about The Universe does this or that as it seems more acceptable than using a label for our Higher Power.

For many, our concept of the Universe is what we call Space, easily identified by those shining lights that make the night sky so beautiful. Most of us have seen pictures of the Universe, and the earth is a small blue dot in a mass of blackness with swirling solar systems, stars and planets.

Why were the Universe and countless other universes created? If there is no visible life, what is the purpose of these trillions of stars and planets?

At this point, we usually stop thinking as our knowledge base becomes exhausted. Perhaps, it's not at all about visible life and about something else we cannot possibly have an inkling about.

If we believe that the Higher Power we call God/Source/Creator/Oneness created these universes and is ALL THAT IS, including all these universes, then how magnificent is this God that He/She/It can come down to our level and be with us as GAIN— God And I Now.

If you have a personal relationship with God, rather than merely believing in a religion and its outlook and belief in such a God, then how powerful a relationship it must be for God to be with you, and within you, and still be “managing” universes!

Now GAIN— God And I Now— has a much deeper meaning and understanding knowing the vastness that God exists in and can still be as close to you as your breath, always and in all ways.

Let me let Sathya Sai Baba, an Indian Spiritual Master who believed himself to be an incarnation of Lord Shiva and Dattatreya, have the final word here:

*Man loves because he is Love
He seeks Joy, for he is Joy.
He thirsts for God for he is composed of God
and cannot exist without Him.*

Vibrations

This may be hard to believe, but all we are, and all everything is, is a vibration- a fluctuation of an energy wave moving back and forth, or up and down, about a point of equilibrium.

Objects with low vibration have more visible mass, and the human senses cannot perceive objects with a high vibration. A simple example is a high pitched dog whistle not heard by humans but heard by dogs. Even a snake detects prey through vibration waves. When natural disasters like a tsunami, earthquake, forest fire, and the like, occur, then vibrationally attuned animals and birds react intuitively before man is aware of the looming danger.

As vibrational beings in Spirit, we need to substantially slow down our vibrational being to appear on the earth plane of existence as a soul in a physical body. When our soul departs our physical body upon our passing on into Spirit, and leaving the

physical body behind, the soul regains the substantial much higher vibrational frequency energy wave fluctuations required to exist in Spirit.

I do not profess to understand the metaphysical issues involved in the transitions of souls to and from the earth plane other than a simple understanding, as explained above. However, those who are sensitive to their own and other peoples vibrations will have experienced the change in emotional moods where differing vibrations are sensed in different settings on the earth plane. For example, a funeral and a party have differing vibrations from the participants present.

When we pray and meditate we adjust our vibrational frequencies upwards so that they can resonate with our Spiritual Guides, Angels, our Higher Self and even our Higher Power. During and after a meaningful prayer and/or meditation session, we feel lightheaded and even have a floating sensation due to increasing our energy vibrational wave frequency.

When we experience the vibrational frequency of GAIN— God And I Now— we elevate our vibrational energy wave fluctuations and frequency level, and we feel emotionally elated in doing so.

Vision

Sight is not vision. Sight sees what is there to be seen, but vision is not only sight but also insight and foresight, but vision sees with the heart, and the heart is where God is lodged in each of us as our unseen soul, which is a part of God.

When you become GAIN— God And I Now— your vision takes over from your sight. You now can create universes with God as your Co-Creator.

Use your vision wisely; it is a powerful tool, and, always, and in all ways, come from your love-based heart and not from your ego-based fear and hope.

Vulnerability

Your self-protective ego does not want you to show any form of fragility as its frightened that such a point of weakness will allow your defences to be broken and for

you to become damaged, and possibly killed, and that would be the end of your ego.

So your ego makes you appear tough and uncompromising and for you to be threatening to others. Now let their ego deal with that! You see this in any competitive environment where a scarcity mentality exists. If I win, then you lose and vice versa. The ego sees life as a zero-sum game; for every winner, there must be an equal loser.

For those who have a soul-based Love approach to life, they see life with an abundance mentality. There can be multiple winners as there is unlimited abundance to go around for everyone. Here there is co-operation and not competition.

When a soul-based Love person lets their guard down and becomes vulnerable, they trust that the other person or people will not take advantage of this information and damage them in any way. They trust the other person and people to help them when they open up and become vulnerable, identifying their trust in the other person or people.

This becomes the acid test. The other person or people will either come from their ego or their soul and use this information to assist themselves or to assist the person in being vulnerable.

When you place such vulnerability and resulting surrender on God, then you know that your prayers will be heard. You ask God for His Will to be done, and you thank God for everything that happens in your life, whether judged good or bad by you or by others. Thank you, God, for everything that happens to me.

If you have such faith, then you can pray: God will give me what I need, (not what I want,) when I need it, for the highest growth of my soul. God's timing is always perfect. Trust God Now, live in the Now and be Godlike. (For those of you who are observant you will recognise this as my constant prayer on the home page of personalempowerment.co.)

You can only access GAIN— God And I Now— once you have submitted to such vulnerability and surrender.

Wealth

As you may not read my free e-book *Becoming Blissful* found on personalempowerment.co, I am going to reproduce here what I wrote about wealth in that book. Af-

ter that, I will discuss an omission about health as wealth in that chapter and then look at wealth in the context of GAIN—God And I Now.

Wealth

In our materialistic world, wealth usually means having a store of money and assets beyond our financial needs of day-to-day living. Such wealth accumulation is where we typically put most of our energy, focus, determination and effort.

Most financially wealthy people have an imbalance in their lives as the accumulation of wealth are done at the expense of other important values such as health, family, friends, fun, sports and exercise. It is easy to be disparaging of wealthy people as they are in the minority and as has been stated elsewhere in this book the top 1% of people in the world own 50% of the wealth according to a 2017 Credit Suisse report.

Wealth is energy as is everything else in the world and the Universe. Energy requires movement in the form of vibrational wave fluctuations and energy that is stored up creates blockages, and energy that flows creates power.

The storing up of wealth creates blockages of mind, body and soul and the use of wealth frees up the flow of mind, body and Spirit.

I have spent my life among wealthy people as a real estate economist, and adviser, developer and investor and I can tell you that in my view having extreme wealth and not using it for the good of others, as well as yourself, is more of a curse than a blessing.

I know very few happy and smiling, wealthy people who enjoy the simple pleasures that life has to offer. With very few exceptions, these wealthy people do not have genuine love relationships, contented and happy families and real friendships. Their wealth encompasses everything they are, and they do not know who to trust as many so-called friends and associates befriend them to benefit in some way from this closeness to their honeypot of wealth.

Family dynamics are skewed, as paid employees rear children while their parents are living the high life. Many such children, commonly known as Trust Fund kids, have large holes in their souls due to false values and missing genuine love and attention from their frequently absent parents.

The ability to swop an ageing wife for a beautiful young woman and pay alimony and child support in the process is the way of many a wealthy man in today's materialistic world. The familial damage these wealthy people leave in their wake resounds for generations to come.

The bottom line of this is merely a question I often ask of my wealthy business associates and friends:

what would you be worth if you lost all your money and assets?

In my view, many of these rich people are merely emotionally and spiritually poor people with money!

Real wealth, in my view, is measured differently.

Firstly, time is wealth because no money can delay the inevitability of death in the long run and after that, what good is one's wealth to you?

Secondly, wealth is being a human being with the attributes of love, kindness, generosity, abundance, care, concern, compassion, equal respect for all and everything, etc., instead of human-doing building piles of monetary wealth while lacking genuine love, peace and harmony in one's life.

Thirdly, wealth is having a relationship with your love-based soul in alignment with your Higher Self and your Higher Power to know blissfulness.

Fourthly, wealth without good health is poverty. Many people work so hard at the expense of their health that they need their wealth to attempt to recover their good health, but usually, the long term damage to one's health is done. (I have added this to the original chapter as I omitted it before)

Perhaps wealth will become redefined as a peaceful and tranquil mind, a healthy body, a conscientious purpose and meaning to your life. Also, a few genuine loving friends and a spouse who genuinely loves you for who you are as a human being and not for what you have to give them, and children who call you their best friend and you call them your best friends. A happy home where warmth and love abound. An occupation where you serve others with a loving purpose. Being fortunate enough to have saved some income over the years to avoid any financial stress for any unexpected expense and the ability to afford to maintain an acceptable standard of living for you and your spouse and family. A genuine relationship with your love-based soul, your Higher Self and your Higher Power in alignment with harmony, peace and love with you knowing bliss.

If you can tick off these items, then perhaps your wealth will be meaningful.

As stated above, I have added the fourth point as I omitted it in the original chapter of *Becoming Blissful*.

So what would you be without your wealth?

Now you may be extremely wealthy;
wealthy;
financially well off;
financially comfortable;
have sufficient financial reserves to deal with an unwanted emergency requiring a substantial monetary payment;
have a few months financial cover of your monthly expenses;
living month to month without more than \$400 in savings as some 47% of Americans live according to a Deutsche Bank report in 2015;
not have sufficient earnings to cover your monthly expenditure or unemployed without any financial resources as you read this.

With 46% of the world living on less than a few dollars a day in earnings, according to a World Bank report in 2018, nearly half the world do not have the luxury of the question of what would you be worth without your wealth.

Assuming that you do not fall into this category of still struggling to provide for your basic human needs and if financial devastation caused you to become penniless, then what you be worth as a human being.

Here I want to distinguish between a human being and a human doing. A human being is a soul-based person coming from love, and a human doing is an ego-based person coming from fear and hope.

A human doing having lost all their wealth will either drown in their sorrows or use their self-survival ego-based skills to survive.

A human being will be able to turn to their co-Creator in their life as GAIN— God And I Now— and know that whatever has befallen them is for the highest growth of their soul. They will look for the way to bring love sponsored thoughts, words and actions into their lives and in their vulnerability and surrender to God's Will for them they will begin to rebuild their lives one moment of Now at a time.

In time, these human beings will recognise that the financial devastation that befell them was a necessary course correction in their life and the eternal life of their soul and that they only discovered what they were worth as a human being because of this financial calamity.

Real wealth is knowing GAIN- God And I Now— and leaving that wealth as a legacy for your inheritors is the only wealth they will genuinely benefit from in this life and eternally as souls.

Wisdom

My definition of wisdom is GAIN- God And I Now.

Proverbs 9:10 refers to the fear of the Lord is the beginning of wisdom; however, I don't understand why fear and not the love of the Lord to be the beginning of wisdom? In my view, fear is close to the opposite of love.

Lao Tsu (604BC), the author of the Tao Te Ching, stated, Wisdom is of God alone; and, beyond things, acts and relations, it abides forever. To become one with God is the only wisdom.

I agree wholeheartedly with this as I term it Oneness or GAIN—God And I Now.

Wisdom is essential to have, but it is of little value unless it is applied to day to day issues in one's life or the life of the one you intend to help. Having the wisdom and not using it is like having a book of wisdom you have never opened, let alone read. Applying wisdom happens when you take GAIN— God And I Now— into your life, your thoughts, words and actions.

Work

Kahlil Gibran (1883-1931), the author of my favourite book, *The Prophet*, which states that work is love made visible.

I believe that God is Love and then adapting Gibran's phrase to read "work is God made visible" then we have GAIN— God And I Now— made visible in the way we work.

Now if you choose an attitude towards your work that you and your co-Creator are joining forces to produce or serve through your work, then your work will be blessed, and the resulting actions will be there for all to see.

Your work then becomes a blessing both for you and for those you produce for or serve. No matter what work you do the blessing you both receive and give to another is, what matters. If you clear away someone's garbage or if you do brain

surgery on someone, the blessing of having GAIN— God And I Now— in operation while you work is all that matters.

Conclusion

I vividly remember when the idea of writing this book appeared in my head. I was driving along the freeway, late for an appointment with my Auditors as they had a query from the Revenue Officials about a company I closed down years before. My mind was working overtime trying to recall the background to this query when the notion of LOSS- Leaving Our Self Sad— and the possible financial implications of such a query occupied my mind.

Just then the notion of GAIN—God And I Now— popped into my head and I kept my focus there during the meeting. Thankfully, the query was resolved, and it seemed like the imaginings of an overzealous Revenue Official was at work.

I decided there and then to write this book to enable people to allow GAIN— God And I Now— to manage their lives for them. I hope you have benefitted from it as much as I have in writing it for you.

As I only write these books over weekends, it has been an incredible journey of some 6 months, and I have enjoyed every minute of writing it as I have felt my co-Creator every step of the way as GAIN— God And I Now.

In Light and in Love
Neville
Johannesburg
July 2019

personalempowerment.co